

KYLEE R. SCHOLAR, MS, RD, CLE

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Objective

With sound knowledge and experience in clinical nutrition and research, I am looking to build my career with an organization who shares my passion for education and for the health and well-being of the general population.

Education

Sodexo Distance Dietetic Internship	Dietetic Intern, completed 5/2013
San Diego State University, San Diego, CA	MS, Nutritional Sciences, 12/2011 Completion of the Didactic Program in Dietetics, 12/2011
University of San Diego, San Diego, CA	BA, Spanish and Communication Studies (emphasis in Media Studies), Minor, Business Administration, 2001

Professional Experience

Dietitian, YMCA of San Diego County, January 2018 - Present

- Work with gymnasts and parents on the nutrition needs of athletes

Part-time Lecturer, San Diego State University, January 2014 – Present

- Nutrition 405, Experimental Food Science and Technology Lab, 3 sections (Spring 2018)
- Nutrition 405, Experimental Food Science and Technology Lab, 2 sections (Fall 2017)
- Nutrition 405, Experimental Food Science and Technology Lab, 2 sections (Spring 2017)
- Nutrition 405, Experimental Food Science and Technology Lab, 2 sections (Fall 2016)
- Nutrition 405, Experimental Food Science and Technology Lab, 2 sections (Spring 2016)
- Nutrition 405, Experimental Food Science and Technology Lab, 2 sections (Fall 2015)
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- Nutrition 405, Experimental Food Science and Technology Lab, 2 sections (Fall 2014)
- Nutrition 405, Experimental Food Science and Technology Lab, 2 sections (Spring 2014)

Wellness Coordinator, Grossmont College, January 2015 – Present

- Lead committee for college-wide staff and faculty wellness initiative
- Create opportunities for healthy employee behaviors
- Initiate programing for staff and faculty in their pursuit of overall health and wellness
- Identify programming that fits with the needs of staff and faculty
- Educate campus community on what wellness is and what opportunities exist

Per Diem Dietitian, Plus One Health Management, February 2014 – Present

- Lead lunch and learns in nutrition topics to Plus One clients in the San Diego area
- Offer nutritional services to Plus One clients in the San Diego area

Adjunct Faculty, Grossmont College, August 2014 – December 2015

- Health Education 155, Realities of Nutrition, 2 sections (Fall 2015)
- Health Education 155, Realities of Nutrition, 2 sections (Spring 2015)
- Health Education 155, Realities of Nutrition, 2 sections (Fall 2014)

Recreation Dietitian (interim), University of California, San Diego, October 2013 – March 2014

- Teach wellness and weight loss classes from a nutrition perspective
- Meet with clients and counsel on nutrition topics (including diet history, client interviews, assessing nutrition status, assessing nutritional goal setting, developing meal plans and advising on lifestyle changes)

Guest Lecturer, The Art Institute San Diego, January 2012 – December 2015

- Teach students about nutrition topics as requested by the professor
- Present information in a fun and understandable way, at a college-appropriate pace

Dietetic Intern, Sodexo Distance Internship Program, September 2012 – May 2013

- Evaluated nutrition needs of patients and gave dietary/ nutritional recommendations and interventions
- Evaluated educational needs of patients and provided proper education
- Interacted with children, adults and seniors while teaching on nutritional topics within the community
- Developed education materials to present to an audience

Degreed Nutritionist, San Diego American Red Cross, WIC, March 2012 – September 2012

- Provided nutritional services to all WIC participants, including nutrition counseling
- Lead classes related to pregnancy, breast feeding, infant/child nutrition and weight-loss
- Performed administrative duties as necessary

DEXA Technician, University of California, San Diego, School of Family and Preventive Medicine, October, 2011-October 2012

- Performed DEXA scans for body composition on the CONTXT study participants while maintaining privacy and abiding by all regulation required for human subject studies.

Clinical Research Coordinator (appointment ended 1/31/2012) & DEXA Technician, SDSU Research Foundation, August 2010 – June 2013

- Coordinated a clinical study looking at the consumption of an egg-based breakfast, compared to a carbohydrate-based breakfast, combined with resistance training, on body composition, strength gain and blood lipids
- Responsibilities included subject recruitment, appointment coordination, data collection, data analysis and problem resolution
- Coordinated and aided in all food purchasing and production for subjects during intervention
- Performed bone mineral density and body composition scans for *Healthy Smiles*, a research study funded by the National Institute of Health and National Cancer Institute

Box Office Manager, Lawrence Family Jewish Community Center, La Jolla, CA, June 2007 – January 2011

- Oversaw all aspects of day to day box office operations for a 500 seat performing arts theater
- Responsibilities included daily reconciliations, ticket printing, problem resolution, customer service and client relations
- Hired, managed and evaluated box office staff

Assistant, Scouting and Player Development, San Diego Padres Baseball Club, San Diego, CA, October 2003 –April 2006

- Coordinated all aspects of events for the scouting staff including meeting space and set-up, food and beverage coordination and travel arrangements and hotel accommodations for attendees
- Created, administered and maintained employee contracts
- Developed and maintained database for the MLB Rule IV draft, held annually in June

Professional Affiliations, Certifications and Other Skills

- Registered by the Commission on Dietetic Registration as a Registered Dietitian, ID# 86006870 (6/2013 – Present)
- California Dietetic Association
- Certified Lactation Educator (2013 – Present)
- Skilled in body composition techniques (hydrostatic weighing, BodPod, BIA, skinfold)
- Trained in Learner-based Education

Software Experience

- SPSS (Statistical Package for Social Sciences, IBM)
- Food Processor (Esha Research, Nutritional Analysis)
- Microsoft Office (Highly proficient in Word, Excel and PowerPoint)
- ISIS (computer system used by WIC agencies statewide)

Publications and Presentations

Refereed Articles:

Zachary S. Clayton, Kylee R. Hobb, Mahshid Shelechi, Lisa M. Hernandez, Anjee M. Barber, Yumi J Petrisko, Shirin Hooshmand, Mark Kern. Influence of resistance training combined with daily consumption of an egg-based or bagel-based breakfast on risk factors for chronic diseases in healthy untrained individuals. *J Am Coll Nutr* 2014. Vol 34, Issue 2, 2015.

Abstracts:

Mark Kern, Kylee Hobb, Zachary Clayton, Mahshid Shelechi, Lisa M Hernandez, Anjee Barber, Yumi Petrisko, Shirin Hooshmand, and Tricia Nemoseck. Resistance training improves blood pressure regardless of daily breakfast composition. *FASEB J* April 9, 2013 27:632.7

Mark Kern, Kylee Hobb, Zachary Clayton, Mahshid Shelechi, Lisa M Hernandez, Anjee Barber, Yumi Petrisko, Shirin Hooshmand, Tricia Nemoseck. Resistance training improves blood pressure regardless of daily breakfast composition. *FASEB J*. 2012.

Lisa M. Hernandez, Kylee Hobb, Zachary Clayton, Mahshid Shelechi, Anjee Barber, Yumi Petrisko, Shirin Hooshmand, Mark Kern. The effects of consuming egg-based versus bagel-based breakfasts combined with resistance training on body composition and muscular strength. *FASEB J*. 2012.

Anjee Barber, Kylee Hobb, Mark Kern. Comparison of the InBody 520 bioimpedance analyzer to air displacement plethysmography for body composition measurements in a healthy adult population. *FASEB J*. 2012.

Kylee Hobb, Zachary Clayton, Mahshid Shelechi, Lisa M. Hernandez, Anjee Barber, Yumi Petrisko, Shirin Hooshmand, Mark Kern. Influence of resistance training combined with daily consumption of an egg-based or bagel-based breakfast on lipid concentrations and blood pressure. *FASEB J*. 2012.

Mark Kern, Kylee Hobb, Zachary Clayton, Mahshid Shelechi, Lisa M Hernandez, Anjee Barber, Yumi Petrisko, Shirin Hooshmand, Tricia Nemoseck. Resistance training improves blood pressure regardless of daily breakfast composition. *FASEB J*. 2012.