



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
1993-2011

Professional training for track-and-field, cross-country running, road race running, swimming, biking, triathlon, general fitness, health improvement, rehabilitation work, training programs, sport education books writing, sports education lecturing.

Russia
1974-1993

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

EXPERIENCE

Russia/USA
2012-2016

Coach and consultant for the Russian National Triathlon Team members, Dmitry and Igor Polyansky.

Russia/USA
2007-2016

Coach and consultant for Russian National Paralympic Team member, Elena Ivanova, London Paralympics 2012 Triple Gold Medalist.

Great Britain
2000-2005

Coach for 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.

Mexico
2002-2006

Consultant and coach for the Mexican National Triathlon Team member, Arturo Garza.

USA 1996-2002	Lecturer for the USA Triathlon Coaching Committee and Level 2 Coach, headquarters in Colorado Springs, Colorado.
USA 2001-2016	President and owner of Pose Tech Corporation, a sport education company, headquarters in Coral Gables, Florida.
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 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.
USA 1997-2011	Member of USA Track-and Field Association, headquarters in Kissimmee, Florida.

USA
1997-2004

Vice-President and competitor of Florida Athletic Club, headquarters in Delray Beach, Florida.

USA
1997-2000

Member of Board of Directors of Miami Runners Club, headquarters in Miami, Florida.