

ANDREW SKIBSKI, PhD, ATC, CSCS

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Nils K. Nelson Bioscience Innovation Building

340E

EDUCATION

PhD	University of Central Florida, Orlando, FL <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	2025
MS	Adrian College, Adrian, MI <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	2020
BS	Adrian College, Adrian, MI <u>Major:</u> Exercise Science	2019

PROFESSIONAL EXPERIENCE

Assistant Professor of Integrative Human Health and Kinesiology

Department of Biological Sciences

Purdue University Northwest

2025-Present

Core Faculty Member

Integrative Physiology and Health Sciences (IPHS) Center

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

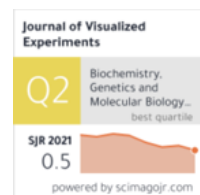
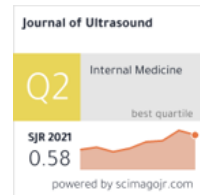
ATR 6619: Athletic Training Research III

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>
2025-2026	David H. Perrin Doctoral Dissertation Award Nominee National Athletic Trainers' Association Foundation	
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. Durocher JJ, Ladwig MA, **Skibski A**, Mutai E, Naji H. Exercise is Medicine on Campus: Physical and Mental Health Benefits Across the Lifespan. *2025 Midwest American College of Sports Medicine Annual Meeting*. (Poster)
2. **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*. (Poster)
3. **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*. (Poster)

4. 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*. (Poster)
(Doctoral Student Mentor on Project)
5. 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*. (Poster)
6. **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)
7. 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)
8. **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)
9. 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)
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 American College of Sports Medicine Annual Meeting*. (Poster)
11. **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)
12. 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)
13. **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)

14. 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)
15. **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)
16. 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)
17. **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)
18. 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)
19. 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)
20. **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)
21. **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)
22. **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. Comparison of Movement Analysis Methods and Exploring Relationships with Sleep Quality. *Purdue University Northwest Research Instrumentation Program*. Applied Fall 2025 (\$15,800).

2. 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 (\$1,365).
3. Considerations for Application of the Titleist Performance Institute Screen. *UCF Doctoral Research Support Award*. Awarded March 2024 (\$625).
4. 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.
5. 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.
6. 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

Undergraduate Research Grant Reviewer

Purdue University Northwest

(Fall 2025)

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 October 2025