

# **John Campione DC, CSCS, CES**

**Chiropractic Physician, Exercise Physiologist, Strength and Conditioning Specialist**

312-890-2267

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## **Educational Background:**

Doctor of Chiropractic, National University of Health Sciences, Lombard, IL, 2010  
(www.nuhs.edu)

Bachelor of Science, Exercise Physiology, West Virginia University, Morgantown, WV, 2005  
(www.wvu.edu)

## **Employment Experience:**

October 2014 - Present      Adjunct Faculty - Whole Health Center  
National University of Health Sciences  
Lombard, IL

January 2014 - Present      Adjunct Faculty - Anatomy & Physiology  
Waubonsee Community College  
Sugar Grove, IL

January 2013 – Present      Adjunct Faculty Member – Anatomy & Physiology  
College of DuPage  
Glen Ellyn, IL

April 2011 – Present      Chiropractic Physician/Co-Owner  
Kinetic Health, LLC  
Warrenville, IL

May 2011 – January 2012      Personal Trainer  
Lifetime Fitness  
Warrenville, IL

November 2010 – April 2011      Chiropractic Physician  
Woodward Medical Center  
Woodridge, IL

May 2010 – October 2010      Chiropractic Physician  
Ducat Chiropractic and Wellness Center  
Bloomington, IL

May 2009 – April 2010      Intern - Chiropractic Medicine  
National University of Health Sciences

Lombard, IL  
August 2007 – May 2009 Teaching Assistant  
Anatomy Department  
National University of Health Sciences

**Licensing Boards:**

2008 Completed Part I, National Board of Chiropractic Examiners  
2009 Completed Part II, National Board of Chiropractic Examiners  
2009 Completed Part III, National Board of Chiropractic Examiners  
2009 Completed Physiotherapy, National Board of Chiropractic Examiners

**Continuing Education:**

2010 Certified Acupuncture, National University of Health Sciences (100 hours)  
2010 Certified Strength and Conditioning Specialist, National Strength and Conditioning Association  
2011 Certified Active Release Technique Practitioner  
2011 Corrective Exercise Specialist, National Academy of Sports Medicine  
2012 Certified Functional Movement Screen, Functional Movement Systems  
2012 Certified Kettlebell Fitness Trainer, World Kettlebell Club  
2013 Certified Fascial Movement Taping, RockTape  
2014 Certified Performance Movement Taping, RockTape  
Currently pursuing Diplomate in Chiropractic Neurology  
Currently pursuing Kettlebell Specialist Certification, World Kettlebell Club

**Memberships:**

Member of the American Chiropractic Association ([www.acatoday.org](http://www.acatoday.org))  
Member of the Illinois Chiropractic Society ([www.ilchiro.org](http://www.ilchiro.org))  
Member of the National Strength and Conditioning Association ([www.nasca-lift.org](http://www.nasca-lift.org))  
Member of the National Academy of Sports Medicine ([www.nasm.org](http://www.nasm.org))  
Member of the World Kettlebell Club ([www.worldkettlebellclub.com](http://www.worldkettlebellclub.com))

**Research:**

Intern for Lung Function Study

National University of Health Sciences

February 2010 – May 2010

Duties included:

Inclusion and exclusion criteria screenings Physical examination Chiropractic Manipulation of research patient Spirometry operation and interpretation Exit surveying

**Skills:**

Software: MS Office Software (Excel, Word, PowerPoint, Access, Publisher), Macintosh OS, Blackboard

Certification: CPR, First Aid, and AED

- Experience instructing group exercise activity with different groups ranging from athletes to the elderly.
- Extensive knowledge of performance testing.
- Extensive knowledge of exercise/strength and conditioning
- Patient/client initiation experience including touring, collection of payments and scheduling appointments, as well as fitness screenings and exercise prescription.
- Experience performing equipment maintenance and cleaning.
- Experience planning and designing rental property fitness centers.
- Proficient in Chiropractic manipulative therapy Diversified Technique and Cox Technique and experience using Thompson Drop Technique, Pelvic Blocking, and instrument assisted CMT
- Proficient in manual and instrument-assisted soft tissue manipulation
- Core activation and training with Core4 Technique
- Analysis and correction of movement pattern/biomechanical dysfunction
- Exercise prescription/programming for rehabilitative, performance and general fitness
- Lecturing to small, medium, and large size groups on topics such as: anatomy and physiology, movement, pain, injury/injury prevention, exercise at college level
- Preparing and implementing lesson plans, course activities calendars, and various teaching modalities on college level
- Experience using Blackboard educational software to communicate with students and provide class material

**Professional References Available on Request**