Timothy W. Stark,

MPhil, MBA, DC, DACBSP, ICSC, NREMT, CSCS, FICC

Dothan Alabama USA

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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 Division 1/R2 research 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 oversite 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 poltytechnic 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. Assisted the College President in the early phases of the Human Performance Center.

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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 (NWHSU), Bloomington, Mn
1993-1996	Doctor of Chiropractic. NWHSU, Bloomington, Mn
1986-1990	Bachelors of Science Major: Exercise Physiology. North Dakota State University (NDSU), Fargo, ND

Awards and Honors:

2026	Presidential Awards for Leadership Excellence; American Chiropractic Board of Sports Physicians and from the American Chiropractic Association Sports Council
2019	Administrator of the Year; NWHSU
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	NWHSU 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.

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Awards and Honors cont'd:

2002	Selected by the North Dakota Jaycees for one of the FYOND (Five Young Outstanding North Dakotans).
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.

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.

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	NWHSU 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 Dysrythmia; 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.

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 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:

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
Instructor and Certified Graston Technique
Certified FAKTR practitioner

Volunteer Work:

2023-present	Review Editor – Women in Sport; Frontiers in Sport and Active Living. BMJ Military Health.
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
2022-2026	Brazilian Jiu Jitsu Instructor; Bismarck Brazilian Jiu Jitsu
2023-2026	Inspector, North Dakota Combat Committee (MMA/Boxing)
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

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 35 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