

PROFESSIONAL PROFILE
VICTOR O. ROMANO

Dr. Victor Romano has over 20 years' combined experience as a strength and conditioning coach, applied physiologist, fitness program director, researcher, and professor. He currently serves as an Associate Professor of Sport & Health Sciences and Program Chair of Exercise Science at Catawba College in Salisbury, NC. While at Catawba College, Dr. Romano has revised the undergraduate Exercise Science curriculum twice and developed two new programs, Master's in Exercise & Nutrition Sciences and a Nutrition minor. In doing this, he was able to increase the number of Exercise Science majoring students by 238% and the number of exercise science faculty members from one to five in an eight-year span. During this time of growth, he designed, built, and manages a new \$650,000 multidisciplinary human performance laboratory.

Prior to Catawba College, Dr. Romano was the founding Director for the JCSU HealthPlex, a 20,000sq/ft. Applied Health Research facility for health, human performance, and sport at Johnson C. Smith University. While there, he provided leadership, expertise, and training to 34 faculty and staff in the areas of research, community health, and fitness. Dr. Romano focused on developing a scholarly research program that bridged together academic, sport, human performance, public health, and community health practices. While there, he conducted, coordinated, and published, and/or presented 16 applied research studies in the areas of health, human performance, and sport that received over \$1.4 million in grant funding.

Before getting into higher education, Dr. Romano work for the YMCA where he was the Health & Wellness Director in charge of the Wellness, Fitness, Personal Training, and Group Exercise departments for two different locations with supervision of 67 staff members. In this role, he focused on developing & implementing free outreach preventative health programs for young and older adults. His expertise in the fitness field led him to being responsible for the fitness equipment purchasing, fitness center redesign, and layout for seven locations.