Curriculum Vitae
April 2025
Philip Friere Skiba DO, MS, PhD, FACSM

Office Address:
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Education:

2010-2014: PhD, University of Exeter, (Human Physiology), Exeter, UK

1999-2003: DO, Kirksville College of Osteopathic Medicine (Osteopathic Medicine), Kirksville, MO

1996-1999: MS, University of Medicine and Dentistry of NJ (Molecular Genetics). Newark, NJ.

1992-1996: BS, Siena College (Biology), Loudonville, NY.

Postgraduate Training and Fellowship Appointments:

2007-2008: Fellowship in Sports Medicine, NYIT - Union Hospital / Overlook Hospital, Union & Summit, NJ

2005-2007: Residency in Family Medicine, NYIT - Union Hospital, Union, NJ

2004-2005: Residency in Physical Medicine and Rehabilitation. National Rehabilitation Hospital / Georgetown University, Washington, DC

2003-2004: Internship in Internal Medicine. Advocate Lutheran General Hospital, Park Ridge, IL

Faculty Appointments:

2024-Present: Associate Professor, Department of Family and Community Medicine, Thomas Jefferson University – Sidney Kimmel Medical College

2021-2024: Honorary Associate Professor, Department of Sport and Exercise Science, College of Life and Environmental Sciences, University of Exeter, United Kingdom

2012-2024: Instructor, Department of Sports Medicine, University of Illinois, Chicago, IL

2011-2013: Senior Lecturer, Sport and Exercise Medicine, Department of Sport and Exercise Science, College of Life and Environmental Sciences, University of Exeter, United Kingdom**.**

2012-2024: Head Team Physician, Maine East and West High Schools, Park Ridge, IL

2008-2012: Medical Director, MotionXcellence Gait Laboratory, Hackensack-Meridian Health, Point Pleasant Beach, NJ.

Memberships in Professional, Scholarly, or Scientific Societies:

2006-Present: American College of Sports Medicine (Member, 2006-Present, Fellow, 2021-Present)

Professional, Scholarly, or Scientific Committees:

2024-Present: Board of Directors, American College of Sports Medicine Foundation

2021-2024: Education Committee, American College of Sports Medicine (Member, 2021-Present)

2020-Present: Medical Board, USA Cycling (Member, 2020-Present, Liaison to USA Triathlon, 2023-Present)

2020-Present: Medical Board, USA Triathlon (Member, 2023-Present, Liaison to USA Cycling, 2023-Present)

2020-Present: Board Member / Medical Director, Dare2Tri, Chicago, IL (Board Member and Medical Director, 2020-Present)

Editorial Positions:

2012-2022: Associate Editor, European Journal of Sports Science

Selected Publications:

2025: Matthew Black, Mark Burnley, **Philip Friere Skiba**, David C. Poole, Anni Vanhatalo and Andrew M. Jones. Critical Power and W': Evidence-Based Corrections to Persistent Misconceptions. In review.

Puchowicz, Michael and **Philip Friere Skiba**. Functional Data Analysis of the Power-Duration Relationship in Cyclists. *Int J Sports Physiol Perf* 2025. In Press.

2024: Foster C, Barroso R, Bok D, Boullosa D, Casado-Alda A, Cortis C, Fusco A, Brian Hanley B, **Skiba P**, de Koning J, "Falling Behind", "Letting Go", and Being "Outsprinted" as Distinct Features of Pacing in Distance Running. *Int J Sports Physiol Perf* 2024, Jun 25; 19(9):867-873.

2023: Matthew I Black, **Philip F Skiba**, Lee J Wylie, James Lewis, Andrew M Jones, Anni Vanhatalo. Accounting for Dynamic Changes in the Power-Duration Relationship Improves the Accuracy of W' Balance Modeling. *Med Sci Sports Exerc.* 2023 Feb 1;55(2)235-244.

2021: **Skiba, P.F**. and D.C. Clark, The W' Balance Model: Mathematical and Methodological Considerations. *Int J Sports Physiol Perform*. 2021 Nov 1;16(11):1561-1572

2017: Townsend NE, Nichols DS, **Skiba PF**, Racinais S, Périard JD**.** Prediction of Critical Power and W' in Hypoxia: Application to Work-Balance Modelling. *Front Physiol.* 2017 Mar 23;8:180.

2016: Shearman S, Dwyer D, **Skiba P**, Townsend N. Modeling Intermittent Cycling Performance in Hypoxia Using the Critical Power Concept. *Med Sci Sports Exerc*. 2015 Oct 12. 2016 Mar;48(3):527-35.

2015: **Skiba PF,** Fulford J, Clarke DC, Vanhatalo A, Jones AM. Intramuscular determinants of the ability to recover work capacity above critical power. *Eur J Appl Physiol.* 2015 Apr;115(4):703-13.

Parker Simpson L, Jones AM, **Skiba PF**, Vanhatalo A, Wilkerson D. Influence of Hypoxia on the Power-duration Relationship during High-intensity Exercise. *Int J Sports Med*. 2015 Feb;36(2):113-9.

2014: **Skiba PF,** Clarke D, Vanhatalo A, Jones AM. Validation of a Novel Intermittent W′ Model for Cycling Using Field Data. *Int J Sports Physiol Perform*, 2014 Nov;9(6):900-4.

Skiba PF, Jackman S, Clarke D, Vanhatalo A, Jones AM. Effect of Work and Recovery Durations on W' Reconstitution during Intermittent Exercise. *Med Sci Sports Exerc.* 2014. 46(7):1433-40.

2013: Chidnok W, DiMenna FJ, Fulford J, Bailey SJ, **Skiba PF**, Vanhatalo A, Jones AM. Muscle metabolic responses during high-intensity intermittent exercise measured by (31)P-MRS: relationship to the critical power concept. *Am J Physiol Regul Integr Comp Physiol*. 2013 Nov1;305(9):R1085-92.

Noordhof DA, **Skiba PF**, de Koning JJ. Determining anaerobic capacity in sporting activities. *Int J Sports Physiol Perform*. 2013 Sep;8(5):475-82.

Chidnok W, Fulford J, Bailey SJ, Dimenna FJ, **Skiba PF**, Vanhatalo A, Jones AM. Muscle metabolic determinants of exercise tolerance following exhaustion: relationship to the "critical power". *J Appl Physiol*.2013 Jul;115(2):243-50.

Clarke DC, **Skiba PF**. Rationale and resources for teaching the mathematical modeling of athletic training and performance. *Adv Physiol Educ*. 2013 Jun;37(2):134-52.