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 Education ♦ Consulting ♦ Research ♦ Coaching

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CURRICULUM VITAE of FABIO COMANA

EDUCATION

<u>Institution</u>	<u>Years Attended</u>	<u>Degree</u>	<u>Major Field</u>
San Diego State University	1995 – 1999	M.S.	Nutrition - Sports Nutrition
San Diego State University	1990 – 1993	M.A.	Exercise Physiology
San Diego State University	1986 – 1989	B.S.	Nutrition - Dietetics

CERTIFICATIONS

<u>Institution</u>	<u>Certification</u>	<u>Year Attained</u>
United States Weightlifting Organization (USAW)	Sports Performance Coach (USAW-1)	2018
National Academy of Sports Medicine (NASM)	Performance Enhancement Specialist (PES)	2012
	Corrective Exercise Specialist (CES)	2011
	Certified Personal Trainer (CPT)	2011
International Society for Sports Nutrition (ISSN)	Certified - ISSN	2006
American Council on Exercise (ACE)	Health Coach	2006
	Personal Trainer	2002
National Strength and Conditioning Association (NSCA)	Certified Strength and Conditioning Specialist	1996
American College of Sports Medicine (ACSM)	Certified Exercise Physiologist	1991



UNIVERSITY TEACHING EXPERIENCE

<u>Institution</u>	<u>Date</u>	<u>Subjects</u>
San Diego State University	1993 – present	<ul style="list-style-type: none"> • ENS 304: Physiology of Exercise (3.0 units) • ENS 331: Exercise and Nutrition for Health, Fitness and Performance (3.0 units) • ENS 401A: Musculoskeletal Fitness (1.0 unit) • ENS 432: Exercise, Fitness and Health (2.0 units) • ENS 433: Exercise, Sport and Aging (3.0 units) • ENS 434: Promoting Exercise Behavior (3.0 units) • ENS 304L: Physiology of Exercise Lab (1.0 unit) • ENS 401B: Musculoskeletal Fitness Activity (1.0 unit) • ENS 432L: Exercise, Fitness and Health Lab (1.0 unit)
University of California, San Diego	1997 - Present	<ul style="list-style-type: none"> • Physiology of Exercise (3.0 units) • Nutrition for Fitness and Sports (3.0 units) • Strength & Conditioning Programming and Instruction (2.0 units) • Physiology of Exercise Assessments (2.0 units) • Behavioral and Lifestyle Change (2.0 units)

PROFESSIONAL EXPERIENCE

1. **Lecturer (full-time / part-time)**, Exercise and Nutritional Sciences (ENS), *San Diego State University* and Behavioral Healthcare Department, *University of California, San Diego Extension*, (1993-present).
 - Designed and developed 14 different college level courses for SDSU and UCSD (theory, practical) in Exercise Physiology; Musculoskeletal Fitness (Strength and Conditioning); Nutrition (+ Sports Nutrition); Behavioral and Lifestyle Coaching; and Physiological Assessments.
 - First SDSU ENS instructor to design and develop hybrid-format classes (½ online, ½ live; fully online) using various interactive learning technologies and assessment tools (e.g., Camtasia, TopHat).
 - Consistently evaluated (qualitative/quantitative scores) as one of the top instructors within SDSU ENS and UCSD Fitness Certificate departments by a diverse student body.
 - Founder and advisor to KORE – student kinesiology organization that provides student body with workings, speakers and professional development opportunities.
 - Chair, Curriculum Committee tasked with evaluating current degreed curriculums and proposing changes to the ENS faculty.



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2. **Director of Continuing Education / Faculty Instructor, National Academy of Sports Medicine (NASM), Chandler, AZ. (2011-present).**
 - NASM spokesperson – featured in multiple outlets (print, TV, radio).
 - NASM educator – professional presenting nationally and internationally at over 20 fitness conferences and health-fitness events; developing NASM’s team of master trainers.
 - Educational content development (educational and editorial articles, blogs, fitness calculators) for the upcoming consumer portal for NASM website.
 - As director – oversight of NASM’s \$8.6 million continuing education platform – design, development, delivery and evaluation.
 - Establishing educational partnerships with commercial manufacturers to develop live/online education targeting \$250K (gross revenue) for 2012 – 2013.
 - Overseeing NASM-brand proliferation into SE Asian markets – initiated in 2013.

3. **Exercise Physiologist, Genesis Wellness Group, San Diego, CA, (2006 – Present).**
 - Fitness Expert, Educational and Curriculum Developer, Consultant and Coach:
 - Development of educational curriculums and content for multiple-delivery formats (online, distance, live) in the exercise sciences, behavioral and lifestyle change, weight management, programming and performance domains for the fitness industry, academia, and consumers.
 - Advisory Board Member – Orange Theory Fitness®, Turbostrapp®, Flexline Fitness®.
 - Fitness Consultant – Core Health and Fitness®, Stroops®, SeaWorld®, Panasonic®, Step360®, HOIST Fitness®, Tri-data Corporation®.
 - Event Organizer – Asia Fitness Conference (AFC), (2008-present). SE Asia’s largest educational conference and symposium with over 1,300 attendees working on an operational budget between \$1,100,000 – 1,200,000.

4. **Exercise Physiologist, American Council on Exercise, (2004 – 2011).**
 - ACE Educational Curriculum Developer:
 - Original creator of ACE’s Integrated Fitness Training (ACE IFT®) Model – associated with > \$2.5 million (gross revenue) for ACE in 2010 – 2011 fiscal year.
 - Developed distance and online courseware, publications content, and ACE live-workshops for fitness professionals generating gross revenues > \$500K between 2008 and 2011.
 - Author and Technical Editor:
 - Authored/edited ACE textbook chapters, fitness publications and continuing education materials.
 - Chapter Author - ACE LWMC Manual (2nd edition) (2007); ACE AHFS Manual (2008); ACE PT Manual (4th edition) (2010).
 - Technical editor for ACE PT Manual (2010)
 - Developed content (and manual) for all ACE’s current, live-workshops taught nationally and internationally in 50 different markets nationally and internationally by over ~ 50 ACE Master Practical Trainers:
 - ACE’s Functional Training and Assessment workshop (2008) – 8½ hour, live workshop
 - ACE’s IFT Model™ workshop (2008) – 16 hour, live workshop
 - ACE’s Sports Conditioning workshop (2009) – 8 hour, live workshop
 - Authored fitness articles, publications, product reviews, blogs, and continuing education materials for ACE’s delivery platforms (*Certified News™*, *Fitness Matters™*, website, pro blogs)
 - Technical direction of photo shoots, and content developer for ACE Exercise Library containing 250 exercises with 40,000 monthly view rate



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- ACE Media Spokesperson:
 - Featured in various media outlets: television (*CNN Headline News; CBS, ABC, FOX and WB affiliates*); radio (*Sirius, numerous Clear Channel affiliates*); over 100 newspapers, print and online publications (*Associated Press; Web MD; Newsweek, Cosmopolitan, Health and Fitness, Men's Health, Glamour, Prevention, Elle, etc.*).
 - ACE Master Trainer and Professional Presenter:
 - ACE Senior Master Trainer (oversee training for ACE's ~ 50 live workshop Master Trainers)
 - Live workshops instructor (ACE workshops)
 - Professional presenting: > 3 dozen national and international fitness industry conferences and tradeshow (e.g. *IHRSA, Club Industry, IDEA World, IDEA PT Institutes, Empower, Fusion, ACE Symposium, ACSM Health and Fitness Summit, Asia Fitness Congress, TSI Summit, SCW Manias, Fitness Fest, YMCA Regional Fitness Conferences, Fitness Palooza*).
 - Certification Manager (2004 – 2006):
 - Directed exam development, job analysis studies and supervised NCCA-compliance.
 - Managed ACE's four certification programs, generating > \$ 3,000,000 in revenue.
 - Administered \$ 350,000 exam-development and NCCA-psychometric budget.
 - Developed Board of Certification policies and procedures (SOPs).
5. **Program Manager, Facility Development and Wellness Coordinator, Club One, CA, (2000 – 2004).**
- General Manager:
 - Opened and managed two - \$ 4,000,000 + corporate fitness facilities.
 - Educational Curriculum Developer:
 - Educational materials and workshops for members and staff development.
 - Wellness Programming Specialist:
 - Design and delivery of stand-alone / managed wellness programs.
 - Program feasibility / ROI and needs analysis reporting for new markets and accounts.
6. **Division I Head Coach, San Diego State University Rugby (Record: 272-61-3), (1993 – 2000).**
- Coaching and Conditioning Responsibilities:
 - Athlete recruitment, program administration and coaching of all teams, games, practice plans, playbooks, athlete testing and conditioning.
 - Southern California Rugby Football Union (SCRFU) Division I Conference Coach of the Year (1996, 1997, and 1998).
 - National top 20 ranking (1993 – 2000), recognized as SDSU's most successful sport team of 1990's, produced 11 All-American athletes.
 - Administrative Responsibilities:
 - Athlete recruiting and personnel hiring.
 - Team budgets and fundraising - acquired \$ 250,000 + in sponsorship funds.
 - Managed team / player eligibility requirements, scheduling, fixtures and travel.



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7. **Strength and Conditioning Coach**, *San Diego State University*, (1997 – 1999), SCRFB Collegiate All-Star Rugby (1993 – 2000, 2007-2009).
 - Job Functions:
 - Mentored under David Ohton, SDSU Head Strength Coach - conduct team and sport needs assessments, strength and conditioning programs for Division I athletes.
 - Athlete physiological assessments for fitness and performance.
 - National Collegiate Rugby Champions (2009).

Additional Professional Experience:

- Event Management, *San Diego Street Scenes*, San Diego, CA, (1994 – 2009).
 - Management and event production for annual music festival in San Diego (largest on U.S. west coast)
- Fitness Center Supervisor, Pacific Bell Fitworks, San Diego, CA, (1997 – 1998).
 - Facility operations, member screening, assessments, orientations and program design
- Physiological Tests Administrator, US Olympic Training Center, San Diego, CA, (1995).
 - Administer physiological assessments on U.S Olympic athletes

PROFESSIONAL GROWTH

1. Larger Publications:

- Comana F, (release - 2018). *Perspectives in Fitness*. Raleigh, NC, Lulu Press, Inc.
- Comana F, (release - 2018). *Nutritional Coaching: The Fitness Practitioner's Guide*. Raleigh, NC, Lulu Press, Inc.
- Bryant CX, Pocari J, and Comana F, (editors). (2015). *Exercise Physiology*. Philadelphia, PA, FA Davis.
- Comana F, (technical editor) (2103). In Schneider, T. *Caloric Responsibility*, Medicine Hat, Canada. Caloric Responsibility.
- Comana F, (2013). *NASM's Small Group Training Certificate Course* (1.5 CEUs – 15-hour course), National Academy of Sports Medicine, Chandler, AZ.
- Comana F, (2013). *NASM's Sports Nutrition Certificate Course* (1.2 CEUs – 12-hour course), National Academy of Sports Medicine, Chandler, AZ.
- Comana F, (2012). *SCW Sports Nutrition Certificate Course* (0.6 CEUs – 6-hour course), SCW Fitness, Chicago, IL.
- Comana F, (2012). *SCW Weight Management Specialist Certificate Course* (0.6 CEUs – 6-hour course), SCW Fitness, Chicago, IL.
- Comana, F. (technical editor. In Schaffer, A. *Turn up your Fat Burn*. New York, NY, Rodale Press, 2011.
- Smith, D, Comana, F, and Runnels, V (chapter co-authors), In FEMA, *Health and Wellness Guide for Volunteer Fire Service, FA – 267, January 2004.*

2. Smaller Publications (2007 – 2016):

- Textbook Chapters:
 - Comana F, (2015). Chapter 12: Thermoregulation. In Bryant CX, Pocari J, and Comana F. (editors). *Exercise Physiology*. Philadelphia, PA, FA Davis.
 - Comana F, (2015). Chapter 13: Physiology of Training. In Bryant CX, Pocari J, and Comana F. (editors). *Exercise Physiology*. Philadelphia, PA, FA Davis.
 - Comana F, and Mohr C, (2015). Chapter 3: Introduction to Fitness Nutrition. In Bryant CX, Pocari J, and Comana F. (editors). *Exercise Physiology*. Philadelphia, PA, FA Davis.
 - Comana F, Pocari J, and Foster C, (2015). Chapter 15: Cardiorespiratory Training. In Bryant CX, Pocari J, and Comana F. (editors). *Exercise Physiology*. Philadelphia, PA, FA Davis.
 - Comana, F and Merrill S (2013). Chapter 17: Exercise Program Design. In *ACE Health Coach Manual*, San Diego, CA, American Council on Exercise.
 - Galati T, Merrill S, and Comana F (2013). Chapter 16: Exercise Programming Considerations and Guidelines. In *ACE Health Coach Manual*, San Diego, CA, American Council on Exercise.
 - Comana, F. Chapter 7: *Functional Assessments: Posture, Movement, Core Balance and Flexibility*. In *ACE Personal Trainer Manual* (4th edition). San Diego, CA, American Council on Exercise, 2010, 135-172.
 - Comana, F. Chapter 9: *Functional Programming for Stability and Mobility*. In *ACE Personal Trainer Manual* (4th edition). San Diego, CA, American Council on Exercise, 2010, 245-310.
 - Comana, F. Chapter 14: *Mobility, Gait and Posture*. In Bryant, CX and Green, DJ (Editors), *ACE Advanced Health & Fitness Specialist Manual*. San Diego, CA, American Council on Exercise, 2009, 333-376.
 - Williamson, W and Comana, F. Chapter 13: Posture and Movement. In Bryant, CX and Green, DJ (Editors), *ACE Advanced Health & Fitness Specialist Manual*. San Diego, CA, American Council on Exercise, 2009, 293-332.
- Continuing Education Workshops:
 - Comana, F. (2018). Movement Mechanics – The Role of Stability and Mobility (0.6 CEUs). National Academy of Sports Medicine, Chandler, AZ.
 - Comana F, (2015-present, revised 2018). *SCW's Sports Nutrition Workshop* (0.6 CEUs). Sara city Fitness, Chicago, IL.
 - Comana F, (2015-present, revised 20187). *SCW's Behavioral Coaching Workshop* (0.5 CEUs). Sara city Fitness, Chicago, IL.
 - Comana F, (2014). *NASM's Weight Loss Specialist Workshop* (0.5 CEUs). National Academy of Sports Medicine, Chandler, AZ.
 - Comana F, (2013 – 2014). *NASM's Woman's Fitness Specialist Workshop* (0.4 CEUs). National Academy of Sports Medicine, Chandler, AZ.
 - Comana F, (2013 – 2014). *NASM's Small Group Training Workshop*. (0.5 CEUs). National Academy of Sports Medicine, Chandler, AZ.
 - Comana F, (2012). *NASM's Metabolic Conditioning Workshop* (0.8 CEUs). National Academy of Sports Medicine, Chandler, AZ.
 - Comana F, (2012). *NASM's Youth Exercise Specialist Workshop* (0.4 CEUs). National Academy of Sports Medicine, Chandler, AZ.
 - Comana F, (2009 – 2011). *ACE's Integrated Fitness Training Model Workshop* (0.8 CEUs). American Council on Exercise, San Diego, CA.
 - Comana F, (2009 – 2011). *ACE's Sport's Conditioning Workshop* (0.8 CEUs). American Council on Exercise, San Diego, CA.
 - Comana F, (2008 – 2011). *ACE's Functional Assessment and Training Workshop* (0.8 CEUs). American Council on Exercise, San Diego, CA.



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- Published Articles (Fitness Publications):
 - 2012-2018: Over 3 dozen articles in various NASM, IDEA Fitness Journal and CanFit publications.
 - 2008-2011: Over 2 dozen in *ACE Fitness Matters* and *ACE Pro Source*.
- 3. Professional Presentations and Public Speaking (2005-present):
 - Professional presenting: Over 2 dozen national and international fitness industry conferences and tradeshows
 - *IHRSA, Club Industry, IDEA World, IDEA PT Institutes, Empower, Fusion, ACE Symposium, ACSM Health and Fitness Summit, Athletic Business Conference, Asia Fitness Conference - Bangkok, IFEX – Indonesia, TSI Summit, SCW Fitness Mania, Fitness Fest, YMCA Regional Fitness Conferences, YMCA San Diego - Fitness Palooza.*
 - Presented over 60 different sessions, pre-cons and post-cons.
 - Professional Speaking Domains:
 - Movement Assessment, Corrective Exercise and Training.
 - Sports Nutrition Strategies, Supplements and Performance.
 - Program Design.
 - Metabolic Training (Cardio and Resistance Training).
 - Behavioral and Lifestyle Change.
 - Weight Management and Coaching.
 - Physiological Assessments.
 - Exercise Science Essentials (Energy Pathways, Endocrine Responses, Thermoregulation, etc.)

SCHOLARLY / ATHLETIC AWARDS and ACHEIVEMENTS

Favorite Faculty Member (2015-2016) – Residential Education Office, Office of Student Affairs, SDSU.

Outstanding Instructor Award (2000, 2006) – UCSD Extension

Nominee – Sanford Berman Award for Instructional Excellence – UCSD (2009)

Academic Honors, San Diego State University (1990-1993, 1995-1999)

Inductee – San Diego State University Sports Hall of Fame (2005)

All-American Collegiate Rugby Selection (1988 – 1989)



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Rugby:

- Head / Assistant Coach, Southern California Collegiate All-Stars, 1996 – 1998, 2006 – 2010 (2009 National Champions)
- Head Coach, San Diego State University (290-61-3), 1993 – 2000
 - 4 Southern California Division I Collegiate Titles; 4 USA Sweet 16 Appearances
 - Produced 11 All-Americans
- OMBAC Rugby (1994 – 1996)
 - 1994, 1996 National Champions
- San Diego State University Rugby, San Diego, CA (1986 – 1989).
 - 1986 Collegiate National Champions
 - 1989 Team Captain
- U13 A and U14 A Captain - St. Stithians College (High School) Johannesburg, South Africa

Swimming and Water Polo:

- St. Stithians College (high school) Conference honors – All-star water polo (1984)
- Varsity Swimming and Water polo
- Member Zambian National Swimming team (1980-1983).

SERVICE TO UNIVERSITY AND COMMUNITY

- Advisor – SDSU ENS undergraduate/graduate Kinesiology student organization (KORE)
- Committee member – ENS American Kinesiology Association Student Awards
- The Sage Community Project – SDSU initiatives for National City, CA. Urban Development (2014) and Lemon Grove (2016-2017).
- Airefitness – Healthy initiatives project partnered with San Diego Parks and Recreation
- 100Citizens.org – Statewide CSU initiative developed by Dr. Steven Loy (CSUN) to provide free exercise, nutritional and behavioral counseling and opportunities to local communities. My involvement includes oversight of SDSU chapter that enables students to gain valuable experience in organization and the delivery of assorted health-fitness and nutritional tasks and responsibilities.
- Volunteer Speaker and Educator, *Fitness Palooza* Symposiums (2x/year – April, October), YMCA Chapter of San Diego (2010-present).
- Advisory Panel Member, UCSD Health-Fitness Certificate (2000-2017).
- SeaWorld Worksite Wellness Committee – Employee Wellness and Safety (2009-2016).
- Advisory Panel Member, Southwestern Community College Fitness Certificate (2005-2008).
- Forum Member, KFMB – Channel 8 “*Health Bank*” (2002-2005).
- Forum Member, “*Active for Life*” Wellness Program, American Cancer Society (2001-2002).
- Volunteered Nutritional & Conditioning Consultant - Old Mission Beach Rugby Club (1996-2000).
- Volunteered Nutritional & Conditioning Consultant to Regional All-Star Collegiate Rugby Program (1996-2006).
- Associated Sports Club Council, San Diego State University (1988-1991).