

VICTOR ROMANO

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EXPERIENCE

Chair, Exercise Science / Associate Professor, Exercise Science **2016-present**
Catawba College, School of Health Science & Human Performance

- Revised curriculum from 42 to 60 credit hours to include two concentrations (Human Performance & Sports Medicine) and six certifications from ACSM, NSCA, NASM, and ACE.
- Designed, built, manage a new \$650,000 human performance laboratory.
- Increased Exercise Science majoring students by 238% and number of full-time faculty from 1 to 5
- Developed new Nutrition Minor and Master's degree in Exercise & Nutrition Sciences.

Adjunct Professor **2008-present**

Drexel University, College of Nursing & Health Professions: 2021-present

Wingate University, School of Sport Sciences: 2021

Cabarrus College of Health Sciences, Biology Department: 2019

Johnson C. Smith University, Department of Health & Human Performance: 2010-2017

Queens University of Charlotte, Department of Kinesiology: 2015

Craven Community College, Department of Physical Education: 2008-2009

Director, JCSU HealthPlex / Head Strength & Conditioning Coach **2011-2016**

Johnson C. Smith University

- Founding director of a 20,000sq/ft. applied health research facility for health, human performance, and sport.
- Developed a research program that focused on building bridges between academic and applied practices.
- Led strength & conditioning for Football, Basketball, Tennis, Softball, Track & Field
- Developed two Minor programs (Exercise & Sport Science and Fitness & Wellness Management) and three new courses (PED 238, PED 239, and PED 438)

Director, Health & Wellness **2007-2011**

YMCA of the USA: Twin Rivers YMCA & Gateway Village YMCA branches

- Directly in charge of the Wellness, Fitness, Personal Training, and Group Exercise departments.
- Increased program participation and revenue 253% in two years.
- Worked in cooperation with the regional hospital in developing & supervised Stage III Cardiac rehab program.

Strength & Conditioning Coach **2004-2011**

Johnson & Wales University, Charlotte: Men's Basketball, Woman's Volleyball

Track Eastern Carolina: Men's & Woman's Track & Field

New Bern High School: Men's Lacrosse, Men's & Woman's Track & Field

Elon University: Woman's Rugby

Aircrew Survival Equipmentman 2nd Class, PR2 (AW) [E-5] **2000-2004**

United States Navy, USS Harry S Truman CVN-75

- Supervisor of three work centers, training 21 personnel with a 100% equipment readiness.
- Managed assets and equipment budget of \$2.3 million and supervised of over 100 personnel.

EDUCATION & CERTIFICATIONS

Doctorate Degree (DHSc)	Kinesiology	Drexel University
Doctorate Degree (EdD)	Physical Education	Gardner-Webb University
Master's Degree (MS)	Exercise Science & Health Promotion	Pennsylvania Western University
Bachelor's Degree (BS)	Exercise & Sports Studies	Greensboro College

NSCA Certified Strength & Conditioning Specialist

ACSM Certified Exercise Physiologist

NASM Corrective Exercise Specialist

NASM Fitness Nutrition Specialist

USAW Level 1 Weightlifting Coach

KTAI Certified Kinesio Taping Practitioner

NREMT Emergent Medical Technician