

ANDREW SKIBSKI, PhD, ATC, CSCS

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Nils K. Nelson Bioscience Innovation Building

340G

2200 169th Street

Hammond, IN 46323

EDUCATION

- | | | |
|------------|--|-------------|
| PhD | University of Central Florida, Orlando, FL | 2025 |
| | <u>Major:</u> Kinesiology | |
| | REhabilitation, Athletic assessment, and DYnamic Imaging (READY) Laboratory | |
| | <u>Dissertation:</u> “Considerations for Application of the Titleist Performance Institute Screen” | |
| | Doctoral Presidential Fellowship Recipient | |
| | <u>Advisor:</u> L. Colby Mangum, PhD, LAT, ATC | |
| MS | Adrian College, Adrian, MI | 2020 |
| | <u>Major:</u> Athletic Training | |
| | Thesis: “Ultrasound Measures of Transverse Abdominis Activation in College Golfers with and without Low Back Pain” | |
| | <u>Advisor:</u> John Goetschius, PhD, ATC | |
| BS | Adrian College, Adrian, MI | 2019 |
| | <u>Major:</u> Exercise Science | |

PROFESSIONAL EXPERIENCE

Assistant Professor of Integrative Human Health and Kinesiology

Department of Biological Sciences

Purdue University Northwest

2025-Present

TEACHING EXPERIENCE

Purdue University Northwest

BIOL 21300: Human Anatomy & Physiology I Lab

IHH 35000: Biomechanics & Structural Kinesiology

IHH 37200: Motor Development

University of Central Florida

Instructor of Record:

APK 2300: Injury Management & Emergency Care

APK 3200: Motor Development & Learning

ATR 4132: Human Injuries: Mechanisms & Prevention

APK 2300: Basic Sports First Aid & CPR

Teaching Assistant:

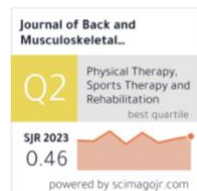
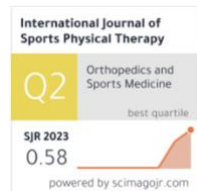
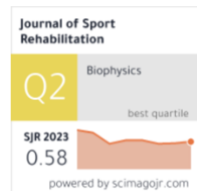
ATR 5617: Athletic Training Research I

ATR 6618: Athletic Training Research II

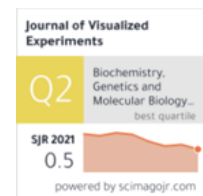
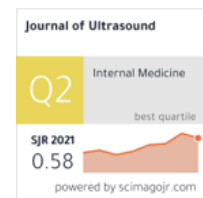
ATR 6619: Athletic Training Research III

JOURNAL PUBLICATIONS

1. **Skibski A**, Callahan E, Stout JR, Ingersoll CD, Mangum LC. Bilateral and positional differences in abdominal muscle thickness of golfers with a history of low back pain. *International Journal of Athletic Therapy & Training*. Accepted February 2025.
2. **Skibski A**, Vanguri P, Stout JR, Ingersoll CD, Mangum LC. A dynamic warm-up improves Titleist Performance Institute screen scores in adult golfers. *Journal of Sport Rehabilitation*. Published online January 17, 2025. doi: [10.1123/jsr.2024-0193](https://doi.org/10.1123/jsr.2024-0193) **(Dissertation)**
3. **Skibski A**, Onate JA, Mangum LC. Suggestions and considerations for application of movement screens to clinical practice. *International Journal of Sports Physical Therapy*. 2024;19(3). doi: [10.26603/001c.92906](https://doi.org/10.26603/001c.92906)
4. **Skibski A**, Goetschius J, Mangum LC. Trunk endurance and low back pain outcomes in college golfers. *International Journal of Athletic Therapy & Training*. 2024;29(3). doi: [10.1123/ijatt.2023-0089](https://doi.org/10.1123/ijatt.2023-0089)
5. **Skibski A**, Stout JR, Ingersoll CD, Mangum LC. Ultrasound biofeedback increases abdominal muscle activation in golfers with a history of low back pain. *Clinical Journal of Sport Medicine*. 2024;34(4). doi: [10.1097/JSM.0000000000001208](https://doi.org/10.1097/JSM.0000000000001208) **(Qualifying Paper)**
6. Mangum LC, **Skibski A**, Devorski L, Slater L. Balance Error Scoring System performance differences in figure skaters based on discipline. *International Journal of Sports Physical Therapy*. 2023;18(4). doi: [10.26603/001c.81598](https://doi.org/10.26603/001c.81598)
7. **Skibski A**, Goetschius J, Mangum LC. Exploration of the Golf-specific Low Back Pain questionnaire. *Clinical Journal of Sport Medicine*. 2023;33(6). doi: [10.1097/JSM.0000000000001160](https://doi.org/10.1097/JSM.0000000000001160)
8. Devorski L, **Skibski A**, Fukuda DH, Stout J, Ingersoll CD, Mangum LC. Optimizing normalization methods of the external oblique: A cross-sectional study. *Journal of Back & Musculoskeletal Rehabilitation*. 2023;36(5). doi: [10.3233/BMR-220368](https://doi.org/10.3233/BMR-220368)



9. **Skibski A**, Devorski L, Orfield N, Mangum LC. Relationship between muscle activity and force during suspended bridge exercises. *Journal of Sport Rehabilitation*. 2023;32(5). doi:[10.1123/jsr.2022-0307](https://doi.org/10.1123/jsr.2022-0307)
10. Devorski L, **Skibski A**, Mangum LC. Rectus abdominis muscle thickness change and activation increase during planks performed on different surfaces. *Journal of Ultrasound*. 2022;27. doi:[10.1007/s40477-022-00750-8](https://doi.org/10.1007/s40477-022-00750-8)
11. **Skibski A**, Devorski L, Mangum LC. Providing visual biofeedback using brightness mode ultrasound during a golf swing. *Journal of Visualized Experiments*. 2022;186. doi:[10.3791/64333](https://doi.org/10.3791/64333)
12. Devorski L, **Skibski A**, Mangum LC. Muscle function obtained with motion mode ultrasound and surface electromyography during core endurance exercise. *Journal of Visualized Experiments*. 2022;186. doi:[10.3791/64335](https://doi.org/10.3791/64335)
13. **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. doi:[10.1016/j.ptsp.2020.10.004](https://doi.org/10.1016/j.ptsp.2020.10.004) (Master's Thesis)



HONORS AND AWARDS

<u>Year(s)</u>	<u>Award</u>	<u>Funding</u>
2021-2025	Presidential Fellowship University of Central Florida College of Graduate Studies	\$80,000
2025	Lee Holder Award for Excellence in Graduate Allied Health Education Alpha Eta Society	\$1,000
2025	Student Research Award ACSM Biomechanics Interest Group	\$400
2025	UCF Division of Kinesiology Doctoral Scholar Award American Kinesiology Association	
2024	Treadmetrix Dissertation Award ACSM Biomechanics Interest Group	\$500
2024	Student Scholar Symposia Judges' Choice Award University of Central Florida	\$300
2024	SEATA Memorial Scholarship Southeast Athletic Trainers' Association	\$1,000
2022-2024	Presentation Fellowship University of Central Florida	\$1,500

2022, 2023	Challenge Scholarship National Strength & Conditioning Association Foundation	\$4,000
2023	Alpha Eta Student Research Award Alpha Eta Society	\$1,000
2023	Richard E. Vandervoort Memorial Scholarship National Athletic Trainers' Association Foundation	\$2,300
2020	Athletic Training Student of the Year Adrian College	
2018, 2019	All-America Scholar Athlete Golf Coaches Association of America	
2019	Google Cloud Academic All-District First Team Scholar Athlete	
2019	Outstanding Senior in Athletic Training Adrian College	
2019	Athletic Training Student Organization Member of the Year Adrian College	

REFEREED ABSTRACT PRESENTATIONS

1. **Skibski A**, Vanguri P, Stout JR, Ingersoll CD, Mangum LC. Varied Relationship Between Titleist Performance Institute Screen Limitations and Golf Swing Characteristics. *2025 American College of Sports Medicine Annual Meeting*. (Accepted - Poster)
2. **Skibski A**, Vanguri P, Stout JR, Ingersoll CD, Mangum LC. Impact of Warm-Up and Sport Participation on Titleist Performance Institute Screen Scores in Adult Golfers. *2025 National Athletic Trainers' Association Clinical Symposia & AT Expo*. (Accepted - Poster)
3. McCombs C, Bucknor D, Okusaki T, **Skibski A**, Mangum LC. Reliability of Athletic Ability Assessment Between Real-Time and Video Raters. *2025 National Athletic Trainers' Association Clinical Symposia & AT Expo*. (Accepted - Poster)
(Doctoral Student Mentor on Project)
4. Devorski L, Suppiah A, Fukuda DH, Stout JR, Ingersoll CD, **Skibski A**, Mangum LC. Relationship Between Current Pain and Core Exercise Duration in Individuals with Non-Specific Low Back Pain. *2025 National Athletic Trainers' Association Clinical Symposia & AT Expo*. (Accepted - Poster)
5. **Skibski A**, Vanguri P, Stout JR, Ingersoll CD, Mangum LC. Varied Relationship Between Titleist Performance Institute Screen Limitations and Golf Swing Characteristics. *2025 UCF Student Scholar Symposia*. (Poster)

6. McCombs C, Bucknor D, Okusaki T, **Skibski A**, Mangum LC. Reliability of Athletic Ability Assessment Between Real-Time and Video Raters. *2025 UCF Student Scholar Symposia*. (Poster)
(Doctoral Student Mentor on Project; Judges' Choice Award Winner)
7. **Skibski A**, Vanguri P, Stout JR, Ingersoll CD, Mangum LC. Pelvic Rotation and Overhead Deep Squat Tests Predict Titleist Performance Institute Screen Composite Score. *2024 National Athletic Trainers' Association Clinical Symposia & AT Expo*. (Poster)
8. Callahan E, **Skibski A**, Ingersoll CD, Mangum LC. Golfers with More Frequent Low Back Pain Report Higher Pain and Disability. *2024 National Athletic Trainers' Association Clinical Symposia & AT Expo*. (Poster)
9. **Skibski A**, Vanguri P, Stout JR, Ingersoll CD, Mangum LC. A Dynamic Warm-Up Improves Titleist Performance Institute Screen Scores in Adult Golfers. *2024 American College of Sports Medicine Annual Meeting*. (Poster)
10. **Skibski A**, Vanguri P, Stout JR, Ingersoll CD, Mangum LC. A Dynamic Warm-Up Improves Titleist Performance Institute Screen Scores in Adult Golfers. *2024 UCF Student Scholar Symposia*. (Poster)
(Judges' Choice Award Winner)
11. Latchford B, Palmer B, **Skibski A**, Mangum LC. Functional Performance Assessments in Current and Former Athletes. *2024 UCF Student Scholar Symposia*. (Poster)
(Doctoral Student Mentor on Project)
12. **Skibski A**, Goetschius J, Mangum LC. Relationship between Golf-Specific Low Back Pain Questionnaire Scores, Demographics, and Pain. *2023 National Athletic Trainers' Association Clinical Symposia & AT Expo*. (Poster)
13. Devorski LJ, **Skibski A**, Mangum LC. Inverse Relationship Between Body Mass Index and Surface Electromyography Amplitude of the Rectus Abdominis. *2023 American College of Sports Medicine Annual Meeting*. (Poster)
14. **Skibski A**, Thompson C, Brown A, Mangum LC. Reliability of Motion Mode Ultrasound Measures of the Abdominal Obliques during a Golf Swing. *2023 UCF Student Scholar Symposia*. (Poster)
15. Brown A, Thompson C, **Skibski A**, Mangum LC. The Effects of Ultrasound Biofeedback on Muscle Contraction in Rotational Sport Athletes with Low Back Pain. *2023 UCF Student Scholar Symposia*. (Poster)
(Doctoral Student Mentor on Project)

16. **Skibski A**, Goetschius J, Mangum LC. Utility of the Biering-Sørensen Test to Assess Functional Impairments in College Golfers with and without Low Back Pain. *2022 National Athletic Trainers' Association Clinical Symposia & AT Expo*. (Poster)
17. Goetschius J, **Skibski A**, Mangum LC. Preliminary Validation of a Novel Patient-Reported Outcome Measure to Assess Golf-specific Low Back Pain. *2022 National Athletic Trainers' Association Clinical Symposia & AT Expo*. (Poster)
18. Mangum LC, Devorski L, **Skibski A**, Orfield N. Greater Force Toward End of Suspension Strap Bridging Exercise Associated with Better Exercise Performance. *2022 National Athletic Trainers' Association Clinical Symposia & AT Expo*. (Poster)
19. **Skibski A**, Devorski L, Orfield N, Mangum LC. Relationship Between Electromyography and Force During a Double Leg Suspended Bridge Exercise. *2022 American College of Sports Medicine Annual Meeting*. (E-Poster)
20. **Skibski A**, Devorski L, Orfield N, Mangum LC. Relationship Between Electromyography and Force During a Double Leg Suspended Bridge Exercise. *2022 UCF Student Scholar Symposia*. (Poster)
21. **Skibski A**, Garmyn E, Goetschius J. The Effects of Ultrasound Biofeedback on Transverse Abdominis Activation in College Golfers with and without Low Back Pain. *2020 Michigan Athletic Trainers' Society Annual Meeting*. (Poster presentation canceled - COVID-19)

INVITED PRESENTATIONS

1. Overhead Squat Variations for Movement Screens. *UCF Institute of Exercise Physiology and Rehabilitation Science 5th Annual Conference, Lab Crawl*. Orlando, FL. February 2025. (Interactive Laboratory Session)
2. MSK Ultrasound Imaging: Core/Low Back Applications. *UCF DPT Radiology Class Guest Lecture*. September 2024. (Interactive Laboratory Session)
3. Functional Assessments as an Indicator of Readiness to Perform. *2024 National Athletic Trainers' Association Clinical Symposia & AT Expo*. New Orleans, LA. June 2024. (Learning Laboratory)
4. A Dynamic Warm-Up Improves Titleist Performance Institute Screen Scores in Adult Golfers. *UCF Institute of Exercise Physiology and Rehabilitation Science 4th Annual Conference, Student Data Blitz Presentation*. Orlando, FL. February 2024. (Oral)
5. Research Applications of Dynamic Ultrasound. *UCF Institute of Exercise Physiology and Rehabilitation Science 4th Annual Conference, Lab Crawl*. Orlando, FL. February 2024. (Interactive Laboratory Session)

6. Assessments and Interventions in Golfers with Low Back Pain. *Alpha Eta Annual Meeting & Awards Presentation*. November 2023. (Virtual)
7. Overhead Squat Evaluation and Assessment. *Health and Wellness Academy High School Laboratory Demonstration*. Orlando, FL. October 2023. (Interactive Laboratory Session)
8. Conducting Movement Assessment Research in an Immersive Environment. *UCF CHPS Innovation Center AR/VR Innovation Discovery (AVID) Panel Discussion*. Orlando, FL. October 2023. (Oral)
9. Clinical Options for Functional Movement Assessments. *19th Annual Orthopaedic Update Conference, Orlando Orthopaedic Center Foundation*. Orlando, FL. August 2023. (Oral)
10. Effects of a Dynamic Warm-Up on Titleist Performance Institute Level 1 Screen Scores: A Proposal. *UCF Institute of Exercise Physiology and Rehabilitation Science 3rd Annual Conference, Student Data Blitz Presentation*. Orlando, FL. January 2023. (Oral)
11. REDCap Software Demonstration. *UCF Institute of Exercise Physiology and Rehabilitation Science Meeting*. Orlando, FL. April 2022. (Oral)
12. Dynamic Ultrasound Assessment. *UCF Institute of Exercise Physiology and Rehabilitation Science 2nd Annual Conference, Lab Crawl*. Orlando, FL. February 2022. (Interactive Laboratory Session)
13. Dynamic Ultrasound Imaging. *UCF Student Athletic Trainers Association (SATO) Meeting*. Orlando, FL. September 2021. (Interactive Laboratory Session)

GRANTS AND FUNDING APPLICATIONS

1. Varied Relationships Between Titleist Performance Institute Screen Limitations and Golf Swing Characteristics (ACSM Annual Meeting Presentation). *UCF College of Health Professions and Sciences Student Conference Travel Fund*. Awarded February 2025 (\$1365).
2. Considerations for Application of the Titleist Performance Institute Screen. *UCF Doctoral Research Support Award*. Awarded March 2024 (\$625).
3. Titleist Performance Institute Assessment and Swing Faults Before and After a Round of Golf. *National Strength & Conditioning Association Doctoral Student Research Grant*. Applied February 2023. Unfunded.
4. Role of Fatigue on Titleist Performance Institute Level I Screen in Competitive Golfers. *American College of Sports Medicine Doctoral Student Research Grant*. Applied January 2022. Unfunded.

5. Core and Hip Muscle Activation in Law Enforcement Officers While Walking with and without Tactical Equipment. *DeLuca Foundation Rethink EMG Challenge*. Applied October 2021. Unfunded.

STUDENT MENTORSHIP

UCF Master of Athletic Training Capstone Project Committee Member

Class of 2025: Danielle Bucknor, Christopher McCombs, Tetsuei Okusaki

Class of 2024: Bradley Latchford, Bailey Palmer

Class of 2023: Abigail Brown, Caitlin Thompson

UCF Undergraduate Research Assistants

Sarah Akbarpour (2021-2023)

Catie Faulkner (2022)

Elbert Nieves (2022)

Adrian College Master of Science in Athletic Training Thesis Committee Member

Class of 2022: Emily Baldus

PROFESSIONAL SERVICE

Grant Panel Student Member

National Strength & Conditioning Association (NSCA) Foundation

(2024-2025 Term)

2024 Student Writing Contest Reviewer

National Athletic Trainers' Association (NATA) Research & Education Foundation

Journal Reviewer

International Journal of Clinical Practice

PeerJ

Journal of Athletic Training

Journal of Strength & Conditioning Research

Journal of Sport Rehabilitation

Learning Laboratory Assistant

Using Data to Advance Injury Screening and Rehabilitation: Integrating Two-Dimensional Biomechanics into Clinical Practice. *National Athletic Trainers' Association Clinical Symposia & AT Expo*. (June 2023)

Executive Council Member

National Strength and Conditioning Association Golf Special Interest Group (SIG)

(July 2022-Present)

Committee Member

UCF Institute of Exercise Physiology and Rehabilitation Science (IEPRS) 2nd Annual Conference

(September 2021-February 2022)

CLINICAL EXPERIENCE

Assistant Golf Professional – Tuscawilla Country Club, Winter Springs, FL

June 2021-March 2025

Athletic Trainer – ATI Physical Therapy, Dexter, MI

August 2020-April 2021

Graduate Assistant Golf Coach – Adrian College, Adrian, MI

August 2019-May 2020

Athletic Training Student – Adrian College, Adrian, MI

Adrian College Football, Volleyball, Men's and Women's Wrestling; Siena Heights

University Football, Men's and Women's Basketball, Baseball, and Softball;

Whitmer High School; Athletico Physical Therapy

August 2017-March 2020

PROFESSIONAL CERTIFICATIONS

Advanced Quantitative Methodologies Graduate Certificate, University of Central Florida, 2023.

Titleist Performance Institute (TPI) Level 1, 2022-Present.

Florida Athletic Trainer License, Number AL6292, 2021-Present.

NPI: 1497229777

Certified Athletic Trainer (ATC), Board of Certification #2000039305, 2020-Present.

Certified Strength & Conditioning Specialist (CSCS), National Strength and Conditioning Association, 2019-Present.

Emergency Medical Technician (EMT), National Registry of Emergency Medical Technicians, 2019-2022.

PROFESSIONAL AFFILIATIONS

Alpha Eta Society, 2023-Present.

American Institute of Ultrasound in Medicine (AIUM), 2023.

Athletic Trainers' Association of Florida (ATAF), 2021-Present.

Southeast Athletic Trainers' Association (SEATA), 2021-Present.

American College of Sports Medicine (ACSM), 2021-Present.

National Strength and Conditioning Association (NSCA), 2019-Present.

National Athletic Trainers' Association (NATA), 2017-Present.

Updated August 2025