

Justin Goins, PhD, LAT, ATC, CSCS

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EDUCATION

Doctor of Philosophy

August 2010 – May 2014

The University of Alabama, Tuscaloosa, AL

Major: Exercise Physiology

Minors: Epidemiology & Athletic Training

Dissertation Title: Physiologic and Performance Effects of CrossFit

Research Chair: Dr. Mark T. Richardson

Master of Science

August 2007 – May 2009

University of South Carolina, Columbia, SC

Major: Physical Education – Concentration in Athletic Training

Research Project: Effects of local and general fatigue on knee kinematics in drop-landing jumps

Mentor Professor: Dr. Toni Torres-McGehee

Bachelor of Science

August 2002 – May 2007

The University of Alabama, Tuscaloosa, AL

Major: Athletic Training

Minor: Nutrition

ACADEMIC AND PROFESSIONAL EXPERIENCE

Assistant Professor

August 2021 – Present

The University of Alabama, Tuscaloosa, AL

- Assistant Professor in the College of Human Environmental Sciences
- Teach a 4/5 load

Clinical Assistant Professor

August 2013 – May 2021

University of South Carolina, Columbia, SC

- Clinical Assistant Professor in the Department of Exercise Science & CAATE accredited Athletic Training Program
- Served as Clinical Education Coordinator of the Professional and Post-Professional Programs
- Voted by students as Instructor of the Year
 - Professional Program – 2019-2020, 2020-2021
 - Post-Professional Program – 2018-2019

Doctoral Teaching and Research Assistant

August 2010 – May 2013

The University of Alabama, Tuscaloosa, AL

- Graduate Teaching Assistant in the Department of Health Science – CAATE accredited Athletic Training Program

COURSES INSTRUCTED

The University of Alabama

August 2021 - Present

- *Freshman Compass in Human Environmental Sciences – HES 100 (Fall 2021 – Present)*
Designed to help students make the transition to a large comprehensive research university, develop a better understanding of the learning process, and acquire basic academic survival skills.
- *Issues in Human Environmental Sciences – HES 310 (Fall 2021 – Present)*
The history and philosophy of human environmental sciences; present and future societal issues and their implications for the profession and professional procedures.
- *Self-Managed Mentoring – HES 485 (Spring 2023 – Present)*
Explores self-development of the individual and mentoring as a part of leadership development.

- *Research Methods – HES 509 (Fall 2021 – Present)*
This course is an introduction to scientific methods appropriate for human sciences. It is designed to acquaint students with types of research, methods, and materials necessary for scientific inquiry and to provide students with practical steps to conduct and understand scientific research. Emphasis will be placed on quantitative, qualitative, and mixed methods designs appropriate for research in human sciences.
- *Physiological Basis and Conditioning Methods for Performance – ATR 432 (Spring 2022 – Present)*
Designed to present up-to-date information regarding human physiological response to exercise, as well as the applied aspects of strength and conditioning and the scientific principles that guide this practice. This course also introduces methods of patient assessment and ways to reduce the risk of injury.

University of South Carolina

August 2013 – May 2021

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- *Introduction to Athletic Training – ATEP 263 (Summer 2014 – 2017)*
 - *Clinical Foundations in Athletic Training – ATEP 267 (Spring 2014, 2017)*
 - *Athletic Training Clinical II – ATEP 293 (Spring 2014)*
 - *Evaluation of Lower Extremity Injuries – ATEP 348 (Fall 2014 – 2017)*
 - *Athletic Training Clinical III – ATEP 392 (Fall 2013 – 2018)*
 - *Athletic Training Clinical IV – ATEP 393 (Spring 2015 - 2019)*
 - *Conditioning Methods in Athletic Performance – ATEP/EXSC 464 (Spring 2016, 2019 -2021)*
 - *Athletic Training Clinical V – ATEP 492 (Fall 2013)*
 - *Clinical Experience in Athletic Training II – ATEP 712 (Spring 2020 – 2021)*
 - *Clinical Experience in Athletic Training III – ATEP 713 (Summer 2020)*
 - *Advanced Athletic Training Practicum I – ATEP 738 (Spring 2016 – 2018, Summer 2018)*
 - *Advanced Athletic Training Practicum II – ATEP 739 (Fall 2017 – 2018, Summer 2019)*
 - *Advanced Clinical Skills in Athletic Training – ATEP 741 (Spring 2019)*
 - *Eval and Therapeutic Intervention of Lower Extremity Injuries – ATEP 748 (Fall 2019 –2020)*
 - *Project in Athletic Training – ATEP 798 (Spring 2016 – 2020)*
 - *Physiology of Muscular Activity – EXSC 330 (Spring 2020, Fall 2020)*
 - *High Intensity Training and Recovery – EXSC 499 (Spring 2017)*

Columbia College (Adjunct)

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- *Coaching Fundamental of Speed Development – ATHC 703 (Summer 2020 – 2022)*

The University of Alabama (Adjunct)

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- *Research Methods – HES 509 (Summer 2021)*
 - *Physiological Basis & Conditioning Methods for Performance – HES 490/ATR 432 (2019 -2021)*

Gannon University (Adjunct)

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- *Health and Fitness Principles – GGSPRT 554 (Summer 2018)*
 - *Practical Applications of Health and Wellness Lab – GGSPRT 556 (Summer 2018)*

The University of Alabama

August 2010 – May 2013

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- *Introduction to Athletic Training – ATR 257 (Fall 2010, Summer 2011 – 2012)*
 - *Clinical Fundamentals in Athletic Training – ATR 258 (Spring 2011 – 2012)*
 - *First Aid, Safety, and CPR – ATR 272 (Spring 2011 – 2012, Summer 2011 – 2012)*
 - *Foundations in Athletic Training – ATR 300 (Fall 2011 – 2012)*
 - *Clinical Skills I – ATR 310 (Fall 2010 – 2012)*
 - *Clinical Evaluation and Diagnosis II – ATR 358 (Fall 2012)*
 - *Clinical Evaluation and Diagnosis III – ATR 360 (Spring 2012)*
 - *Clinical Skills III – ATR 410 (Fall 2010 – 2012)*
 - *Clinical Skills V – ATR 430 (Fall 2010 – 2012)*
 - *Therapeutic Modalities – ATR 457 (Fall 2010)*

SCHOLARSHIP

Publications & Presentations/Abstracts

- Ori N, **Goins J**, Patel J, Ingle R. Body tempering and its effect on ankle dorsiflexion and power. *Clin Pract Athl Train*. 2022;5(1):12-21.
- Brisebois M, Kamla J, Wu K, **Goins JM**. Strategies for implementing high-intensity functional training into high school physical education. *Journal of Physical Education, Recreation, and Dance*. 2021;92(5):35-52.
- **Goins JM**. Optimal Patient Position to Perform the Prone Hip Extension for Gluteus Maximus Activation: A Critically Appraised Topic. *International Journal of Athletic Therapy and Training*. 2021;26(2):71-74.
- **Goins JM**, Kopec TJ, Hibberd EE. Utilization of the Landing Error Scoring System Real Time (LESS RT) to detect kinematic changes following three different functional exercise-induced muscle damage protocols. *J Athl Train*. 2020, 55(6); S-280. Accepted for poster presentation at the 71st National Athletic Trainers' Association Annual Meeting and Clinical Symposia.
- Howard A, **Goins J**, Steurys M, Hand AF, Patel J. Blood Flow Restriction Training During a Dynamic Warm-Up and its Effects on Various Sprint Times. *Med Sci in Sport & Exerc*. 2020, 52(7S):844. Accepted for Thematic Poster Presentation at the 67th American College of Sports Medicine Annual Meeting.
- Weber SR, Torres-McGehee TM, **Goins JM**, Bailey T, Moore EM, Kay J. Examination of low energy availability and sleep in high-intensity functional exercise program athletes. *Med Sci in Sport & Exerc*. 2020, 52(7S):600-601. Accepted for Thematic Poster Presentation at the 67th American College of Sports Medicine Annual Meeting.
- Moore EM, Torres-McGehee TM, **Goins JM**, Weber SR, Bailey T. Examination of energy needs across 2-week high-intensity functional exercise program in recreational athletes. *Med Sci in Sport & Exerc*. 2020, 52(7S):599. Accepted for Thematic Poster Presentation at the 67th American College of Sports Medicine Annual Meeting.
- Welch-Rhodes AJ, **Goins JM**, Kulas A, Patel J, Hand AF, Saucedo D. The effect of fatigue on movement patterns using the Landing Error Scoring System. *J Athl Train*. 2020, 55(6); S-79. Accepted for poster presentation at the 71st National Athletic Trainers' Association Annual Meeting and Clinical Symposia.
- Hand AF, Beattie PF, Ortaglia A, Guerriere KI, Hughes JM, Foulis SA, Torres-McGehee TM, Beets MW, **Goins JM**. A testing battery's predictive validity of reporting an injury during U.S. Army basic combat training. *J Athl Train*. 2020, 55(6); S-161. Accepted for poster presentation at the 71st National Athletic Trainers' Association Annual Meeting and Clinical Symposia.
- Kramer TA, Sacko RS, Pfeifer CE, Gatens DR, **Goins JM**, Stodden DF. (2019). The association between the Functional Movement Screen, Y-Balance test, and physical performance tests in male and female high school athletes. *International Journal of Sports Physical Therapy*, 14(6), 911.
- Pfeifer CE, Sacko RS, Ortaglia A, Monsma EV, Beattie PF, **Goins JM**, Stodden DF. (2019). Functional Movement Screen in Youth Sport Participants: Evaluating the Proficiency Barrier for Injury. *International Journal of Sports Physical Therapy*, 14(3), 436-444.
- Torres-McGehee TM, Stayer SM, Moore, EM, Williams A, Hardin JW, Weber SR, Smith AB, **Goins JM**. Effects of low pH magnesium-sulfate foam on night leg cramps: A double-blind randomized trial. *Medicine & Science in Sport & Exercise*. 2019 51(6):288. Accepted for Poster Presentation at the American College of Sports Medicine Annual Meeting.
- Moore EM, Torres-McGehee TM, Drenowitz C, Williams BT, Broderick TC, Stodden DF, **Goins JM**. Examination of energy availability on the hormonal profile of endurance-trained male athletes. *Medicine & Science in Sport & Exercise*. 2019 51(6):893. Accepted for Thematic Poster Presentation at the American College of Sports Medicine Annual Meeting.

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- Key HE, **Goins JM**. Staphylococcus Aureus bacterial infection of biceps femoris – Level 4 clinical case study. *JAT*. Accepted for poster presentation at the 70th NATA Annual Meeting and Clinical Symposia.
 - Griffith AL, Silvey KA, **Goins JM**, Thompson RW, Patel JH. Neural activation of the thoracolumbar fascia during the functional movement screen. Poster Presentation February 2019 Southeastern American College of Sports Medicine Annual Meeting.
 - Burgess E, Brindel II JA, Ingle RC, **Goins JM**, Thompson RW, Patel JH. Effects of stretching intervention on muscular strength and performance. Poster Presentation February 2019 Southeastern American College of Sports Medicine Annual Meeting.
 - Weaver EM, Lomas PH, Ingle RC, **Goins JM**, Thompson RW, Patel JH. Effects of an undulating periodization program for tactical athletes. Poster Presentation February 2019 Southeastern American College of Sports Medicine Annual Meeting.
 - **Goins JM**, Torres-McGehee TM, Bailey T, Weber SR, Kay J. Effects of performance foam on perceived exertion and recovery in high-intensity functional exercise. *Medicine & Science in Sport & Exercise*. 2018;50(5S):178. Accepted for Poster Presentation at the American College of Sports Medicine Annual Meeting. May 30, 2018
 - Moore EM, Torres-McGehee TM, Drenowatz C, Stoddan DF, **Goins JM**, Broderick TC, Williams BT. Examination of male athlete triad symptoms in endurance trained athletes. *Medicine & Science in Sport & Exercise*. 2018;50(5S):616-617. Accepted for Thematic Poster Presentation at the American College of Sports Medicine Annual Meeting. June 1, 2018.
 - Lyles T, Torres-McGehee TM, Wakefield G, Moore EM, Walker S, **Goins JM**. Examination of energy availability, energy balance, and psychosocial constructs in athletic trainers – *Journal of Athletic Training*. 2018;53(6):S97. Accepted for an Oral Presentation at the 69nd NATA Annual Meeting & Clinical Symposia – June 29, 2018.
 - Pfeifer CE, Ortaglia A, Beattie PF, Monsma EV, **Goins JM**, Stodden DF. The utility of the Functional Movement Screen and health-related fitness for mitigating injury in youth sport. *Journal of Athletic Training*. 2018;53(6):S67. Accepted for an Oral Presentation at the 69nd NATA Annual Meeting & Clinical Symposia – June 29, 2018.
 - Williams AR, **Goins JM**, Torres-McGehee TM, Weber SR. Thoracic compression fractures in a high school football player. *Journal of Athletic Training*. 2018;53(6):S321. Accepted for a Poster Presentation at the 69nd NATA Annual Meeting & Clinical Symposia – June 27, 2018.
 - Moore EM, Torres-McGehee TM, Stodden DF, **Goins JM**, Drenowatz C, Williams BT, Broderick TC. Energy Assessment in Endurance-Trained Male Athletes. February 2018 Southeastern American College of Sports Medicine Annual Meeting.
 - Torres-McGehee TM, Niemela C, **Goins J**, Emerson DM. Examination of eating disorder risk, dietary intake and body composition in CrossFit athletes. *Med Sci Sport Exerc*. 2016;48(5S):1025.
 - Bonn E, Torres-McGehee TM, **Goins J**. Examination of recovery and dietary needs in CrossFit athletes. *Med Sci Sport Exerc*. 2016;48(5S):913.
 - Dolan KW, Emerson DM, Torres-McGehee TM, **Goins JM**. Professional ice hockey athletic trainers' knowledge of hydration guidelines and implementation of practice. *JAT*. 2016;51(6S):163.
 - Edwards N, Cooper B, Otto A, Jensen M, **Goins J**, Fraley A, Searson J, Mazoue C. Morel-Lavallee lesion to the elbow in a male collegiate soccer player: A case report. *JAT*. 2016;51(6S):64.
 - Niemela C, Torres-McGehee TM, **Goins J**, Emerson DM. Energy availability in CrossFit athletes. *MAATA Annual Meeting and Symposium*. May 2015.

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- **Goins JM**, Richardson MT, Wingo J, Hodges G, Leaver-Dunn D, Leeper JD. Physiological and performance effects of CrossFit. *Med Sci Sport Exerc.* 2014;46(5S):269-272. Presented at 61st Annual Meeting for American College of Sports Medicine – May 2014.
 - **Goins JM**, Richardson MT, Leeper JD. Fitness training for firefighters – A survey. *Med Sci Sport Exerc.* 2013;45(5S)612. Presented at 60th Annual Meeting for American College of Sports Medicine – May 2013.
 - Minton DM, Torres-McGehee TM, **Goins JM**. Reliability and validity of two digital refractometers to a clinical refractometer. SEACSM Annual Meeting, Jacksonville, FL. February 2012.
 - **Goins JM**, Torres-McGehee TM, Minton DM, Guy J, Searson JR. Bilateral recurring knee injury: High school football player. *Med Sci Sport Exerc.* 2010;42(5):S153. Presented at 57th Annual Meeting for American College of Sports Medicine, Baltimore, MD - June 2010.
 - Monsma EV, Torres-McGehee TM, **Goins JM**. Concurrent validity of Tanita scale and skinfold estimates of percent fat in collegiate athletes. *Med Sci Sport Exerc.* 2008;40(5):S274. Presented at 55th Annual Meeting for American College of Sports Medicine, Indianapolis, IN - May 2008.
 - **Goins JM**, Torres-McGehee TM, Laursen RM, Guy JA. Bilateral femur shaft stress fractures in a high school football player: a case study. *J Athl Train.* 2008;43(3):S131. Presented at 59th NATA Annual Meeting & Clinical Symposia, St. Louis, MO - June 2008.

Accepted Presentations

- Accepted to present at the 2020 Mid-Atlantic Athletic Trainers' Association's Annual Meeting
 - Patient assessment using dynamic movements and the use of strength and conditioning recommendations
- Accepted to present at the 2020 South Carolina Athletic Trainers' Association's Annual Symposium
 - Dynamic movement and biomechanical assessment for injury reduction and improved performance

PROFESSIONAL SERVICE

Academic Journal Review

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- Reviewer – Journal of Electromyography and Kinesiology (2023 – Present)
 - Reviewer – Frontiers in Sports and Active Living (2022)
 - Reviewer – Journal of Sports Medicine and Allied Health Sciences: Official Journal of the Ohio Athletic Trainers' Association (2020 – Present)
 - Reviewer – Journal of Applied Sciences (2020 – Present)
 - Reviewer – International Journal of Environmental Research and Public Health (2020)

National

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- Association for Athletic Training Education (AATE) – Professional Pathways & Recruitment Work Group (2019 –2020)
 - Moderator, National Athletic Training Educators' Conference Breakout Session (2015)

Regional

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- MAATA Young Professionals – Mentor (2016 – 2021)
 - Southeast Athletic Trainers' Association Student Symposium Lab Assistant (2011 – 2020)
 - Southeast Athletic Trainers' Association Student Symposium Abstract Reviewer (2013 – Present)

State

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- South Carolina Athletic Trainers' Association – Educators Committee Chair (2020)
 - South Carolina Athletic Trainers' Association – College and University Committee Chair (2018 – 2020)
 - South Carolina Athletic Trainers' Association - Young Professionals Committee Member (2017 – 2021)

College

-
- College of Human Environmental Sciences – Crenshaw Leadership Academy Co-Chair (2022 – Present)
 - Crenshaw Leadership Academy Committee Member (2021 – Present)
 - Graduate Student Mentor (2022 – Present)

PROFESSIONAL ORGANIZATIONS

- Alabama Athletic Trainers' Association (2010 – 2013, 2021 – Present)
- Southeast Athletic Trainers' Association (2010 – 2013, 2021 – Present)
- National Strength and Conditioning Association (2016 – Present)
- National Athletic Trainers' Association (2006 – Present) (#23337)

LICENSES AND CERTIFICATIONS

- Alabama Athletic Trainer Licensed (2010 – 2013, 2021 – Present) (#2549)
- American Heart Association – BLS Provider (2021 – Present)
- Blood Flow Restriction Certified Provider (2019 – Present)
- American Red Cross – BLS Instructor Certified (2019 – Present)
- American Red Cross First Aid/CPR/AED Instructor Certified (2018 – Present)
- Certified Strength and Conditioning Specialist (2016 – Present) (#7248063519)
- Board of Certification, Inc. Certified Athletic Trainer (2007 – Present) (#060702061)