



NIC ACAMPORA

AKA @NIC_THEBIO

PARTNER BIKINETICIST

ABOUT ME

I am a partner at **SA Biokineticists** with 8 years of industry experience.

I am dedicated to growing the strongest working team of professional biokineticists in South Africa.

Although I enjoy working with all types of rehabilitation patients, I have developed a niche for training runners and find myself focusing on growing my reputation as a high-performance specialist with a speciality in correcting running biomechanics.

As a Comrades Marathon athlete myself, I have a particular interest in long-distance running where I get to test the limits of human endurance - it goes without saying that you'll find me out on the road putting in a few training kilometres in my free time.

EDUCATION



MSC Sports and Exercise Medicine (UNSW)



BSC Sports Science (UKZN)



Hons Biokinetics (UKZN)

UNIQUE INTERESTS & SKILLS



High Performance Conditioning.



Running Specialist.



Sport Specific Injury Rehabilitation.

MOTTO

Consistency is key!

