

CHRIS COTHERN

PERFORMANCE SCIENTIST

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OBJECTIVE

To leverage my interdisciplinary background in performance science, athlete monitoring, and sports technology to drive data-informed decision-making, support team success, and optimize health and performance outcomes. With a foundation in physical therapy, strength and conditioning, and applied sports science, I aim to contribute to organizations at the intersection of sport, innovation, and education through impactful communication, and collaboration.

VP of Human Performance & Innovation

InnerAthlete January 2024 - Present

- Identify and vet novel performance science tools for partnerships
- Collaborate with leadership for growth, product development, onboarding, and client success in digital applications
- Analyze and prepare data for actionable insights for proprietary AI use
- Developed individualized plans and dashboards integrating genomics, blood biomarkers, sleep, nutrition, recovery modalities, and cognitive metrics to support athlete readiness
- Collaborated with strength coaches and sports scientists to optimize platform workflows and support buy-in

Applied Performance Scientist

Kansas City Royals January 2024 – July 2024

- Assisted coaches to leverage and integrate quantitative tools into player development while evaluating novel performance science tools
- Used R Studio for data wrangling, analysis, and visualization
- Utilized NewtForce with pitchers and communicated findings to all disciplines and players to improve performance and mitigate injury risk
- Participated in daily interdisciplinary meetings to monitor readiness via GPS and force plate data
- Supported performance technology, including data collection, technical maintenance, troubleshooting, test selection, and staff training

Football Data Analyst – Seasonal

Pro Football Focus Sept 2022 – August 2023

- Accurately identified offensive and defensive positions with deadlines
- Collected data based on video analysis of college football

Applied Performance Specialist

Kitman Labs February 2022 – September 2022

EDUCATION

- Australian Catholic University
MS in High Performance - 2021
- University of St. Augustine
Doctorate in Physical Therapy - 2009
- University of Central Arkansas
MS in Physical Therapy - 1999
- University of Arkansas
MS in Microbiology – 1995

TECHNICAL SKILLS

- **Data and Analytics:** R, Excel, Power BI (Beginner), SQL (Beginner)
- **Application Management System:** Teamworks Basic Certification, Kitman Labs
- **Performance Technology:** Catapult, Dartfish, SmartSpeed, Kinexon, Vald: ForceDecks, ForceFrame, NordBord
- **Project Management:** Asana, Slack, Salesforce

CERTIFICATIONS

- NSCA Certified Performance and Sports Scientist (CPSS)
- NSCA Certified Strength and Conditioning Specialist (CSCS)
- NASM Certified Performance Enhancement Specialist (PES)
- NASM Certified Corrective Exercise Specialist (CES)
- Applied Performance Coach Certification – Ramsey Nijem

- Successfully decreased injuries with Power 4 team while analyzing contextual data to determine increased training intensity correlated with wins
- Developed athlete profiles and dashboards integrating force plates, GPS, and wellness survey data
- Analyzed and aggregated data into meaningful visualizations for partners while assisting in the design of a new NFL/College EMR system
- Empowered medical, performance, mental health, nutrition into a centralized platform for improved efficiency and impactful decision making
- Onboarded integrated AMS into Power 4 NCAA athletic departments with virtual and in-person meetings with exemplary customer service

Volunteer Sports Science Consultant

University of Arkansas Basketball 2019 – 2021

- Implemented force plates and Catapult leading to measurable improvements in athlete performance
- Analyzed data generated by sensors during sports activity to quantify athlete performance using collected and inferred data
- Assisted with S&C sessions while conducting training sessions for coaches, medical staff, and athletes to improve buy-in

High Performance Internship

University of Arkansas Football Summer 2018

- Delivered on-field support for Olympic lifts, sprint mechanics, and change-of-direction drills
- Assisted in implementing Catapult GPS systems to monitor training load and inform coaching decisions

Performance Physical Therapist

AthletePlus Physical Therapy & Sports Performance

2005 - 2021

- Founded a physical therapy and sports performance company while empowering ten employees in two locations
- Official provider for high schools, small colleges, and semi-pro teams
- Utilized Dartfish video analysis to break down 40-yard dash mechanics, producing custom DVDs for athletes since 2005
- Trained and treated second-fastest 200m U.S. sprinter of all time and a previously injured NBA player to an injury-free season

PROFESSIONAL SERVICE AND ACHIEVEMENTS

- Former NSCA Arkansas State Director
- Appointed to Arkansas Governor's Council on Fitness
- NWA Award Recipient for Leadership and Community Service
- Youth coach (15+ years) in football, baseball, and basketball
- Coordinated Great Arkansas Workout with 400+ youth participants

REFERENCES

- Available upon request

- R Basics Certificate – HarvardX
- SFMA Advanced Clinical Integration, FMS, and Y Balance

PRESENTATIONS, VIDEO ANALYSIS, AND RESEARCH

- ["Ted Lasso: A Master Class in Soft Skills"](#)
- ["Case Study: WNBA Player Utilizing R Studio"](#)
- ["Why Monitor Accel and Decel in Practice in Pro Basketball"](#)
- ["Performance Optimization Plan Utilizing Genomics and Blood Biomarkers"](#)
- ["Load Monitoring, Fatigue & Recovery for NBA Team"](#)
- ["Keeping Up with Joneses, Lis and Franc: Foot Injuries in College Football"](#)
- ["Prep for Playing at Altitude for College Football Team"](#)
- ["Simple Way to Decrease the Risk of Concussions in American Football"](#)
- ["How to Choose the Right Sports Technology for Teams"](#)
- ["Groin Injury Risk Mitigation in American Football"](#)
- ["Is the Probability of Bad Sports Science Statistically Significant?"](#)
- ["ACL for Female Soccer Player" – DPT Capstone Project](#)
- ["Cothorn, D. C. \(2018, July\). Stress Fractures of the Foot in Football. LE Review."](#)
- [Case Study: Joel Embiid: 2019](#)