

Timothy W. Stark,
MPhil, MBA, DC, DACBSP, ICSC, EMT, CSCS, FICC
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Executive Leader and Organizational Operations

Decades of personal and professional opportunities have led me to become an inspiring transformational leader, academic, clinician, and impactful change-agent. My skills of problem-solving and objective approaches have fostered success to affirm progress in organizations, while building and maintaining relationships. I am a proven innovator and architect of world-class programs, positively making a difference in thousands of students', athletes', veterans', and health-providers' lives, worldwide.

Core Competencies

Selfless Servant – Dedicated Transformational Leader – Operational Change Agent – Strategy Architect – Solution Savant – Radically Transparent – Vibrant Visionary – Team Building Maestro – Inclusion Advocate – Mission Focused – Educator – Innovator – Marketing Insight – Research & Development – Inventor – Budget Management – Negotiation – Objective – Intrapreneurial Spirit

Most Recent Positions:

- 2026-present Inaugural Director, Doctor of Chiropractic Program at Troy University, Dothan Alabama. I have the honor and privilege to ideate, innovate, and integrate a unique DCP at a public university, leveraging a tremendous foundation of resources to truly build something unique and exceptional. I will have operational oversight of the curriculum, faculty, staff, and accreditation.
- 2025-2026 interim-Executive Director, American Chiropractic Board of Sports Physicians. My primary responsibilities include managing a small team of fulltime administrators, regular reporting to the Executive Officers and Board of Directors, and ultimately oversight of all operations. In this first year we will have revolutionized our operations via restructuring our internal communications, implementation of operational software, established a central data base, rebuilt our Policies and Policy Procedures, and established a contemporary event management system.
- 2023-2025 Director, Institutional Effectiveness and Research, Bismarck State College. I assured compliance with the Higher Learning Commission while supporting the College with data management and overall institutional effectiveness research. Additionally, I established a new presence of research to support our polytechnic mission.
- 2022-2023 Assistant Dean Health Sciences, Bismarck State College. I assisted the Dean of Health Sciences and Cyber Security with supporting the faculty and academic operations. I chaired periodic department meetings and supported programmatic compliance.

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Most Recent Positions Cont'd:

- 2022-2024 North Dakota State Director, Commission of Combative Sports (part-time). I served as a liaison between the North Dakota Secretary of State and combat promoters. We assured compliance of the ND Rules, assuring safety of the fighters and staff while supporting National reporting processes.
- 2020-present STARK i3 – Start-up Business Mentor (ideate-innovate-integrate). I created this coaching business out of the consistent need from past students, friends and colleagues. I have mostly mentored youthful entrepreneurs and researchers with their start-up studies, business strategies, and organizational advancement.
- 2020-2022 Adjunct Professor – Concordia University St. Paul (MS Exercise Science) and Northwestern Health Sciences University (Sports and Performance). I served as an adjunct instructor for a variety of exercise, sport, and performance online courses.
- 2014-2020 Director & Associate Professor, Human Performance Center, NWHSU. This entity was born out of ideation, innovation, and integration. We established a new strategic plan creating a sports and performance environment that served fourteen local high performance athletic organizations while creating a practical integrated (sports chiropractic, rehabilitation, acupuncture, massage, mental performance, nutrition, strength & conditioning) learning and research environment for our interdisciplinary health sciences students.
- 2013-2014 Associate Professor and Dean of the College, NWHSU. I was hired for this role to establish change and advance the curriculum to (or above) contemporary standards. I supervised thirty-five fulltime (sixty total) faculty, researchers, and staff while serving 600 students. We managed a \$3 million departmental operating budget from a \$27 million revenue stream.
- 2011-2013 Assistant Professor at National University of Health Sciences (NUHS) – Florida, Chair of the Clinical Sciences Department. I reported to the Dean of this campus while supervising twelve faculty, researchers, and staff and 200 students. I managed accreditation reports and supported student admissions growth.
- 2008-2011 The Clinic; Family Health & Sports Chiropractic, Chief of Operations. Clinician/Researcher/Author. Sports Chiropractor for American Gold Gymnastics (level 10), FM Acrobatics, and the Fargo Force (Tier I Ice Hockey).
- 2005-2008 Senior Lecturer at Murdoch University in the Health Science Division at Murdoch University, Western Australia. Founding Chair of the Research Committee. Chair of the Graduate Studies Department; Sports Science. While in this position, I finished the build of two undergraduate programs (chiropractic and sports sciences). I also crafted and managed a distance learning Masters of Sports Science.
- 1998-2005 The Clinic; Family Health & Sports Chiropractic, Chief Executive Officer. Clinician. Sports Chiropractor for American Gold Gymnastics (level 10), FM Acrobatics, and the FM Jets (Tier II Ice Hockey).

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Education:

- 2018-2019 Masters of Business Administration; Leadership and Change – Cappella University
- 2016 Emergency Medical Technician. Inver Hills Community College
- 2006-2011 Masters of Philosophy; Human Performance and Rehabilitation. Murdoch University, Western Australia, Australia
- 2005 Tertiary Teaching Certificate. Murdoch University, Western Australia, Australia.
- 1998-1999 Graduate part-time student (M.S.; did not complete) in the field of Clinical Nutrition. North Dakota State University, Fargo, ND
- 1996-1998 Postdoc-Residency/Fellowship in Sports Injuries & Rehabilitation. Northwestern Health Science University (NWSU), Bloomington, Mn
- 1993-1996 Doctor of Chiropractic. NWSU, Bloomington, Mn
- 1986-1990 Bachelors of Science Major: Exercise Physiology. North Dakota State University (NDSU), Fargo, ND

Awards and Honors:

- 2019 Administrator of the Year; NWSU
- 2017, 2018 Nominated for Sports Chiropractor of the Year; Minnesota Chiropractic Association
- 2017 Sports Chiropractor of the Year; American Chiropractic Association Sports Council
- 2017 Academician of the Year; American Chiropractic Association
- 2016 Nominated for the Minnesota Chiropractic Association Outstanding Educator Award
- 2015-17 NWSU recognized and selected by the student body as a positive influence on the Student Experience.
- 2014 Awarded Fellowship; International College of Chiropractic (FICC)
- 2012 Teacher of the Phase; NUHS - Florida
- 2011 Recognized by the International Federation of Sports Chiropractic for outstanding leadership and dedication as the Education Commission Chair.
- 2008 Awarded Tenure at Murdoch University, Perth Australia
- 2005-2008 Nominated for the TEX Award (for Teaching Excellence; top 10% of instructors as selected through student satisfaction surveys; Murdoch University).
- 2003 Selected and participated in the Volunteer Program at the USA Olympic Training Center, Colorado Springs.
- 2002 Selected by the North Dakota Jaycees for one of the FYOND (Five Young Outstanding North Dakotans).

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Awards and Honors cont'd:

- 2001 Presented with the Distinguished Club President Award from the National Exchange Club. 1 of 7 honored presidents out of a total of 400 clubs.
- 1999 Selected to attend the All African Games in South Africa.
- 1996 Elected by student peers to deliver the commencement speech; NWHSU.
- 1995 Selected by peers and school faculty for the Maverick Award for excellence in student leadership & dedication. NWHSU.
- 1994-1995 President of the NWHSU Student Sports Council; student organization committed to educating students on athletic injuries and prevention.
- 1989-1990 NDSU Grandparent Phi Epsilon Omega Honor Society.

Research, Publications and Grant/Acquisitions:

- 2020 eBook – Art of Upper Extremity Manipulation.
<https://starkperformance.org/product/artuem-e-book>
- 2019 eBook – Art of Lower Extremity Manipulation.
<https://starkperformance.org/product/artlem-e-book>
- 2016 – 2019 ACQUISITION - \$225k commitment over five years to support a Sports Nutrition Fellow. \$60k commitment over three years to support a Sports Education Fellow. \$35k Class 4 LASER. \$15k cryo-heat combination, \$30k CORMAX product commitment, unit. \$10k Normatec Recovery Systems.
- 2018 Article published: “The relationship between a history of ankle injury and current ankle proprioception deficit”. The International Journal of Medical and Health Research, 4:6 June, 2018; p96-99.
- 2011 Article published: “Hand-held Dynamometry, a valid and practical diagnostic instrument when compared to isokinetic testing; a systematic review.” May 18, 2011 in Physical Medicine and Rehabilitation.
- 2009 Article published: “Ice-Hockey Players Using a Weighted Implement When Training on the Ice: a Randomized Control Trial”. March issue in the Research Quarterly for Exercise and Sport.
- 2007 Article published: “Severe aberrant glenohumeral motor patterns in a young female rower: A case report”. Chiropractic & Osteopathy 2007, 15:17 (13 November 2007).
- 2006 Facilitated a commercial donation from Myologic/MSM 7000. They donated a \$12k AUS software and hardware package for muscle testing. This donation was to support research.

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Research, Publications and Grant/Acquisitions cont'd:

- 2006 Article published; "Introduction of a pyramid guiding process for general musculoskeletal physical rehabilitation" *Chiropractic & Osteopathy* 2006, 14:9.
- 1998 Original research; "Radiographic & Clinical Analysis of the Cervical Spine of the "Tight-Five" Rugby Player", National conference presentation, Los Angeles, Ca.
- 1997 Article published: "Aerobic Conditioning & Its Relationship with Athletic Injury Prevention & Rehabilitation." Topics in Clinical Chiropractic Journal

Presentations:

- 2025 American Chiropractic Association Sports Council annual symposium presentation; "Get a Grip on Vitals" – a presentation to persuade clinicians to include grip strength as a vital sign assessment.
- 2005-present International Sports Chiropractic Federation (FICS) sports chiropractic program including lectures on the single topics of Head Injuries, Exercise Physiology, Sports Medicine and Developing a Team, Extremity Techniques, Soft Tissue Techniques in Sports Injuries, Athletic Performance Enhancement, Return to Play, and Athletic Strapping.
- 2023 Poster - Influence of the Ketogenic Diet on Mild-Moderate Traumatic Brain Injury: a Literature Review. *National conference first Place.*
- 2022 Poster - Athletic injury prevalence on artificial turf vs. natural grass; *a Systematic Review.*
- 2020 Poster - Neurological Posturing and its Association with Strike Location in Mixed Martial Art Knockouts: *A Systematic Video Analysis.*
- 1997-05,08-19 NWHSU post-graduate sports chiropractic program - Head Injuries, Exercise Physiology, The Sports Medicine Team, Extremity Techniques, Soft Tissue Techniques, Athletic Performance Enhancement, and Athletic Strapping.
- 2016 Poster - Kyphosis Angle relation to upper body syndromes. American Chiropractic Association Sports Council Symposium. New Orleans, Louisiana. *National conference first place.*
- 2016 NWHSU Homecoming – "Concussion and Cervical Spine Injuries in Sport"
- 2015 NWHSU Homecoming – "Cervical Spine Rehabilitation"
- 2015 Poster - A Proposed Field Reaction Time Test for Addressing Sport Concussion. American Chiropractic Association Sports Council Symposium. Denver Colorado. *1st place poster at ACA Sports Council and 2nd place at the Joint Commission on Sports Medicine and Exercise Science.*
- 2015 Poster - Integrative Care for a high-performance Women's Professional Football Team. American Chiropractic Association Sports Council Symposium. Denver, Colorado.

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Presentations Cont'd:

- 2015 Poster - Mild Traumatic Brain Injury (Concussion): constructing a clinical care pathway via a collaborative and integrative approach with the intent to establish a proposal for a new best practice. International Sports Chiropractic Federation (FICS) annual symposium. Athens, Greece.
- 2014 NWSU Homecoming – “Shoulder Functional Assessment and Rehabilitation”
- 2012 Florida Chiropractic Association; Panhandle Conference. “Who, What and Where; A Concussion Orientation.” 3-hour seminar.
- 2009 American Chiropractic Association Sports Chiropractic & ProSport Symposiums; “Shoulder Complex Dysrhythmia; Hands-on Testing and Functional Rehabilitation via a case-based presentation.”
- 2008 Video Conference/Seminar for Australian clinicians for 7 different locations throughout the continent; “Physical Rehabilitation; When it Started and Where’s it going?”
- 2005-2008 Murdoch University undergraduate chiropractic units including lecture/lab on physical rehabilitation, clinical neurology lecture, clinical orthopedics lab., exercise physiology, physiotherapeutics and applied clinical nutrition lab.
- 2007 Chiropractic and Osteopathic College of Australasia (COCA); “New Methodology for Teaching and Implementing Physical Rehabilitation.”
- 2007 Poster presentation, Murdoch University PhD student presentations. “Hand-held Dynamometry as a Non-invasive Intervention for Athletic Injury Prevention: a prospective study.”
- 2007 Poster presentation at the Annual Research Symposium for COCA. “Ice-Hockey Players Using a Weighted Implement When Training on the Ice: a Randomized Control Trial.”
- 2007 Poster presentation at the Annual Research Symposium for COCA. “Shoulder Impingement Syndrome: A Narrative Literature Review.”
- 2007 Poster presentation at the Annual Research Symposium for COCA. “Evaluation of Diagnostic Tests for Shoulder Impingement Syndrome: A Narrative Review.”
- 2005-2007 Teaching in the Japan chiropractic offshore program via translators on the subjects of Physical Rehabilitation, Orthopedics and Neurology, Upper Extremity and Lower Extremity Conditions. Approximately 9 hours of lecture per day for 5 days.
- 2006 Instructed the specialty topic of Sports Rehabilitation for the Lower Extremity as part of the International Sports Chiropractic Sports Science Diploma (ICSSD) in Melbourne, Australia.

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Presentations Cont'd:

- 2006 Abstract selected and presented at the WFC (World Federation of Chiropractic) in Mexico; "Lumbo-pelvic Rehabilitation Utilizing a Rehabilitation Pyramid System."
- 2006 Abstract selected and presented at COCA's Annual Research Symposium, Melbourne Australia; "Physical Rehabilitation for severe aberrant glenohumeral motor patterns using the new Physical Rehabilitation Pyramid. A case study."
- 1998 Presented original research; "Radiographic & Clinical Analysis of the Cervical Spine of the "Tight-Five" Rugby Player", Los Angeles, Ca. at the Annual Sports Chiropractic conference.

Additional Positions Held:

- 2004-present Lecturer for Graston Technique.
- 1999-2019 Post-graduate Sports Care and Physical Rehabilitation Continuing Education Programs Coordinator and lecturer, NWHSU. While in this position, I was an early adopter of distance learning and online education. I was one of the first authors/faculty for an interactive online learning course. Later, I re-built a certificate program allowing greater success, online.
- 2009-2013 Lecturer and Medical Consultant for RockTape Inc. (Kinesiology taping)
- 1984-94,2004 Air Force National Guard; Crew Chief for a C130 Hercules, Nutritionist for the Medical Services Group. Rank; Staff Sergeant (E5).
- 2001-2005 EclipseAthletics.com; a company who caters to the athlete providing speed and agility camps. Innovator of the XPuck. President, strength coach, and inventor.
- 2001-2003 Strength Coach: West Fargo, ND Junior Hockey Camp.
- 2000-2005 Head Coach for the West Fargo 18 year old Junior Olympic Volleyball team.
- 1996-1998 Resident/Fellow in Sports Chiropractic & Rehabilitation at NWHSU. Pioneered the professions first residency in the USA. Duties: study, teach & perform research in the areas of sports injuries and rehabilitation.
- 1991-1998 Exercise Rehabilitation Specialist. Flagship Athletic Club: created, implemented and managed physical disabilities via exercise programs for victims of head injuries, strokes, and systemic pathologies.
- 1990-1991 Personal Trainer/Strength Coach. Fargo Athletic Club: Implemented personal training program. "Advanced sports conditioning for athletes."
- 1990 Internship. The New York Fitness Center: Exercise physiology internship program. Chicago, Ill.

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Professional Organizations and Service:

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|--------------|--|
| 2024-present | American College of Sports Medicine – Combat Sports SIG |
| 1996-present | Federation Internationale de Chiropratique du Sport (FICS). EDUCo Member. |
| 2008-present | American Chiropractic Association (ACA) |
| 2012-present | Foundation for Chiropractic Progress; Athletic TIPS Advisory Board |
| 1996-present | National Strength & Conditioning Association (NSCA) |
| 2008-present | ACA Sports Council. Past-Director of Student Poster Presentations. Past (2023) Senior Advisor to the Executive Board |
| 2020-2025 | North Dakota Chiropractic Association |
| 2024-2025 | Advisor to the American Chiropractic Board of Sports Physicians President |
| 2013-2020 | Minnesota Chiropractic Association and Sports Council member |
| 2003-2019 | Past FICS Education Commission Chair. |

Licenses & Certifications:

Six Sigma Green Belt Certified
Emergency Medical Technician; Nationally Registered.
Tertiary Teaching Certificate; Murdoch University, Western Australia
Doctor of Chiropractic in North Dakota #647
Diplomate of the American Chiropractic Board of Sports Physicians #140
International Certificate of Sports Chiropractic via FICS
Certified Strength & Conditioning Specialist via NSCA
Instructor for Dynamic Tape, Kinesiology Tape and rigid strapping
Certified Graston Technique Instructor
Certified FAKTR practitioner

Volunteer Work:

| | |
|--------------|---|
| 2023-present | Inspector, North Dakota Combat Committee (MMA/Boxing) |
| 2023-present | Review Editor – Women in Sport; Frontiers in Sport and Active Living. BMJ Military Health. |
| 2022-present | Brazilian Jiu Jitsu Instructor; Bismarck Brazilian Jiu Jitsu |
| 2021-present | Editorial Board – Clinics in Orthopedics and Sports Medicine, Systematic Reviews Journal. Journal of Sports Sciences. |
| 2020-present | Advisory Board for HealtheFirst patient management technology |
| 2024-2025 | Advisor to the President of the American Chiropractic Board of Sports Physicians |
| 2022-2024 | Advisor to the American Chiropractic Association Sports Council Executive Board |
| 2020-2022 | CEO, Back2Life, Inc. - nonprofit providing wellbeing services to Service Personnel. In 18 months, I crafted a strong strategic plan which fostered a prompt IRS response and an award of a 501C3. This prepared them for the capital acquisition phase. |
| 2008-2020 | Chair of the Education Commission, FICS. While in this position, I re-engineered their certificate program three times; from a face-to-face program, to a distance learning via compact disc program, to a completely online and interactive course. |
| 2008-2010 | Commissioner, North Dakota Combat Committee (MMA/Boxing) |
| 2002-2003 | Dakota Territory District Exchange Club President |

Stark i3
ideate-innovate-integrate

<https://www.linkedin.com/in/stark3000/>

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Volunteer Work cont'd:

- 1998-2005 West Fargo Chamber of Commerce Ambassador
- 1999-2000 West Fargo Chamber of Commerce Ambassador Committee Chair
- 1999-2005 West Fargo Chamber of Commerce Board of Directors
- 1998-2005 West Fargo Exchange Club member; President 2000-2001

Personal interests and information:

Happily married to my bride of 34 years.

Two children; 22 and 27 years of age.

Passion for – motorcycles, cars, music, roasting coffee, landscaping, lifetime athlete (Brazilian Jiu Jitsu black belt, powerlifting, general fitness ...)

Top three smartest choices – Starting a family, joining the Air Force, & choosing to serve

Team physician or sports care provider:

- 2019-2020 Director of Integrated Sports Care for Strike (pro-women ultimate disc)
- 2019-2020 Director of Integrated Sports Care for Kaleena Miller Dance Company
- 2019-2020 Director of Integrated Sports Care for Surly Cougars (30+ women ultimate disc) and Mojo Jojo (Co-ed Ultimate disc)
- 2018-2020 Director of Integrated Sports Care for NFL Alumni – Mn Chapter
- 2017-2020 Director of Integrated Sports Care for USA Tug of War
- 2017-2020 Director of Integrated Sports Care for Alliance Brazilian Jiu Jitsu
- 2016-2020 Director of Integrated Sports Care/Sports Chiropractic - Augsburg University
- 2014-2020 Medical Director for the Minnesota Vixen; professional womens' football
- 2014-2020 Medical Director for the Minnesota Freeze; professional Aussie rules football
- 2016-2020 Sports Chiropractor for the British Virgin Islands Olympic Committee
- 2019-2020 Director of Integrated Sports Care for Minnesota Vipers- mens' football
- 2019 Sports Chiropractor at World Powerlifting Championships; Dubai, UAE
- 2018 Sports Chiropractor at World Powerlifting Championships; Halmstad, Sweden
- 2017 Sports Chiropractor for the Minnesota United (Major League Soccer)
- 2017 Sports Chiropractor at World Games, Poland.
- 2016 Summer Olympic Games, Rio Brazil. Polyclinic Sports Chiropractor
- 2015-2016 Sports Chiropractor for the Minnesota Swarm; professional lacrosse
- 2014 Sports Chiropractor - Caribbean Games, Veracruz Mexico.
- 2013 Sports Chiropractor - Cali, Columbia World Games
- 2002-2013 Sport Medicine Consultant for USA Volleyball
- 2012-2013 St. Petersburg College Athletics, Florida; Sports Medicine Volunteer
- 2011 Pan Am Games, Guadalajara, Mexico: Polyclinic Sports Chiropractic Physician
- 2008-2011 Sports Chiropractor for the Fargo Force (USHL Junior A ice hockey)
- 1999-05,08-11 Sports Chiropractor for level 10 American Gold Gymnastics & FM Acro teams
- 2006-2008 Team Physician for the Western Australia Volleyball Federation
- 2005-2006 WAFL Sports Chiropractor for the East Fremantle Sharks (Aussie rules)
- 2005- 2006 Western Australian Touch Rugby Championships
- 2005 Sports Chiropractor at the World Games, Germany; FICS

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Team physician or sports care provider Cont'd:

- 2003-2005 Medical Director for the FM Jets (NAHL Junior A Hockey)
- 2003 US Olympic Training Center (Volunteer Sports Chiropractor)
- 2002 World Speed Skating Team Championships in Milwaukee, Wisc.
- 2002 Salt Lake Olympic Winter Olympic Games; FICS
- 1998-2002 MS 150 Bike Tour, North Dakota : Medical Director
- 2000 Summer Olympic Games, Sydney Australia; FICS
- 1998 Mn. Monsters; professional indoor football league. Co-team physician
- 1995-1998 AVP professional sand volleyball tour
- 1996-1998 Mid-America Football League; professional minor league
- 1996-1997 US Open Squash Championships – ESPN televised
- 1997 Heart of Lakes Triathlon
- 1997 Star of the North Games, St. Cloud, Mn.
- 1997 Mexico Olympiada Juvenil, Mexico City, Mexico
- 1997 National Senior Men's Hockey Championships
- 1994, 1997 Minneapolis Athletic Club Amateur Squash Championships
- 1994-1997 St. Croix Lutheran High School (basketball, football)
- 1996 Summer Olympic Games, Atlanta, USA; FICS
- 1996 World Barefoot Skiing Championships
- 1996 Mn. Professional Snowmobile Races at Canterbury Downs.
- 1995-96 Summit Sevens Rugby Tournament
- 1994-1996 National Open Aerobics Championships – ESPN televised
- 1994-1996 Farmington High School (all sports)
- 1995 Border to Border triathlon, across Mn.
- 1995 National High School Rugby Championships
- 1995 Junior Olympic Volleyball Championships
- 1995 Nike triple crown junior soccer championships
- 1995 Bud Light water-skiing tour
- 1994-1995 NWCC Back to Shape fun run
- 1994-1995 Minneapolis Pro/Am Squash Championships
- 1994-1995 All Minnesota Collegiate Rugby Championships
- 1994 World Powerlifting Championships