



Katie Skaro

Where was your undergraduate AT degree from?

Winona State University in Winona, Minnesota

What is your current GA position?

Minnesota State University- Moorhead with their swim/dive team

What is your thesis topic and why does it interest you?

My thesis topic is going to evaluate the effectiveness of performing cardiopulmonary resuscitation over various athletic equipment. I will be using the CPR Anne manikins that give direct feedback on the different areas of CPR performance to help determine if quality CPR can be performed by certified athletic trainers over protective chest equipment, such as football shoulder pads, hockey pads, and a baseball/softball chest protector.

What is your favorite aspect about being an Athletic Trainer?

My favorite aspect about being an athletic trainer is being able to help others rehabilitate from an injury and return to performing the activity or sport they enjoy.

If you were stranded on a deserted island, what band or musician would help keep your sanity?

Maroon 5

When you are not at your GA position or working on your coursework and thesis; what do you like to do in your freetime?

I like exploring the city and learning about all the different things there are to do in the area.

What is your favorite thing about the Fargo-Moorhead area?

There are a lot of interesting and fun things in the area, and the people are very nice and welcoming.