

Antonio Squillante

Ph.D.

University of Southern California
Division of Biokinesiology and Physical
Therapy

Skills

Experience

Curriculum Vitae

Resume

Ph.D. Candidate - Exercise Physiology

774-502-5689
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Registered Certified Strength and Conditioning Specialist (NSCA RSCC CSCS*D) with over ten years of experience coaching high school and collegiate athletes competing at national and international level. Certified USA Weightlifting and USA Track and Field coach. Registered Sport and Exercise Nutritionist (SEnr). Researching and publishing experience. Educator and author.

University of Southern California

January 2021 - PRESENT, California

Research: Clinical Exercise Research Center (CERC)

National Strength and Conditioning Association / Lead Instructor

November 2017 - PRESENT, California

Organize, approve and teach CSCS Live Prep Courses at colleges and universities in California. Assist and teach NSCA-approved continuing education events at state and national meetings. Write, correct and select questions for CSCS exams.

Setanta College/Faculty

November 2019 - PRESENT, California

Teaching undergraduate and graduate courses in strength and conditioning, including resistance training, program design, periodization, and sport performance testing.

Velocity Sports Performance/Director of Sports Performance

March 2016 - March 2019, Brentwood (Los Angeles, California)

Design and implement strength and conditioning programs for high school and collegiate athletes. Oversee strength training, weightlifting, speed, power, and agility sessions in the weight room and on the field. Assess and evaluate athletes. Provide nutritional consulting. Manage a team of assistants and interns.

Education

University of Southern California / M.S. Biokinesiology

January 2020 - PRESENT, Los Angeles (California)

Master of Science in Biokinesiology - Sports Science

A.T. Still University / M.S. Kinesiology

January 2016 - December 2018, Mesa (Arizona)

Master of Science in Kinesiology - Sports Conditioning/Orthopedic Rehabilitation

University San Raffaele/ B.S. Physical Education

September 2013 - July 2015, Rome (Italy)

Bachelor's Degree in Physical Education (Summa Cum Laude)

Awards

NSCA Southern California State and Provincial Director. NSCA Weightlifting SIG Chair. NSCA Advisory Board for the State of Pennsylvania. NSCA Advisory Board for the State of California. NSCA Conference Committee Executive Council.