

# JOHN GOETSCHUIS, PHD, LAT, ATC

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## ACADEMIC EDUCATION

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<b>Doctor of Philosophy (PhD)</b> Major: Sports Medicine May 2016	University of Virginia, Charlottesville, VA Curry School of Education Dissertation: “ <i>Gait Biomechanics and Quadriceps Muscle Function Across ACL Reconstruction Chronicity</i> ”
<b>Master of Education (MEd)</b> Major: Athletic Training August 2012	University of Virginia, Charlottesville, VA Curry School of Education Thesis: “ <i>The Effects of Exercise on Proprioception and Postural Control in Patients with a History of ACL Reconstruction</i> ”
<b>Bachelor of Science (BS)</b> Major: Athletic Training May 2011	University of Vermont, Burlington, VT College of Nursing and Health Sciences

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## PROFESSIONAL LICENSURE & CERTIFICATIONS

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- Licensed Athletic Trainer - Virginia Board of Medicine (#0126001694)
- Certified Athletic Trainer (ATC) - Board of Certification (#2000006741)
- National Provider Identifier (NPI) (#1134526593)
- CPR/AED for the Professional Rescuers - American Red Cross (#00FGB1L)
- Personalized Blood Flow Restriction Rehabilitation - Owens Recovery Science, Inc.

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## ACADEMIC & PROFESSIONAL POSITIONS

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<b>Assistant Professor</b> Department of Health Professions, James Madison University, Harrisonburg, VA	2020 - Present
<b>Assistant Professor</b> <b>Director of Athletic Training Program</b> (Interim) Department of Exercise Science & Athletic Training, Adrian College, Adrian, MI	2016 - 2020 2018 - 2019
<b>Clinical Research Coordinator</b> Department of Orthopedic Surgery, University of Virginia, Charlottesville, VA	2014 - 2016
<b>Graduate Research &amp; Teaching Assistant</b> Department of Kinesiology, University of Virginia, Charlottesville, VA	2012 - 2016
<b>Athletic Trainer</b> Cavalier Wrestling Club, Charlottesville, VA	2012 - 2014
<b>Graduate Assistant Athletic Trainer</b> Department of Sports Medicine, University of Virginia, Charlottesville, VA	2011 - 2014

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ACADEMIC COURSES INSTRUCTED

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<b>James Madison University</b> , Harrisonburg, VA	2020 – Present
ATEP 205: Introduction to Athletic Training (3)	
ATEP 376: Pharmacology for Athletic Trainers (2)	
ATEP 521: Clinical I: Psychosocial Concepts & Cultural Sensitivity (3)	
ATEP 613: Clinical Applications of Human Gross Anatomy (5) - <i>Cadaver</i>	
ATEP 624: General Medicine for the Athletic Trainer, Part I (3)	
ATEP 634: General Medicine for the Athletic Trainer, Part II (3)	
ATEP 647: Evidence Based Practice in Athletic Training (3)	
ATEP 657: Applications in Evidence Based Practice (1)	
ATEP 664: Clinical IV: Transition to Practice (6)	
<b>Adrian College</b> , Adrian, MI	2016 – 2020
ESAT 103: Foundations & Careers in Exercise Science & Athletic Training (2)	
ESAT 115: Care & Prevention of Athletic Injuries (3)	
ESAT 225: Human Anatomy (3)	
ESAT 240: Introduction to Research Methods (3) – <i>Writing Intensive</i>	
ESAT 390: Topics: Great Lakes Athletic Trainers' Association (GLATA) Conference (1)	
ESAT 500: Biomechanics (3)	
ESAT 536: General Medical Conditions (3)	
ESAT 554: Athletic Training Clinical Skills IV Seminar (1)	
ESAT 590: Advanced Topics in Athletic Training (3)	
ESAT 595: Thesis I (4)	
ESAT 596: Thesis II (4)	
<b>University of Virginia</b> , Charlottesville, VA	2012 – 2016
KINE 2850: Medical Terminology (1)	
KINE 3600: Musculoskeletal Anatomy (3)	
KINE 3601: Musculoskeletal Anatomy Lab (1) - <i>Cadaver</i>	
KINE 7650: Anatomical Basis of Sports Medicine (3) - <i>Cadaver</i>	
KINE 8999: Master's Thesis Seminar (3)	

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REFEREED MANUSCRIPT PUBLICATIONS

\* = *Student Co-author*

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26. Skibski AJ, **Goetschius J**, Mangum LC. Exploration of the Golf-Specific Low Back Pain Questionnaire. *Clinical Journal of Sports Medicine*. [IN REVIEW]
  25. \*Simpson K, **Goetschius J**, Liberi V. Policies, Procedures, and Confidence in Managing Pregnancy Among Secondary School Athletic Trainers. *International Journal of Athletic Therapy & Training*. [IN REVIEW]
  24. \*Parks A, Gosselin S, **Goetschius J**. Instrumented Measures of Postural Control in College Dancers with and without Chronic Ankle Instability. *Physical Therapy in Sport*. 2022;58:41-45.
  23. \*Dobscha M, Peterson C, Powers, WS, **Goetschius J**. Early Sport Specialization during Adolescence Linked to Poorer Lower Extremity Function & Pain in Young Adults. *The Physician and Sportsmedicine*. [Online Ahead of Print - Feb 2022].

22. Norte GE, **Goetschius J**, Slater LV, Hart JM. Influence of Patient Demographics and Surgical Characteristics on Return-to-Activity Pass Rates in ACL Reconstructed Patients Prior to Physician Clearance. *Clinical Journal of Sports Medicine*. 2021;31(6):354-362.
21. \*Burkhardt M, Burkholder E, **Goetschius J**. Muscle Activation during Dynamic Balance Exercises with Blood Flow Restriction in Individuals with Chronic Ankle Instability. *Journal of Sport Rehabilitation*. 2021;30(6):870-875.
20. \*Crocì J, Nicknair J, **Goetschius J**. Early Sport Specialization Linked to Throwing Arm Function and Upper Extremity Injury History in College Baseball Players. *Sports Health: A Multidisciplinary Approach*. 2021;13(3):230-236.
19. \*Waite N, **Goetschius J**, Lauer JD. Effect of Grade and Surface Type on Peak Tibial Acceleration in Trained Distance Runners. *Journal of Applied Biomechanics*. 2021;37(1):2-5.
18. \*Skibski A, Burkholder E, **Goetschius J**. Transverse Abdominis Activity and Ultrasound Biofeedback in College Golfers with and without Low Back Pain. *Physical Therapy in Sport*. 2020;46:249-253.
17. \*Killinger B, Lauer J, Donovan L, **Goetschius J**. The Effects of Blood Flow Restriction on Muscle Activation and Hypoxia in Individuals with Chronic Ankle Instability. *Journal of Sport Rehabilitation*. 2020;29(5):633-639.
16. \*Eddy R, **Goetschius J**, Hertel J, Resch JE. Test-retest reliability and the effects of exercise on the King-Devick test. *Clinical Journal of Sports Medicine*. 2020;30(3):239-244.
15. \*Sheppard M, Nicknair J, **Goetschius J**. Early Sport Specialization and Subjective Hip & Groin Dysfunction in Collegiate Ice Hockey Athletes. *Journal of Athletic Training*. 2020;55(3):232-237.
14. **Goetschius J**, Hertel J, Saliba S, Brockmeier SF, Hart JM. The Effects of Patellar Tendon Vibration on Quadriceps Strength in Anterior Cruciate Ligament Reconstructed Knees. *Physical Therapy in Sport*. 2019;40:71-77.
13. Norte GE, Solaas H, Saliba SA, **Goetschius J**, Slater LV, Hart JM. The Relationships between Kinesiophobia and Clinical Outcomes after ACL Reconstruction Differ by Self-Reported Physical Activity Engagement. *Physical Therapy in Sport*. 2019;40:1-9.
12. Dempsey IJ, Norte GE, Hall M, **Goetschius J**, Slater LV, Cancienne JM, Werner BC, Diduch DR, Hart JM. Relationship between physical therapy characteristics, surgical procedure, and clinical outcomes in patients after ACL reconstruction. *Journal of Sport Rehabilitation*. 2019;28(2):171-179.
11. Menzer H, Slater LV, Diduch DR, Miller MD, Norte GE, **Goetschius J**, Hart JM. The utility of objective strength and functional performance to predict subjective outcomes after anterior cruciate ligament reconstruction. *Orthopaedic Journal of Sports Medicine*. 2018;5(12).
10. **Goetschius J**, Hertel J, Saliba SA, Brockmeier SF, Hart JM. Gait biomechanics in ACL reconstructed knees at different time frames post-surgery. *Medicine & Science in Sports & Exercise*. 2018;50(11):2209-2216.
9. Bodkin SG, Slater LV, Norte GE, **Goetschius J**, Hart JM. ACL reconstructed individuals do not demonstrate deficits in postural control as measured by single-leg balance. *Gait & Posture*. 2018 Oct; 66:296-299.
8. DiFabio M, Slater LV, Norte G, **Goetschius J**, Hart JM, Hertel J. Relationships of functional tests following ACL reconstruction: exploratory factor analyses of the lower extremity assessment protocol. *Journal of Sport Rehabilitation*. 2018;27(2):144-150.
7. **Goetschius J**, Feger MA, Hertel J, Hart JM. Validating center of pressure measurements using the MatScan® pressure mat. *Journal of Sport Rehabilitation*. 2018;27(1).
6. Bodkin SG, **Goetschius J**, Hertel J, Hart JM. Relationships of muscle function and subjective knee function in patients following ACL reconstruction. *Orthopaedic Journal of Sports Medicine*. 2017;5(7).
5. **Goetschius J**, Hart JM. Knee Extension Torque Variability is Associated with Subjective Knee Function in Patients with ACL Reconstructed Knees. *Journal of Athletic Training*. 2016;51(1):22-7.

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4. Feger, MA, **Goetschius, J**, Love, H, Saliba, SA, Hertel, J. Electrical stimulation as a treatment intervention to improve function, edema or pain following acute lateral ankle sprains: A Systematic Review. *Physical Therapy in Sport*. 2015;16(4):361-9.
3. **Goetschius, J**, Kuenze, CM, Hart, JM. Knee extension torque variability after exercise in ACL reconstructed knees. *Journal of Orthopaedic Research*. 2015;33(8):1165-70.
2. **Goetschius J**, Kuenze CM, Saliba S, Hart JM. Reposition acuity and postural control after exercise in ACL reconstructed knees. *Medicine and Science in Sports and Exercise*. 2013;45(12):2314-21.
1. **Goetschius J**, Smith HC, Vacek PM, Holterman LA, Shultz SJ, Tourville TW, Slauterbeck J, Johnson RJ, Beynon BD. Application of a clinic-based algorithm as a tool to identify female athletes at risk for anterior cruciate ligament injury: a prospective cohort study with a nested, matched case-control analysis. *American Journal of Sport Medicine*. 2012;40(9):1978-84.

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### REFEREED ABSTRACT PUBLICATIONS & PRESENTATIONS

\* = Student Co-author, ♦ = Presentation Award Winner

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28. **Goetschius J**, \*Skibski AJ, Mangum LC. Preliminary Validation of a Novel Patient-Reported Outcome Measure to Assess Golf-specific Low Back Pain. *Journal of Athletic Training*. 2021;57(6s):S-268. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, Philadelphia, PA, June 2022.
  27. \*Skibski AJ, **Goetschius J**. Utility of the Biering-Sorenson Test to Assess Functional Impairments in College Golfers with and without Low Back Pain. *Journal of Athletic Training*. 2021;57(6s):S-271. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, Philadelphia, PA, June 2022.
  26. **Goetschius J**. Dynamic Balance Performance is not Associated with Self-reported Function in Young Adults with Chronic Ankle Instability. *Journal of Athletic Training*. 2021;56(6s):S-171. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia & AT Expo*, Virtual, June 2021.
  25. \*Crocic J, Nicknair J, **Goetschius J**. Early Sport Specialization Linked to Upper Extremity Injuries and Throwing Arm Function in Collegiate Baseball Players. *Journal of Athletic Training*. 2021;56(6s):S-47. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, Virtual, June 2021.
  24. \*Burkhardt M, Burkholder E, **Goetschius J**. The Effects of Blood Flow Restriction on Muscle Activation during Dynamic Balance Exercises in Individuals with Chronic Ankle Instability. *Journal of Athletic Training*. 2021;56(6s):S-32. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, Virtual, June 2021.
  23. Claiborne T, \*Archambeau B, **Goetschius J**. Comparison of Body Mass, Urine Color, and Urine Specific Gravity to Determine Hydration Status during College Football Preseason. *Journal of Athletic Training*. 2021;56(6s):S-76. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, Virtual, June 2021.
  22. **Goetschius J**, \*Sheppard M, Nicknair J. Early Sport Specialization and Subjective Hip & Groin Dysfunction in Collegiate Ice Hockey Athletes. *Journal of Athletic Training*. 2020;55(6s):S-16. Presented: *National Athletic Trainers' Association (VNATA) Clinical Symposia*, Virtual, July 2020.
  21. \*Monette S, Garmyn E, **Goetschius J**. Effects of Blood Flow Restriction on Ratings of Perceived Exertion During Dynamic Balance Exercises in Individuals with Chronic Ankle Instability. *Journal of Athletic Training*. 2020;55(6s):S-115. Presented: *National Athletic Trainers' Association (VNATA) Clinical Symposia*, Virtual, July 2020.
  20. **Goetschius J**, \*Killinger B, Lauer J, Donovan L. Effects of blood flow restriction on muscle activation in individuals with chronic ankle instability. *Journal of Athletic Training*. 2019;55(6s):S-188. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, Las Vegas, NV, June 2019.
  19. Norte GE, **Goetschius J**, Slater L, Hart JM. Influences of patient demographics and surgical characteristics on return-to-activity pass rates following ACL reconstruction. *Osteoarthritis and Cartilage*. 2019;27(4s):S-

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233. Presented: *Osteoarthritis Research Society International (OARSI) World Congress*, Toronto, ON, Canada., May 2019.
18. **Goetschius J**, Hertel J, Saliba SA, Brockmeier SF, Hart J. Immediate effects of patellar tendon vibration on quadriceps strength in ACL reconstructed knees. *Journal of Athletic Training*. 2018;53(6s):S-193. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, New Orleans, LA, June 2018.
  17. \*Waite N, **Goetschius J**, Darr K, Lauver J. Influence of surface types and slopes on tibial accelerations in trained distance runners. *Journal of Athletic Training*. 2018;53(6s):S-352. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, New Orleans, LA, June 2018.
  - ◆16. **Goetschius J**, Hertel J, Saliba SA, Brockmeier SF, Hart JM. Walking gait asymmetries in groups of ACL reconstructed patients at sequential time frames post-surgery. *Journal of Athletic Training*. 2017;52(6s):S-51. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, Houston, TX, June 2017.
  15. \*Bodkin S, **Goetschius J**, Hertel J, Hart JM. Relationship of muscle function and subjective knee function in chronic ACL reconstructed patients. *Journal of Athletic Training*. 2017;52(6s):S-83. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, Houston, TX, June 2017.
  14. \*Bernitt C, \*Hoffman T, **Goetschius J**, Walton SR, Hart JM, Malin S, Saliba S, Resch JE. The effects of concussion on energy expenditure in adolescents. *Journal of Athletic Training*. 2017;52(6s):S-175. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, Houston, TX, June 2017.
  13. \*Eddy R, **Goetschius J**, Hertel J, Resch JE. Test-retest reliability and the effects of exercise on the King-Devick test. *Journal of Athletic Training*. 2017;52(6s):S-237. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, Houston, TX, June 2017.
  12. Bodkin SG, Slater LV, Norte GE, **Goetschius J**, Hart JM. Predictors of outcomes after ACL reconstruction differ based on meniscus involvement. *Medicine & Science in Sports & Exercise*. 2017;49(5S):482-83. Presented: *American College of Sports Medicine (ACSM) Annual Meeting*, Denver, CO, May 2017.
  11. **Goetschius J**, Norte GE, Slater L, Hart JM. Unilateral and symmetry measures of muscle function as predictors of subjective knee function in patients after ACL reconstruction. *Journal of Athletic Training*. 2016 June. 51(6s):S-19. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, Baltimore, MD, June 2016.
  10. \*Dailey A, **Goetschius J**, Resch J, Hart JM. Isometric quadriceps strength and response to prolonged patellar tendon vibration: A reliability study. *Journal of Athletic Training*. 2016;51(6s):S-50. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, Baltimore, MD, June 2016.
  9. Hart JM, **Goetschius J**, Feger M, Hertel J. Validation of center of pressure balance measurements using the MatScan® pressure-mat. *Journal of Athletic Training*. 2016;51(6s):S-356. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, Baltimore, MD, June 2016.
  8. **Goetschius J**, Hart JM. Knee extensor torque variability and subjective knee function in early, mid, and late stages after ACL reconstruction surgery. *Journal of Athletic Training*. 2015;50(6s):S-158. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, St. Louis, MO, June 2015.
  7. \*Croak K, **Goetschius J**, Hertel J, Hart JM. Lower extremity landing strategies in collegiate athletes with a self-reported history of knee injury. *Journal of Athletic Training*. 2015;50(6s):S-147. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, St. Louis, MO, June 2015.
  6. **Goetschius J**, Hart JM. Asymmetries in quadriceps and hamstring strength and fatigability in patients 6-months after ACL reconstruction. *Medicine & Science in Sports & Exercise*. 2015;47(5S):90. Presented: *American College of Sports Medicine (ACSM) Annual Meeting*, San Diego, CA, May 2015.
  5. Norte GE, Slater L, **Goetschius J**, Hart JM. Clinical limb asymmetries are present in patients 6 months following ACL reconstruction. *Medicine & Science in Sports & Exercise*. 2015;46(5S):259. Presented: *American College of Sports Medicine (ACSM) Annual Meeting*, San Diego, CA, May 2015.

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4. **Goetschius J**, Hart JM. Knee extensor torque variability and subjective knee function in patients with ACL reconstructed knees. *Journal of Athletic Training*. 2014 June. 49(6s):S-124. Presented: *National Athletic Trainers' Association (NATA) Clinical Symposia*, Indianapolis, IN, June 2014
- ◆3. **Goetschius J**, Kuenze CM, Hart JM. Knee extensor torque variability after exercise in patients with a history of ACL reconstruction. *Medicine & Science in Sports & Exercise*. 2014;46(5S):445. Presented: *American College of Sports Medicine (ACSM) Annual Meeting*, Orlando, FL, May 2014.
2. **Goetschius J**, Kuenze C, Saliba S, Hart JM. Unipedal postural control after exercise in individuals with ACL reconstructed knees. *Journal of Athletic Training*. 201348(6s):S-39. Presented: *National Athletic Trainer's Association (NATA) Clinical Symposia*, Las Vegas, NV, June 2013.
1. **Goetschius J**, Kuenze C, Saliba S, Hart JM. Joint reposition error after exercise in individuals with ACLR reconstructed knees. *Medicine & Science in Sports & Exercise*. 2013;45(5S):148. Presented: *American College of Sports Medicine (ACSM) Annual Meeting*, Indianapolis, IN, May 2013

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### REFEREED ABSTRACT PRESENTATIONS (NON-PUBLISHED)

\* = Student Co-author, ◆ = Presentation Award Finalist

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- 12\*Parks A, Gosselin, S, **Goetschius J**. Time-to-Boundary Measures of Postural Control in College Dancers with and without Chronic Ankle Instability. *Virginia Athletic Trainer's Association (VATA) Annual Meeting*, Harrisonburg, VA, Jan 2023.
  - ◆11. \*Dobscha M, Peterson C, Powers, WS, **Goetschius J**. Early Sport Specialization Linked to Lower Extremity Function, Pain, & Injury in Young-Adult Former Athletes. *Virginia Athletic Trainer's Association (VATA) Annual Meeting*, Harrisonburg, VA, Jan 2022.
  10. \*Dobscha M, **Goetschius J**. Consequences of Early Sport Specialization. *Virginia Athletic Trainers' Association (VATA) Student Symposium*, Virtual, Jan 2021.
  9. \*Skibski A, Garmyn E, **Goetschius J**. The Effects of Ultrasound Biofeedback on Transverse Abdominis Activation in College Golfers with and without Low Back Pain. *Michigan Athletic Trainers' Society (MATS) Annual Meeting*, Accepted Mar 2020, Cancelled - COVID-19.
  8. \*Crocini J, Nicknair J, **Goetschius J**. Early Sport Specialization, Upper Extremity Injuries, and Subjective Throwing Arm Function in Collegiate Baseball Players. *Michigan Athletic Trainers' Society (MATS) Annual Meeting*, Accepted Mar 2020, Cancelled - COVID-19.
  7. \*Burkhardt M, Garmyn E, **Goetschius J**. The Effects of Blood Flow Restriction on Muscle Activation during Y-balance Exercises in Individuals with Chronic Ankle Instability. *Michigan Athletic Trainers' Society (MATS) Annual Meeting*, Accepted Mar 2020, Cancelled - COVID-19.
  6. **Goetschius J**, \*Sheppard M, Nicknair J. Early Sport Specialization and Subjective Hip & Groin Dysfunction in Collegiate Ice Hockey Athletes. *Great Lakes Athletic Trainers' Association (GLATA) Annual Meeting*, Wheeling, IL, March 2020.
  5. \*Scherer M, Robinette L, **Goetschius J**. Multi-directional hopping asymmetries in individuals with a history of anterior cruciate ligament reconstruction. *National Athletic Trainers' Association (NATA) Clinical Symposia*, Las Vegas, NV, June 2019.
  4. \*Reedy L, **Goetschius J**, Liberi V, Claiborne T. The influence of parent education on helmet fit in youth ice hockey players. *Michigan Athletic Trainers' Society (MATS) Annual Meeting*, Lansing, MI, June 2019.
  - ◆3. **Goetschius J**, \*Killinger B, Lauver J, Donovan L. Effects of blood flow restriction on muscle activation in individuals with chronic ankle instability. *Great Lakes Athletic Trainers' Association (GLATA) Annual Meeting*, Wheeling, IL, March 2019.
  2. \*Reedy L, **Goetschius J**, Liberi V, Claiborne T. The influence of parent education on helmet fit in youth ice hockey players. *National Athletic Trainers' Association (NATA) Clinical Symposia*, New Orleans, LA, June 2018.

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1. Pelland C, Virgilio K, Miller J, **Goetschius J**, Slater L, Norte G, Stern A, Blemker S. A comprehensive meta-analysis of skeletal muscle architecture performed by undergraduate BME course. *Biomechanical Engineering Society (BMES) Annual Meeting*, San Antonio, TX, Oct 2014.

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### FEATURED PRESENTATIONS AT PROFESSIONAL CONFERENCES

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13. **Goetschius J**. “You Can’t Manage What You Don’t Measure”: Recommendations for Assessing Quadriceps Strength During ACL Rehabilitation. *Virginia Athletic Trainers’ Association (VATA) Annual Meeting*, Harrisonburg, VA, Jan 2023.
12. **Goetschius J**, Daniels M. ENT & Respiratory Examination Lab. *Virginia Athletic Trainers’ Association (VATA) Annual Meeting*, Harrisonburg, VA, Jan 2022.
11. Daniels M, **Goetschius J**. General Medical Evaluations in Athletic Training: Respiratory and ENT. *Virginia Athletic Trainers’ Association (VATA) Annual Meeting*, Harrisonburg, VA, Jan 2022.
10. **Goetschius J**. Blood Flow Restriction (BFR) & Lower Extremity Rehabilitation. *Virginia Athletic Trainers’ Association (VATA) Annual Meeting*, Virtual, Jan 2021.
9. Sheppard M, Nicknair J, **Goetschius J**. The Effects of Early Sport Specialization on Subjective Hip & Groin Disability in Female & Male Collegiate Ice Hockey Athletes. *Virtual Sports Medicine Conference: Early Specialization in Youth Sports*, Virtual, Sept 2020.
8. **Goetschius J**. Blood Flow Restriction Rehabilitation. *Michigan Athletic Trainers’ Society (MATS) Student Seminar*, Grand Rapids, MI. Oct 2019.
7. Towne B, **Goetschius J**. Growing your Emotional Intelligence: How to Have a Difficult Conversation. *National Athletic Trainers’ Association (NATA) Clinical Symposia & AT Expo*, Houston, TX. June 2017.
6. **Goetschius J**. Gait Biomechanics After ACL Reconstruction. *The Art & Science of Sports Medicine Conference*, Charlottesville, VA. June 2016
5. **Goetschius J**. Norte GE. Lower Extremity Symmetry Assessment Following ACL Reconstruction. *The Art & Science of Sports Medicine Conference*, Charlottesville, VA. June 2015
4. **Goetschius J** Characterizing Musculoskeletal Function After ACL Reconstruction. *The Art & Science of Sports Medicine Conference*, Charlottesville, VA. June 2015
3. Norte GE, **Goetschius J**. Neurophysiology Assessment Lab. *The Art & Science of Sports Medicine Conference*, Charlottesville, VA. June 2014.
2. **Goetschius J**. Knee Extension Torque Variability and Fatigue Mechanisms. *The Art & Science of Sports Medicine Conference*, Charlottesville, VA. June 2014.
1. **Goetschius J**. Return to Play Decision Making After Knee Injury. *The Art & Science of Sports Medicine Conference*, Charlottesville, VA. June 2013

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### FUNDED RESEARCH GRANTS

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7. **Title:** Validating an Affordable Dynamometer for Performing Clinical Measures of Quadriceps Strength in ACL Reconstructed Knees  
**External Source:** NATA District III Research & Grant Award  
**Role:** Principal Investigator  
**Submission:** Oct 2022  
**Amount:** \$735.00
6. **Title:** Effects of Blood Flow Restriction on Postural Control during Balance Exercises in Individuals with Chronic Ankle Instability  
**External Source:** Virginia Athletic Trainers’ Association (VATA)  
**Role:** Faculty Advisor & Principal Investigator

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- *Student Investigator:* Krista Clark & Justin Trickett, James Madison University

**Submission:** July 2022

**Amount:** \$500.00

5. **Title:** Validation of Low-cost Dynamometers to Assess Quadriceps Strength in Individuals with ACL Reconstructed Knees  
**External Source:** Virginia Athletic Trainers' Association (VATA)  
**Role:** Faculty Advisor & Principal Investigator  
- *Student Investigator:* Emma Stith, James Madison University  
**Submission:** July 2022  
**Amount:** \$500.00
4. **Title:** Effects of Chronic Ankle Instability on Postural Control in College Dancers  
**External Source:** Virginia Athletic Trainers' Association (VATA)  
**Role:** Faculty Advisor & Principal Investigator  
- *Student Investigator:* Ashlee Parks, James Madison University  
**Submission:** July 2021  
**Amount:** \$500.00
3. **Title:** The Effects of 4-weeks of Dynamic Balance Exercises with Blood Flow Restriction on Clinical and Patient-reported Outcomes in Individuals with Chronic Ankle Instability  
**External Source:** Adrian College Faculty Research Fund  
**Role:** Principal Investigator  
**Submission:** Nov 2019  
**Amount:** \$1,546.78 (*Project not completed due to leaving institution*)
- \*2. **Title:** Effects of Blood Flow Restriction on Muscle Activation during Dynamic Balance Exercises in Individuals with Chronic Ankle Instability.  
**External Source:** Michigan Athletic Trainers' Society (MATS)  
**Role:** Faculty Advisor & Principal Investigator  
- *Student Investigator:* Michael Burkhardt, Adrian College  
**Submission:** Oct 2019  
**Amount:** \$500.00
1. **Title:** Blood Flow Restriction Training to Enhance Muscle Function in Individuals with Chronic Ankle Instability  
**Internal Source:** Adrian College Faculty Research Fund  
**Role:** Principal Investigator  
**Submission:** Nov 2017  
**Amount:** \$4,195.80

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### HONORS, AWARDS, & PRESS

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12. 2022 Researcher Athletic Trainer of the Year  
*Virginia Athletic Trainers' Association (VATA)* 2022
11. VATA Leadership Academy  
*Virginia Athletic Trainers' Association (VATA)* 2021
10. Outstanding Free Communication Presentation Award Finalist  
*Great Lakes Athletic Trainers' Association (GLATA) Research Assistance Committee* 2019
9. [Active Voice: Gait Biomechanics in ACL Reconstructed Knees at Different Time Frames Post-Surgery.](#)  
*American College of Sports Medicine (ACSM) Sports Medicine Bulletin* 2019
8. Doctoral Oral Award  
*National Athletic Trainers' Association (NATA) Research & Education Foundation* 2017
7. Outstanding Graduate Teaching Assistant Award 2016



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*Curry School of Education, University of Virginia*

6. Alice Becker Hinchcliffe Williams Scholarship 2015  
*Curry School of Education, University of Virginia*
5. ACSM BIG Student Research Award Winner 2014  
*Biomechanics Interest Group (BIG), American College of Sports Medicine (ACSM)*
4. David F. Cooke Award 2014  
*Curry School of Education, University of Virginia*
3. David H. Perrin Athletic Training & Sports Medicine Award 2012  
*Curry School of Education, University of Virginia*
2. Eduardo “Chico” Hernandez Scholarship 2011  
*District I, National Athletic Trainer’s Association (NATA)*
1. Outstanding Senior Award in Athletic Training 2011  
*College of Nursing and Health Sciences, University of Vermont*

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### STUDENT RESEARCH PROJECTS: COMMITTEE CHAIR

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13. Emma Stith (Masters). Validation of Low-cost Dynamometer to Assess Quadriceps Strength in Individuals with ACL Reconstructed Knees. *James Madison University. 2022-23*
12. Krista Clark & Justin Trickett (Masters). Effects of Dynamic Balance Exercises with Blood Flow Restriction on Postural Control. *James Madison University. 2022-23*
11. Katherine Allen (Masters). Knee Injuries & Function in Former Adolescent Female Athletes Were Not Related to Sport Specialization Before Puberty. *James Madison University. 2021-22*
10. Ashlee Parks (Masters). Instrumented Measures of Postural Control in College Dancers with and without Chronic Ankle Instability. *James Madison University. 2021-22*
9. Madison Dobscha (Honors Bachelors). Lower-Extremity Function in Young-adults with a History of Sport Specialization. *James Madison University. 2020-2021*
8. Michael Burkhardt (Masters). Effects of Blood Flow Restriction on Muscle Activation during Y-balance Exercises in Individuals with Chronic Ankle Instability. *Adrian College. 2019-2020*
7. Jason Croci (Masters). Early Sports Specialization and Subjective Throwing Arm Function in College Baseball Athletes. *Adrian College. 2019-2020.*
6. Andrew Skibski (Masters). Effects of Ultrasound Biofeedback on Transverse Abdominis Activation in College Golfers with and without Low Back Pain. *Adrian College. 2019-2020.*
5. Savannah Monette (Masters). The Effects of Blood Flow Restriction on Muscle Activation during Functional Exercises in Individuals with Chronic Ankle Instability. *Adrian College. 2018-2019*
4. Marisa Sheppard (Masters). Effects of Sports Specialization on Hip & Groin Symptoms in Collegiate Hockey Athletes. *Adrian College. 2018-19*
3. Brian Killinger (Masters). The Effects of Blood Flow Restriction on Muscle Activation in Individuals with Chronic Ankle Instability. *Adrian College. 2017-2018*
2. Daniel Malcolm (Masters). The Immediate Effects of Patellar Tendon Vibration on Knee Extension Torque in Individuals with Patellofemoral Pain. *Adrian College. 2017-2018*
1. Matthew Scherer (Masters). Multi-directional Hopping Asymmetries in Individuals with a History of ACL Reconstruction. *Adrian College. 2017-2018*

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### STUDENT RESEARCH PROJECTS: COMMITTEE MEMBER

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22. Katherine Carnaghi (Masters). Sport Specialization & Lower Extremity Injuries in Reserve Officers' Training Corps (ROTC) Cadets. *James Madison University*. 2021-22
21. Kelly-Rae Zdan (Masters). Hydration Status, Sweat Rates, and Fluid Intake During an On-Ice Training Session in Male and Female Ice Hockey Players. *Adrian College*. 2021-2022.
20. Rachel Bucher (Masters). Athletic Trainers' Adherence to American Heart Association Cardiopulmonary Resuscitation Guidelines. *Adrian College*. 2021-2022
19. Caroline Fleming (Masters). Effects of blood flow restriction on center of pressure during static single-leg balance exercises in individuals with chronic ankle instability. *Adrian College*. 2020-2021.
18. Jenna Moreno (Masters). The quality of cardiopulmonary resuscitation skills in athletic training. *Adrian College*. 2020-2021.
17. Emily Haas (Masters). Effects of blood flow restriction on muscle activation during static single-leg balance exercises in individuals with chronic ankle instability. *Adrian College*. 2020-2021.
16. Scott Mattern (Masters). Realistic paths of emergency care in select southeastern Michigan secondary schools. *Adrian College*. 2019-2020.
15. Kyle Schulz (Masters). Helmet fit characteristics in collegiate ice hockey athletes. *Adrian College*. 2019-2020.
14. Brittany Archambeau (Masters). Comparison of body mass, urine specific gravity, and urine color to determine hydration status during college football preseason. *Adrian College*. 2019-2020.
13. Rachel Smestad (Masters). Behavior of the linea alba during a latissimus dorsi task in individuals with diastasis rectus abdominis. *Adrian College*. 2019-20.
12. Nathan Waite (Masters). Impact of slope and surface type on tibial acceleration in trained distance runners. *Adrian College*. 2016-2017.
11. Bridget Cameron (Masters). Knowledge of parents and coaches regarding recognition and pre-hospital care of catastrophic injuries in youth sports. *Adrian College*. 2016-2017.
10. Lydia Reedy (Masters). The influence of parent education on helmet fit in youth ice hockey players. *Adrian College*. 2016-2017.
9. Daniel Hudson (Masters). Determination of forces on the metacarpal heads of mixed martial artists: A comparison of hand protection. *Adrian College*. 2016-2017.
8. Edward Schaeffer (Masters). The comparison of supplemental knee pads on knee impact forces of ice hockey goalies during the butterfly technique. *Adrian College*. 2016-2017.
7. Stephan Bodkin (Masters). Relationships of muscle function and subjective knee function in chronic ACL reconstructed patients. *University of Virginia*. 2015-2016.
6. Ryan Eddy (Masters). Test-Retest reliability and effects of exercise on the King-Devick test. *University of Virginia*. 2015-2016.
5. Alex Dailey (Masters). A novel assessment of quadriceps muscle function using patellar tendon vibration: A reliability study. *University of Virginia*. 2014-2015.
4. Trina Hoffman (Masters). Resting metabolic rate, total energy expenditure, and caloric intake in adolescent & concussed athletes: A pilot study. *University of Virginia*. 2014-2015.
3. Kelsey Croak (Masters). Functional movement patterns in athletes with and without a history of lower extremity injury. *University of Virginia*. 2013-2014.
2. Nick Philpot (Masters). The effects of a laser therapy on knee pain in chronic injured knees. *University of Virginia*. 2013-2014.
1. Kale Songy (Masters). The effects of electromyographic biofeedback on quadriceps activation and strength after knee injury. *University of Virginia*. 2012-2013.

## JOHN GOETSCHIUS, PHD, LAT, ATC

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### PROFESSIONAL COMMITTEE SERVICE

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- Chair, Research Committee, *Virginia Athletic Trainers' Association* 2020 - Present
- Lead, Policies & Procedures Project, *Virginia Athletic Trainers' Association* 2022 - 2023
- Member, VATA Leadership Academy, *Virginia Athletic Trainers' Association* 2020 - 2021
- Member, Research Assistance Committee, *Michigan Athletic Trainers' Society* 2019 - 2020
- Member, Annual Meeting Committee, *Athletic Trainers' Osteoarthritis Consortium* 2015 - 2020
- Member, Website & Logo Committee, *Athletic Trainers' Osteoarthritis Consortium* 2015 - 2017

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### PROFESSIONAL CONFERENCE & REVIEWER SERVICE

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#### Virginia Athletic Trainers' Association (VATA) Annual Meeting

- Chair, Free Communications Program 2021 - Present
- Student Quiz Bowl & Conference Registration, VATA Annual Meeting 2015

#### Great Lakes Athletic Trainers' Association (GLATA) Annual Meeting

- Abstract Reviewer, GLATA Free-communications Program 2020
- Moderator, GLATA Annual Meeting 2020
- Abstract Reviewer, GLATA Free-communications Program 2019

#### National Athletic Trainers' Association (NATA) Annual Meeting

- Moderator, NATA Foundation Free-communications Program 2018
- Moderator, NATA Foundation Free-communications Program 2017

#### Scientific Journal Peer-Reviewer:

- American Journal of Sports Medicine
- Biology of Sport
- Clinical Biomechanics
- Gait & Posture
- International Journal of Sports Medicine
- International Journal of Athletic Therapy & Training
- Journal of Athletic Training
- Journal of Sport Rehabilitation
- Journal of Science in Sport and Exercise
- Measurement in Physical Education & Exercise Science
- Physical Therapy in Sport
- Scandinavian Journal of Medicine & Science in Sports
- Sports Biomechanics
- Sports Health
- The Knee

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### INSTITUTIONAL SERVICE

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#### James Madison University

- Senator, Faculty Senate 2021 - Present
- Member, Faculty Senate Nominations & Elections Committee 2021 - Present
- Member, Staff DEI Task Force, College of Health & Behavioral Studies (CHBS) 2021 - Present
- Member, Interprofessional Education (IPE) Committee, Health Professions Dept 2020 - Present
- Member, Faculty Search Committee, Health Sciences Dept – Three (3) Positions 2021 - 2022

## JOHN GOETSCHIUS, PHD, LAT, ATC

### Adrian College

- Faculty Advisor, Athletic Training Student Organization (ATSO) 2017 - 2020
- Member, Institutional Review Board (IRB) 2016 - 2020
- Member, Faculty Life Committee 2019 - 2020
- Program Director, Master of Science in Athletic Training (MSAT) Program 2018 - 2019
- Member, Honors Committee 2017 - 2019
- Member, Exercise Science & Athletic Training Faculty Search Committee 2017 - 2018
- Member, Exercise Science & Athletic Training Faculty Search Committee 2016 - 2017

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### COMMUNITY SERVICE

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#### Virginia Medical Reserve Corps (VA MRC)

- COVID-19 Vaccinator

Mar - April 2021

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### PROFESSIONAL MEMBERSHIPS

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- National Athletic Trainer's Association (NATA) #31224 2009 - Present
- Mid-Atlantic Athletic Trainers' Association (MAATA) 2011 - 2016, 2020 - Present
- Virginia Athletic Trainers' Association (VATA) 2011 - 2016, 2020 - Present
- Athletic Trainers' Osteoarthritis Consortium (ATOAC) 2015 - 2020
- Great Lakes Athletic Trainers' Association (GLATA) 2016 - 2020
- Michigan Athletic Trainers' Society (MATS) 2016 - 2020
- American College of Sports Medicine (ACSM) #715765 2012 - 2019
- Vermont Association of Athletic Trainers (VAAT) 2009 - 2011