

CURRICULUM VITAE
VICTOR O. ROMANO

CONTACT INFORMATION

Victor Romano, Ed.D.
Department of Sport & Health Sciences
Catawba College
2300 West Innes Street
Salisbury, NC 28144

Office Phone: (704) 645-4580
Cell Phone: (803) 810-459
Work Email voromano16@catawba.edu
Personal Email: v.romano@ymail.com

EDUCATION

Ed.D. Curriculum & Instruction, concentration in Health & Physical Education

Gardner-Webb University: Boiling Springs, NC

M.S. Exercise Science & Health Promotion

California University of Pennsylvania: California, PA

B.S. Exercise & Sports Studies

Greensboro College: Greensboro, NC

PROFESSIONAL CERTIFICATIONS

Certified Strength & Conditioning Specialist

National Strength & Conditioning Association

Certified Personal Trainer

American College of Sports Medicine

Corrective Exercise Specialist

National Academy of Sports Medicine

Certified Kinesio Taping Practitioner

Kinesio Taping Association International

Certified Group Fitness Instructor

American Fitness Association of America

Educational Leadership: Administration & Supervision

ETS Praxis II Series: Test #5411

Social & Behavioral Research: Basic Curriculum

Collaborative Institutional Training Initiative

Wilderness & Remote First Aid Instructor

American Red Cross

Certified Wellness Practitioner

National Wellness Institute

Health Coach

American Council on Exercise

Fitness Nutrition Specialist

National Academy of Sports Medicine

Muscular Strength & Range of Motion

SilverSneakers®

Health & Physical Education

ETS Praxis II Series: Test #5857

Curriculum Instructional Specialist License

North Carolina Department of Public Instruction

CPR/AED/First Aid Instructor

American Red Cross

CPR/AED/First Aid

American Red Cross

ACADEMIC APPOINTMENTS

Assistant Professor, Sport & Health Sciences

2016-present

Program Director, Exercise Science

Department of Sport & Health Sciences, Catawba College

Adjunct Professor

2015-2017

Metropolitan College, Johnson C. Smith University

Adjunct Professor

2012-2016

Department of Health & Human Performance, Johnson C. Smith University

Adjunct Professor

2015

Department of Kinesiology, Queens University of Charlotte

Adjunct Professor

2007-2009

Department of Physical Education, Craven Community College

CURRICULUM VITAE
VICTOR O. ROMANO

COURSES

1000 LEVEL COURSES

- First Year Seminar
- Fitness & Wellness for Life
- Personal Fitness
- Prescriptive Fitness
- Physical Fitness & Wellness
- Physical Fitness & Wellness (ONLINE)
- Racquetball
- Scientific Foundations of PE, Health & Recreation
- Team Sports
- Walking for Fitness
- Weight Training I
- Weight Training II

2000 LEVEL COURSES

- Exercise Prescription
- Foundations of Exercise & Sport Sciences
- Introduction to Exercise Science
- Measurement, Evaluation & Research
- Psychomotor Development (HYBRID)

3000 LEVEL COURSES

- Exercise Physiology
- Exercise Physiology Lab
- Kinesiology
- Kinesiology Lab
- Management of PE & Sport Management
- Measurement & Evaluation in Human Performance
- Sport Nutrition
- Sport Facility Management

4000 LEVEL COURSES

- Exercise Prescription
- Health Coaching
- Internship
- Practicum
- Principles of Strength & Conditioning
- Program Design in Fitness & Wellness
- Research

AWARDS

Fisher Writing Fellowship , Catawba College	2017
iDefine Me Tobacco-Free Social Media Challenge , Mecklenburg County Health Department	2015
Rising Star Award: Private Grants , Johnson C. Smith University	2014
Faith & Community Health Excellence Award , U.S. Department of Health & Human Services	2013

UNIVERSITY SERVICE

Hearing Committee , Catawba College	2017-present
Faculty Advisor , Volunteers Around the World	2017-present
Faculty Advisor , Catawba College Student Veteran Association	2017-present
General Education Assessment Review (GEAR) Committee , Catawba College	2016-present
Wellness Committee , Catawba College	2016-present
Search Committee Chair, Assistant Professor of Exercise Science , Catawba College	2018
McCorkle Scholarship Interview Committee , Catawba College	2017-2018
Spirit of Catawba Scholarship Interview Committee , Catawba College	2017-2018
Search Committee, Visiting Assistant Professor of Physical Education , Catawba College	2017
Faculty Focus Group on Maryville University Model of Technology , Catawba College	2017
Search Committee, Associate Professor of Sports Management , Catawba College	2016
Chair, Special Judicial Affairs Panel for Sexual Assault , Johnson C. Smith University	2014-2016
Search Committee, Director of Student Leadership , Johnson C. Smith University	2016

CURRICULUM VITAE
VICTOR O. ROMANO

Lonnie T. Parker Distinguished Service Award Committee , Johnson C. Smith University	2016
Facilitator, Faculty Development Research Discussions , Johnson C. Smith University	2015
Chair, Wellness Committee , Johnson C. Smith University	2011-2015

PROFESSIONAL EXPERIENCE

Director, JCSU HealthPlex	2011-2016
<u>Johnson C. Smith University</u> , Division of Academic & Student Support Services: Charlotte, NC Established and managed the JCUS HealthPlex, a 20,000sq/ft. applied Health Research facility for health, human performance, and sport; Provide leadership, expertise, and training to 34 staff; Developed a scholarly research program that focused on building bridges between academic public health and community health practices; Conduct, coordinate, and publish and/or present applied health research that comes through the HealthPlex; Assess applied health research needs, recommend research, develop proposals, and present them to faculty, staff, and students	
Head Strength & Conditioning Coach	2009-2016
<u>Johnson C. Smith University</u> : Charlotte, NC ▪ Football ▪ Men’s Basketball ▪ Woman’s Basketball ▪ Softball ▪ Men’s Tennis	
Medical Staff	2008-2013
<u>National Scholastic Athletics Foundation</u> : Boston, MA/New York, NY/Greensboro, NC Assist in medical coverage for New Balance Indoor National Track & Field Championships and New Balance Outdoor National Track & Field Championships by providing soft tissue injury assessment, rehabilitation, “prehab” strength and conditioning programs, and motivational coaching	
Head Strength & Conditioning Coach	2009-2011
<u>Johnson & Wales University</u> : Charlotte, NC ▪ Men’s & Woman’s Track & Field	
Fitness Experience Director	2009-2011
<u>Gateway Village YMCA Branch</u> , YMCA of the USA: Charlotte, NC Directly in charge of the Wellness, Fitness, Personal Training, and Group Exercise departments for two different locations with supervision of 67 staff members; Developed & implemented free outreach preventative health programs for young adults; Responsible for fitness equipment purchasing, and fitness center redesign & layout for seven locations; Increased program participation and revenue 253% in two years	
Head Strength & Conditioning Coach	2007-2010
<u>Track Eastern Carolina</u> : New Bern/Charlotte, NC ▪ Men’s & Woman’s Track & Field	
Medical Staff	2008-2010
<u>The Running School</u> : Swan Lake, NY Assist in medical coverage for a 7-night cross country running camp by providing soft tissue injury assessment, rehabilitation, “prehab” strength and conditioning programs, motivational coaching, group instruction courses, and coaching seminars	
Strength & Conditioning Coach	2004-2006
<u>New Bern High School</u> New Bern, NC ▪ Men’s Lacrosse ▪ Men’s & Woman’s Track & Field	
Health & Wellness Director	2007-2009
<u>Twin Rivers YMCA</u> , YMCA of the USA: New Bern, NC Directly in charge of the Wellness, Fitness, Personal Training, and Group Exercise departments with supervision of 24 staff members; Initiated new wellness programming for retirement communities, Parkinson’s and MS patients, and afterschool youth fitness & nutrition classes; Worked in cooperation with Craven Regional Medical Center developed and supervised Stage III Cardiac rehab program; Established 1 st Annual Sprint Triathlon and Turkey Trot 5K Run/Walk	

CURRICULUM VITAE
VICTOR O. ROMANO

Personal Trainer/Youth Fitness Instructor 2006-2007
Ragsdale Family YMCA, YMCA of the USA: Greensboro, NC
Conducted one-on-one and group personal training sessions; Developed and lead new youth fitness program for ages 6-12

Strength & Conditioning Coach 2004-2006
Elon University: Elon, NC
▪ Woman's Rugby

Aircrew Survival Equipmentman 2nd Class (E-5) 2000-2004
United States Navy: Norfolk, VA
Managed assets and equipment budget of \$2.3 million; Supervisor of three work centers, training 21 personnel with a 100% equipment readiness; Selected as part of the team to establish a Five Vector Model that innovated the Aircrew Survival Equipmentman job rating; Supervision of over 100 personnel; Established new departmental training program for 11 work centers; organized semi-annual fitness testing for over 250 personnel

PROFESSIONAL AFFILIATIONS

Reviewer, Journal of Health Disparities Research and Practice 2016-present
Member, NC-AAHPERDS 2016-present
Editorial Panel, Insights in Medical Science 2015-present
Member, Kinesio Taping® Association International 2015-present
Reviewer, Global Journal of Health Science 2015-present
Reviewer, Health Promotion Practice 2014-present
Advocate, American Public Health Association 2014-present
Advocate, ACSM's Exercise is Medicine Initiative 2008-present
Manuscript Reviewer, Measurement and Evaluation in Physical Activity Applications: Exercise Science, Physical Education, Coaching, Athletic Training & Health. (2nd edition) by P.A. Bishop. (2011). Scottsdale, AZ: Holcomb Hathaway Publishers. 2017
Vice President, Parent Teacher Collaborative, Kannapolis Charter Academy 2016-2017
Member, National Wellness Institute 2015-2017
Proposal Review & Planning Committee, 42nd National Wellness Conference, National Wellness Institute 2016
Member, Mecklenburg County Fruits and Vegetable Coalition 2013-2016
Proposal Review & Planning Committee, 41st National Wellness Conference, National Wellness Institute 2015
Board of Directors - Research Chair, Charlotte-Mecklenburg Food Policy Council 2014-2016
Research Chair, Charlotte-Mecklenburg Health Equity Council 2014-2015
Evidence Academy on Hypertension Steering Committee, UNC Translational & Clinical Sciences Institute 2014-2015
CONNECT Sustainable Communities Program Public Health Committee, U.S. Department of Housing and Urban Development 2013-2014
Expert Panel, Charlotte-Mecklenburg Food Policy Council 2011-2014
CEU Presenter, Charlotte Area Health Education Center 2011-2014

CURRICULUM VITAE
VICTOR O. ROMANO

Career Panelist , Greensboro College: Kinesiology Department	2010-2013
Co-Creator of a 200hr Yoga Alliance Certification , Kinetik	2012
Charter Member , Theta Xi Fraternity, Gamma Upsilon Chapter	2006

GRANTS

2018 Teaching Grant <u>Project Manager</u> , Connect for Education: \$2,000	2018
Developing Reacting Endeavor Challenge Grant <u>Project Team Member</u> , Reacting to the Past Consortium: \$7,500	2017
Fisher Incentive Grant <u>Project Manager</u> , Catawba College: \$1,000	2016
Enhancing Student Academic Excellence through Integrated Wellness Programming and Multidisciplinary Applied Health Research <u>Project Manager</u> , United States Department of Education - Title III SAFRA: \$703,351	2015-2016
Village HeatBEAT: Building Education & Accountability Together <u>Project Manager</u> , Mecklenburg County Health Department: \$23,289	2013-2015
Faculty Development and Innovation Fund <u>Project Manager</u> , Duke Endowment: \$3,000	2015
Establishment of the JCSU HealthPlex to Promote Campus and Community Wellness and to Health, Human Performance, and Sport Research <u>Project Manager</u> , United States Department of Education - Title III SAFRA: \$653,641	2010-2015
ACT NOW! Creating Healthier Lifestyles for Tomorrow's Leaders <u>Project Manager</u> , Aetna Foundation: \$25,000	2014-2015
Seed-to-Feed: A 16-Week Sustainability Food Program for Youth <u>Project Manager</u> , Aetna Foundation: \$35,000	2013-2014
Integrating Physical Activity into a YMCA Afterschool Program Using HOPSports Interactive <u>Project Manager</u> , BeActive North Carolina: \$25,000	2007-2009

RESEARCH

Monitoring Fatigue in Collegiate Swimmers through Self-Reported Assessments <u>Primary Investigator</u> , Unfunded	2018-present
Cardiovascular Response to Lower Body Muscular Dysfunction in Division II Collegiate Swimmers <u>Primary Investigator</u> , Unfunded	2016-2018
A Quantitative Analysis of Supplemental Nutrition Assistance Program and Woman, Infant and Child Government Sponsored Nutrition Programs within Mecklenburg County, NC <u>Co-Investigator</u> , Smith Institute for Applied Research, Johnson C. Smith University	2015-2016
Identifying Provider and Patient Level Barriers to Care for Sickle Cell Disease using Community-Based Participatory Research <u>Co-Investigator</u> , Levine Cancer Institute	2015-2016
Identifying Corners Stores as the Future of Healthy Food Access in African American Communities <u>Primary Investigator</u> , Smith Institute for Applied Research, Johnson C. Smith University	2016

CURRICULUM VITAE
VICTOR O. ROMANO

2015 Mecklenburg County State of the Plate Food Access Assessment <u>Primary Investigator</u> , Wells Fargo Foundation / Blue Cross, Blue Shield of North Carolina: \$50,000	2015-2016
Know Your Brain: An Educational Concussion App <u>Sub-Contractor</u> , Department of Defense / NCAA - Mind Matters Challenge: \$100,000	2015-2016
The Effects of Kinesio Taping on Accuracy and Fatigue in Collegiate Athletes <u>Primary Investigator</u> , Kinesio Taping International Association: \$3,000	2014-2016
The Relationship of Gender, Age, and Socioeconomic Status in Wellness Program Adherence <u>Primary Investigator</u> , Smith Institute for Applied Research, Johnson C. Smith University	2012-2016
Improving Exercise Adherence Through the UPACE Mobile App in a University Setting <u>Primary Investigator</u> , UPACE: \$5,000	2015
A Faith-Based Intervention to Improve Nutritional Habits within African American and Hispanic Populations <u>Co-Investigator</u> , Smith Institute for Applied Research, Johnson C. Smith University	2015
Study of Cardiorespiratory Response and Exercise Modality Treadmill vs. the Krankcycle in Adults <u>Primary Investigator</u> , Smith Institute for Applied Research, Johnson C. Smith University	2013-2015
Addressing Physical Activity in Minority Faith-Based Congregations <u>Primary Investigator</u> , Smith Institute for Applied Research, Johnson C. Smith University	2014
Using the Health Belief Model to Reduce Obesity Amongst African American and Hispanic Populations <u>Primary Investigator</u> , Smith Institute for Applied Research, Johnson C. Smith University	2014
MURDOCK: The Measurement to Understand Reclassification of Disease of Cabarrus/Kannapolis Study <u>Collaborator</u> , Duke Transitional Medicine Institute, Duke University	2013-2014
Seed-to-Feed: A Youth Sustainable Food Pilot Project <u>Primary Investigator</u> , Smith Institute for Applied Research, Johnson C. Smith University	2013
The Effects of Kinesio Taping on Overuse Injuries of the Lower Extremities <u>Primary Investigator</u> , Kinesio Taping International Association: \$2,500	2013
Creating a Culture of Wellness: A Baseline Multidimensional Analysis of Wellness at a Small Private Historically Black College and University <u>Primary Investigator</u> , Smith Institute for Applied Research, Johnson C. Smith University	2011-2013
Hip Flexor Tightness Linked to Chronic Injuries in Student Athlete Runners <u>Primary Investigator</u> , Unfunded	2008

PUBLICATIONS IN REVIEW

Romano, V., Arnold, M., Lee, J. (2018). Monitoring fatigue in collegiate swimmers through the use of self-reported chronic fatigue syndrome assessments. *Measurement in Physical Education and Exercise Science*

PUBLICATIONS

Romano, V., Lee, J., Royal, E., Metzko, K., Ruth, W., Hartsook, T. (2017). Identifying corner stores as the future of healthy food access in African American communities. *Journal of Health Disparities Research and Practice*, 10(1), 206-220.

CURRICULUM VITAE
VICTOR O. ROMANO

- Romano, V.**, Butler, K., Scott, I., Watson, G., & Redfern, D. (2016). Using the health belief model in health coaching to reduce obesity within African American and Hispanic populations. *Insights in Medical Science, 1*(1), 1-4.
- Romano, V.**, & Metz, K. (2016). *2015 Charlotte & Mecklenburg County State of the Plate*. Charlotte, NC: Charlotte-Mecklenburg Food Policy Council.
- Romano, V.**, Butler, K., & Royal, E. (2015). A faith-based intervention to improve nutritional habits within African American and Hispanic populations. *International Conference on Education and New Developments Proceedings*, 432-435.
- Romano, V.**, Lee, J., & Butler, K. (2015). Seed-to-feed: A youth sustainable food project. *The North Carolina Journal, 49*(1), 36-42.
- Romano, V.** (2015). *Creating a culture of wellness: A guide to a happier & healthier you* (2nd ed.). Mustang, OK: Tate Publishing.
- Romano, V.**, & Scott, I. (2014). Health belief model to reduce obesity amongst African American and Hispanic populations. *Procedia Social and Behavioral Sciences, 159*(23), 707-711.
- Romano, V.**, & Butler, K. (2014). A baseline analysis of wellness at Johnson C. Smith University. *Education & Health, 32*(4), 136-140.
- Romano, V.** (2013). *Creating a culture of wellness: A guide to a happier & healthier you*. Charlotte, NC: CreateSpace Publishing.
- Butler, K., **Romano, V.** (2013). Seed-to-Feed - A youth sustainable food pilot project: A university, charter school and public library collaboration. *ICERI2013 Proceedings*, 4683-4689.
- Romano, V.** (2013). *Creating a culture of wellness: A baseline multidimensional analysis of wellness at a small private historically black college and university*. (Doctoral dissertation). Gardner-Webb University, Boiling Springs, NC. (Publication number 3602768).
- Romano, V.** (2010). Hip flexor tightness linked to chronic injuries in student athlete runners. *National Scholastic Athletics Foundation*. Article 736. Available at: <http://www.nationalscholastic.org/trackmedic/article/736>.

WORKING PAPERS

- Romano, V.** (2018). *Exercise science curriculum modification*. Catawba College, Salisbury, NC.
- Romano, V.**, & Lee, J. (2014). *Seed-to-feed: A youth sustainability food program*. (White paper). Johnson C. Smith University, Charlotte, NC.
- Royal, E., & **Romano, V.** (2014) *Village HeartBEAT: 2013-2014 program evaluation*. (White paper). Johnson C. Smith University, Charlotte, NC.
- Romano, V.** (2013). *Creating a culture of wellness: A JCSU quick reference guide to wellness programming and services*. (Program guide). Johnson C. Smith University, Charlotte, NC.
- Romano, V.**, & Butler, K. (2013). *The establishment of a culture of wellness on the campus of Johnson C. Smith University*. (White paper). Johnson C. Smith University, Charlotte, NC.

PROFESSIONAL PRESENTATIONS

- Bradford, R., Frost, R., & **Romano, V.** (2018, June). *Cardiovascular response to lower body movement dysfunction in division II collegiate swimmers*. Virtual presentation at the Ninth International Conference on Sport and Society, Miami, FL.

CURRICULUM VITAE
VICTOR O. ROMANO

- Uba, K., Morgan, W., **Romano, V.**, & Lee, J. (2017, October). *Using pulse oximetry in determining VO2max in competitive swimmers*. Presentation at the 2017 NCAAPERD-SM Convention, Winston-Salem, NC.
- Lee, J., Morgan, W., **Romano, V.**, Ruth, W., & Hartsock, T. (2016, October). *Bridging the gap between SNAP and WIC availability: A quantitative analysis in Mecklenburg County, North Carolina*. Virtual presentation at the 6th International Conference on Food Studies, Berkeley, CA.
- Romano, V.** (2016, March). *Identifying corner stores as the future of healthy food access in African American communities*. Presented at the 9th Health Disparities Conference, New Orleans, LA.
- Hartsock, T., Ruth, W., **Romano, V.**, & Perkins, R. (2016, March). *Spatial analysis of food access in Mecklenburg County, North Carolina*. Poster presentation at the 9th Health Disparities Conference, New Orleans, LA.
- Butler, K., **Romano, V.**, Lee, J., & Scott, I. (2016, January). *ACT NOW! An integrated nutrition physical activity partnership program*. Presented at the 2016 Hawaii University International Conferences on Arts, Humanities, Social Sciences, & Education, Honolulu, Hawaii.
- Ashorobi, T., **Romano, V.**, & Richardson, A. (2015, October). *The importance of gender, age, and income in health adherence*. Presented at the 67th Annual North Carolina American Alliance for Health, Physical Education, Recreation, Dance and Sport Management Convention, Winston-Salem, NC.
- Jenkins, T., Wallace, D., & **Romano, V.**, DellaBella, E. (2015, October). *Project CHARGE: Cultivating healthy residents in a garden environment*. Poster presentation at the 67th Annual North Carolina American Alliance for Health, Physical Education, Recreation, Dance and Sport Management Convention, Winston-Salem, NC.
- Jenkins, T., Butler, K., & **Romano, V.** (2015, October). *ACT NOW! Creating healthier lifestyles for tomorrow's leaders*. Poster presentation at the 67th Annual North Carolina Society for Public Health Education's Annual Meeting, Hickory, NC.
- Romano, V.**, Butler, K., Royal, E., & Jenkins, T. (2015, June). *A faith-based intervention to improve nutritional habits within African American and Hispanic populations*. Presented at the International Conference on Education and New Developments, Porto, Portugal.
- Romano, V.**, & Royal, E. (2015, June). *Integrating wellness programming into faith-based organizations for the underserved*. Presented at 40th Annual National Wellness Conference, Minneapolis, MN.
- Ashorobi, T., Kelly, A., **Romano, V.**, & Lee, J. (2015, March). *Seed-to-feed: A 16-week sustainability food program for youth*. Poster presentation at the 8th Health Disparities Conference, New Orleans, LA.
- Royal, E., **Romano, V.**, Woodson, M., & Walker, M. (2014, December). *Addressing physical activity in minority faith-based congregations*. Poster presentation at the Minority Health and Health Disparities Grantees' Conference, National Harbor, MD.
- Romano, V.**, & Scott, I. (2014, June). *Using the health belief model to reduce obesity amongst African American and Hispanic populations*. Presented at the World Conference on Psychology Sciences, Las Vegas, NV.
- Butler, K., & **Romano, V.** (2013, June). *Seed-to-Feed - A youth sustainable food pilot project: A university, charter school and public library collaboration*. Presented at the 6th International Conference of Education, Research and Innovation, Seville, Spain.
- Romano, V.**, & Hanes-Romano, K. (2013, June). *The effects of kinesio taping on overuse injuries of the lower extremities in collegiate athletes*. Presented at the Annual Kinesio Taping Association International Research Symposium, Stanford, CA.
- Romano, V.**, Butler, K., & Briscoe, N. (2013, April). *Creating a culture of wellness: Assessing campus needs*. Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance National Convention & Exposition, Charlotte, NC.

CURRICULUM VITAE
VICTOR O. ROMANO

- Romano, V., & Devens, M.** (2013, June). *Hip flexor tightness linked to chronic injuries in student athlete runners*. Presented at the Annual International Sport and Society Conference, Chicago, IL.
- Romano, V.** (2012, June). *Lower extremity pain in student athletes*. Presented at the Annual International Sport and Society Conference, Cambridge, England.
- Romano, V., & Anderson, J.** (2011, June). *Flexibility and stability: Key factors in preventing lower extremity injuries*. Presented at the National Scholastic Athletics Foundation New Balance Outdoor National Track & Field Championships, Greensboro, NC.
- Chapel, C., & **Romano, V.** (2010, March). *Prehab: How to effectively train to eliminate injuries in competitive runners*. Presented at the National Scholastic Athletics Foundation New Balance Indoor National Track & Field Championships, New York, NY.
- Anderson, J., Chapel, C., & **Romano, V.** (2010, June). *Posture and How It Affects the Biomechanical Chain*. Presented at the National Scholastic Athletics Foundation New Balance Outdoor National Track & Field Championships, Greensboro, NC.
- Romano, V.** (2008, June). *Fitness without walls: Obtaining fitness without a facility*. Presented at the YMCA International Youth Fitness Conference, Prague, Czech Republic.