



## 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

### BIOGRAPHY

May 25, 1951

Nicholas Romanov, Ph.D. is a creator of the Pose Method® and the author of several educational books on sports technique and training. He was born, raised and educated in Russia, but in the early 90's relocated to the United States with his wife and 4 children.

A man of humble beginnings, during his early years Dr. Romanov became a star Track & Field athlete, a champion with several records in high-jump standing unmatched in his region for years.

And in 1974 at the age of 23, Romanov graduated with Honors from Chuvash State Pedagogical Institute in Cheboksary, Russia, and started his professional career at the Chuvash State University as a teacher of Track & Field and as a coach for the University track and field team. During those years, Romanov had the privilege of studying under the tutelage of the great Soviet sport scientist and coach, Professor Vladimir M. Diachkov.

After receiving a Ph.D. in Physical Education from the Russian State Academy of Physical Culture, Sports and Tourism (former State Central Institute of Physical Culture) in 1989, Nicholas Romanov was appointed the Head of the Department & the Head Lecturer on Biomechanics at the Chuvash State Pedagogical Institute.

In 2002, alongside Prof. Tim Noakes, et al., Dr. Romanov conducted and, in 2004, published in *Medicine & Science in Sports & Exercises* a groundbreaking scientific study that demonstrated how to reduce, by virtually 50%, the impact on the knees when running.

Throughout his extensive career, Dr. Romanov had worked with numerous elite athletes in various athletic disciplines as well as the members of National & Olympic Teams of 5 countries: United States, Great Britain, Russia, El Salvador and Mexico, taking the British Triathlon National Team to 2000 Olympics in Sydney and 2004 Olympics in Athens. At the 2012 Paralympic Games in London, UK, Dr. Romanov's athlete -a member of the Russian Paralympic Team, Elena Ivanova - won 3 Gold Medals. He is currently working with the members of the Russian National Triathlon Team.

An Olympic Coach, author, educator and a sport scientist with 40 years of experience, Dr. Romanov specializes in:

- sport biomechanics
- kinesiology
- sport training theory and physical education
- training program development from elite to amateur athletes
- exercise physiology
- injury diagnosis, prevention and exercise rehabilitation

In addition, in 1997 Dr. Romanov founded the Romanov Academy of Sports Science with the goal of creating a higher level of competency among sports coaches. The Pose Method® Certification Program offered by the Academy garnered the attention of not only Medical and Sports professionals worldwide, but also of the US and the Royal Netherlands Armies.

Today the Pose Method® is used in a variety of fields, counts 5 dissertations successfully defended in Russia, USA, UK, South Africa and New Zealand, and the evidence of it's application potential is growing. It is the methodology of choice for countless professionals around the world.

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