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Education ♦ Consulting ♦ Research ♦ Coaching

FC

FABIO COMANA, MA., MS.
NASM – CPT, CES, PES, CNC, CSNC, & CWC; ACE – CPT & HC; ACSM-EP; NSCA CSCS; CISSN
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CURRICULUM VITAE of FABIO COMANA

EDUCATION

<u>Institution</u>	<u>Year Awarded</u>	<u>Degree</u>	<u>Major Field</u>
San Diego State University	1999	M.S.	Nutrition
San Diego State University	1992	M.A.	Exercise Physiology
San Diego State University	1989	B.S.	Nutrition – Dietetics

CERTIFICATIONS

<u>Institution</u>	<u>Certification</u>	<u>Attained</u>
National Academy of Sports Medicine (NASM)	Certified Wellness Coach	2022
National Academy of Sports Medicine (NASM)	Certified Sports Nutrition Coach	2021
National Academy of Sports Medicine (NASM)	Certified Nutrition Coach	2020
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 304L: Physiology of Exercise Lab (1.0 unit) • ENS 322: Applied Assessments in Health and Fitness (2.0 units) • ENS 322L: Applied Assessments in Health and Fitness Lab (1.0 unit) • ENS 331: Exercise and Nutrition for Health, Fitness, and Performance (3.0 units) • ENS 340: Program Design for Health, Fitness, and Performance (2.0 units) • ENS 340L: Program Design for Health, Fitness, and Performance Lab (1.0 unit) • ENS 401A: Musculoskeletal Fitness (1.0 unit) • ENS 401B: Musculoskeletal Fitness Activity (1.0 unit) • ENS 433: Exercise, Physical Activity, and Aging (3.0 units) • ENS 434: Promoting Healthy Behavior (3.0 units)
University of California, San Diego	1997-2017	<ul style="list-style-type: none"> • FPM 40432: Physiology of Exercise (3.0 units) • FPM 40433: Nutrition for Fitness and Sports (3.0 units) • FPM 40435: Strength and Conditioning Programming and Instruction (2.0 units) • FPM 40436: Physiology of Exercise Assessments (2.0 units) • FPM 40465: Behavioral and Lifestyle Change (2.0 units) • FPM 40587: Behavioral Change and Lifestyle Coaching

PROFESSIONAL EXPERIENCE

1. **Teaching:** Exercise and Nutritional Sciences (ENS), *San Diego State University*, and Behavioral Healthcare Department, *University of California, San Diego Extension* (1993-present).
 - Designed, developed, and implemented 17 different college-level courses for SDSU and UCSD (theory and practical) in the areas of:
 - Exercise Physiology.
 - Nutrition and Sports Nutrition.
 - Strength and Conditioning, and Musculoskeletal Fitness.
 - Behavioral and Lifestyle Coaching.
 - Physiological Assessments.
 - First SDSU ENS instructor to design and develop hybrid-format (live-online) and online classes using interactive learning technologies and assessment tools (e.g., Camtasia, Top Hat).
 - Developed and led the ENS 499 mentorships program as an opportunity for ENS undergraduate students to develop public speaking and teaching skills through co-teaching and teaching under observation.
 - Developed ENS teaching-speaking mentorship – Provides ENS undergraduate students the opportunity to develop public speaking and teaching skills via co-teaching and teaching under observation.



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1. Teaching (cont.)

- Developed and implemented ENS Train-the-Trainer mentoring program – provides ENS students with real-world mentoring and practical experiences with client/patient interviewing, assessment, and programming.
- Founder and advisor to KORE – a student kinesiology organization targeting professional development, networking, social, and charitable opportunities.
- Chair – ENS Curriculum Committee – manage curriculum change proposals.
- ENS Coordinator for undergraduate Kinesiology degree (emphasis in Fitness Specialist, Exercise Science Generalist) – career and certifications advising, evaluating current ENS curricula, and proposing changes to the ENS faculty.
- ENS Graduate Thesis Advisor – oversight and advising on graduate degree manuscripts in Exercise and Sports Sciences (2020-2022).

2. Director of Continuing Education / Faculty Instructor / Subject Matter Expert, *National Academy of Sports Medicine (NASM)*, Chandler, AZ. (2011-present).

- Educational content development (academic and editorial articles, blogs, fitness calculators) for the upcoming consumer portal for the NASM website.
- 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.
- 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 Medical Advisory Board Member:
 - Professional presentations and speaking at over 3 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, Asia Fitness Congress, TSI Summit, SCW Manias, Fitness Fest, YMCA Regional Fitness Conferences, Fitness Palooza.
 - Developed educational curricula 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® and Turbostrapp®.
 - 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 and an operational budget of \$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.
 - 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 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 views
- ACE Media Spokesperson, Master Trainer and Professional Presenter:
 - 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 Senior Master Trainer (oversaw Master Trainer training for ACE's live workshops).
 - ACE live workshops instructor.
- 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.



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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 sports team of the 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.
7. **Strength and Conditioning Coach, San Diego State University** (1997-1999, 2026-present), SCRUFU Collegiate All-Star Rugby (1993-2000, 2007-2009).
 - Job Functions:
 - Mentored under David Ohton, SDSU Head Strength Coach – conduct team and sport needs assessments, develop 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 an annual music festival in San Diego (the largest on the 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, U.S. Olympic Training Center, San Diego, CA (1995).
 - Administer physiological assessments on U.S Olympic athletes.

PROFESSIONAL GROWTH

1. Larger Publications:

- Comana F, (2026). *Empowered: Mindset and Mindfulness*. (Amazon: Kindle Direct Publishing).
- Comana F, (2026). *Empowered: Movement, Muscle, and Metabolism*. (Amazon: Kindle Direct Publishing).
- Comana F, (2024). *The Health and Fitness Practitioner's Handbook: Principles of Nutritional Science* (Amazon Publishing)
- Comana F, (2024). *The Health and Fitness Practitioner's Handbook: Nutritional Coaching* (Amazon Publishing)
- Comana F, (2020). *Movement for Health, Functionality, and Longevity*. An 8-hour interactive online course developed for IDEA (the world's largest and leading organization for fitness and wellness professionals)
- Comana F, (2019). *Corrective Exercise and Movement Coaching*. A 10-hour hybrid course developed for SCW Fitness, an internationally recognized educational organization
- Comana F, (2019). *NASM / AFAA's Cardiorespiratory Programming Model*, www.NASM.org
- Bryant CX, Pocari J, and Comana F (editors). (2015). *Exercise Physiology*. Philadelphia, PA, FA Davis.
- Comana F, (technical editor) (2013). 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.

2. Smaller Publications (2007-present):

- Textbook Chapters
 - Comana F, (2025). Physiological Assessments. In *NASM's Essentials of Personal Fitness Training (8th edition)*, Jones and Bartlett Publishing, Burlington, MA.
 - Comana F, (2025). Cardiorespiratory Programming. In *NASM's Essentials of Personal Fitness Training (8th edition)*, Jones and Bartlett Publishing, Burlington, MA.
 - Comana F, (2019-2020). Physiological Assessments. In *NASM's Essentials of Personal Fitness Training (7th edition)*, Jones and Bartlett Publishing, Burlington, MA.
 - Comana F, (2019-2020). Cardiorespiratory Programming. In *NASM's Essentials of Personal Fitness Training (7th edition)*, Jones and Bartlett Publishing, Burlington, MA.
 - Comana F (2019). Chapter 5: Carbohydrates. In *NASM's Certified Nutritional Coaching Manual*. Chandler, AZ., National Academy of Sports Medicine.
 - 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.

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- 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, (2010). Chapter 7: Functional Assessments: Posture, Movement, Core Balance, and Flexibility. In *ACE Personal Trainer Manual (4th edition)*. San Diego, CA, American Council on Exercise.
- Comana F, (2010). Chapter 9: Functional Programming for Stability and Mobility. In *ACE Personal Trainer Manual (4th edition)*. San Diego, CA, American Council on Exercise.
- Comana F, (2009). Chapter 14: Mobility, Gait, and Posture. In Bryant CX, and Green DJ, (editors), *ACE Advanced Health and Fitness Specialist Manual*. San Diego, CA, American Council on Exercise.
- Williamson W, and Comana F (2009). Chapter 13: Posture and Movement. In Bryant CX, and Green DJ, (editors), *ACE Advanced Health and Fitness Specialist Manual*. San Diego, CA, American Council on Exercise.
- Smith D, Comana F, and Runnels V (2004). In FEMA, *Health and Wellness Guide for Volunteer Fire Service, FA – 267, January 2004*.
- Continuing Education Workshops:
 - Comana F, (2019). *Corrective Exercise and Movement Coaching* (0.8 CEUs). SCW Fitness.
 - Comana F, (2018). *Movement Mechanics – The Role of Stability and Mobility* (0.6 CEUs). National Academy of Sports Medicine, Chandler, AZ.
 - Comana F, (2015, revised 2018). *SCW's Sports Nutrition Workshop* (0.6 CEUs). SCW Fitness.
 - Comana F, (2015, revised 2018). *SCW's Behavioral Coaching Workshop* (0.5 CEUs). SCW Fitness.
 - Comana F, (2014). *NASM's Weight Loss Specialist Workshop* (0.5 CEUs). National Academy of Sports Medicine, Chandler, AZ.
 - Comana F, (2013). *NASM's Women's Fitness Specialist Workshop* (0.4 CEUs). National Academy of Sports Medicine, Chandler, AZ.
 - Comana F, (2013). *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). *ACE's Integrated Fitness Training Model Workshop* (0.8 CEUs). American Council on Exercise, San Diego, CA.
 - Comana F, (2009). *ACE's Sports Conditioning Workshop* (0.8 CEUs). American Council on Exercise, San Diego, CA.
 - Comana F, (2008). *ACE's Functional Assessment and Training Workshop* (0.8 CEUs). American Council on Exercise, San Diego, CA.
- Media Interviews and Published Articles (Fitness Publications):
 - 2015-2026: Over 60 Media interviews, including CNN, Forbes, NY Times, National Geographic, Apple Fitness, Medfit TV,
 - 2012-2026: Over 3 dozen articles in various NASM, ACE, IDEA, and CanFit publications.



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PROFESSIONAL / SCHOLARLY / ATHLETIC AWARDS and ACHIEVEMENTS

35th Anniversary Milestone Award (2025). San Diego State University.

Yielding Excellence in Service (YES) Award (2021), SDSU College of Health and Human Services.

Faculty Member of the Quarter (2019), SDSU College of Health and Human Services.

Visionary and Leadership Award (2019). NASM Asia.

Fitness Inspiration Award of India (2019) – Asia Edufit Summit. Delhi, India.

Global Innovative Award of Excellence (2018) – IDEA China and International Dance and Exercise Association.

Finalist – Fitness Leader (2017). IDEA USA and the International Dance and Exercise Association.

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

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

Outstanding Instructor Award (2000, 2006). University of California, San Diego Extension.

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

Inductee:

- San Diego State University Sports Hall of Fame (2005).
- San Diego Hall of Sports Champions (1995).

All-American Collegiate Rugby Selection (1988-1989).

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.
- U13A and U14A Captain: St. Stithians College (High School) Johannesburg, South Africa

Swimming and Water Polo:

- St. Stithians College (high school) Conference honors (1984).
- Varsity Swimming and Water Polo.
- Member of the Zambian National Swimming team (1980-1983).

SERVICE TO UNIVERSITY AND COMMUNITY

1. Mentorship:
 - ENS Mentorship Program for ENS undergraduate students (2017-present). Assist students in developing public speaking and teaching skills.
 - ENS Train-the-Trainer Mentoring Program for ENS undergraduate students (2020-2022). Provide practical skill set development and experiences in client/patient interviewing, assessment, and programming.
2. Advising:
 - Undergraduate coordinator for ENS kinesiology majors (2022-present). Career and certification guidance and mapping.
 - Advisor, SDSU ENS undergraduate/graduate Kinesiology student organization (KORE) (2016-present).
3. ENS (2017-2025).
 - ENS Curriculum Chair, School of Exercise and Nutritional Sciences at SDSU.
4. COVID (Spring and Summer 2020):
 - Member of SDSU Tiger Team to identify and find online teaching solutions during the COVID pandemic.
5. College Representation (2021):
 - First speaker for the College of Health and Human Services Conversational Series.
6. Volunteer Panel and Advisory Groups (2009-present):
 - AireFitness (2017-2018). Healthy Initiatives Project partnered with San Diego Parks and Recreation.
 - The Sage Community Project (2016-2017). SDSU initiatives for National City Urban Development (2014) and Lemon Grove.
 - UCSD Health-Fitness Certificate (2000-2017).
 - 100Citizens.org (2015-2016). Statewide CSU initiative developed by Dr. Steven Loy (CSUN) to provide free exercise, nutritional, and behavioral counseling and opportunities to local communities. Oversight of the SDSU chapter that enabled students to gain valuable experience in organization and the delivery of assorted health-fitness and nutritional tasks and responsibilities.
 - SeaWorld Worksite Wellness Committee (2009-2016). Employee Wellness and Safety.