



## **NICHOLAS S. ROMANOV, PH.D.**

A 2-time Olympic Coach, author, world-renowned sports scientist with a career spanning over forty years, Dr. Romanov specializes in sport biomechanics, sport specific technique, kinesiology, sport training theory and physical education, training program development from elite to amateur athletes, exercise physiology, injury diagnosis, prevention and exercise rehabilitation.

### **EDUCATION**

Russia  
1989-1991

Philosophy Doctor of Physical Education from the Russian State Academy of Physical Culture, Sports and Tourism (former State Central Institute of Physical Culture), Moscow, Russia

Russia  
1979-1981

Master of Science in Physical Education from the Russian Scientific Research Institute of Physical Culture, Moscow, Russia

Russia  
1970-1974

Bachelor of Science in Physical Education from the Chuvash State Pedagogical Academy, Cheboksary, Russia

### **SPECIALIZED FIELDS**

USA  
1993-2017

Professional training for athletes participating in boxing, tennis, basketball, golf, Ironman, triathlons, ultramarathons, marathons, track & field, cross-country running, sprinting, swimming, cycling training, general health & fitness improvement, rehab by exercises, sports education & biomechanics lecturing.

Russia  
1974-1993

Professional training for track-and-field, volleyball, soccer, swimming, general fitness, physical education instruction, track-and-field events refereeing.

### **EXPERIENCE**

USA  
2020

Contributor to the Department of the Army Field Manual (FM 7-22 October 2020)

USA  
2008-2020

Technique Specialist and Training Expert for US Military.

USA  
2007-2020

Subject Matter Expert for CrossFit, Inc

Russia/USA  
2007-2019

Coach & consultant to the 2012 Olympic Triple Gold Medalist & member of the Russian National Paralympic Team, Elena Ivanova.

Australia/USA  
2006-2020

Coach to the Ironman Australia 35-time Finisher & Legend Terry Roberts.

Russia/USA 2012-2016	Coach and consultant to the medal winning members of the Russian National Triathlon Team, Dmitry & Igor Polyansky, Alexander Bryukhankov.
Great Britain 2000-2005	Coach to the British National Triathlon Team members, Tim Don, Andrew Johns and Leanda Cave from the Olympic Games in Sydney, AU in 2000 to the Olympic Games in Athens, Greece in 2004.
USA 1996-2002	Lecturer for the USA Triathlon Coaching Committee and Level 2 Coach, headquarters in Colorado Springs, Colorado.
USA 1997-2016	President and owner of Romanov Academy of Sport Science, a sport education company, headquarters in Coral Gables, Florida.
USA 1994-1997	Coaching Director for Multi-Sport Fitness Programs, a sport education company, headquarters in Coral Gables and Gainesville, Florida.
USA 1993-1994	Personal trainer for State-of-the-Art Fitness and Club Body Tech, headquarters in Miami Beach, Florida.
Russia 1991-1993	Head of the Department of Sports Disciplines, senior lecturer in Biomechanics, Theory and Methods of Physical Education, Theory of Sports Training, Head Track-and-Field coach at the Chuvash State Pedagogical Academy of Physical Culture in Cheboksary, Russia.
Russia 1988-1989	Coach & technique instructor to the Volleyball team of the Chuvash State.
Russia 1986-1988	Coach & technique instructor to the Soccer team of the Chuvash State.
Russia 1976-1991	Senior teacher of Track-and-Field, senior lecturer in Biomechanics, Theory and Methods of Track-and-Field, Theory of Sports Training, Head Track-and-Field coach at the Chuvash State Pedagogical Academy Of Physical Culture in Cheboksary, Russia.
Russia 1974-1976	Physical Education instructor, Head Track-and-Field coach at the Chuvash State University in Cheboksary, Russia.

**AFFILIATIONS &  
ACTIVITIES**

USA  
1997-2011

Member of American College of Sports Medicine, headquarters in Indianapolis, Indiana.

Germany  
2000-2011

Member of European College of Sports Science, headquarters in Cologne, Germany.

USA  
1996-2002

Member of the USA Triathlon Coaching Committee, headquarters in Colorado Springs, Colorado.