

# KYLEE R. SCHOLAR, MS, RDN, CLE

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## **Objective**

Experienced educator and Registered Dietitian with a strong background in nutrition counseling, curriculum development, and wellness programming. Seeking opportunities to contribute to an organization that values health education, community engagement, and evidence-based practice.

## **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**

### **Lecturer, San Diego State University, January 2014 – Present**

- Nutrition 304, Nutrition Through the Lifespan
  - In-person classes
- Nutrition 405, Experimental Food Science and Technology Lab
  - In-person classes
  - Hybrid modality
  - Fully online classes
- Nutrition 205 Lab, Introduction to Science of Food
  - In-person class
- Nutrition 205, Introduction to Science of Food
  - Hybrid modality

### **Adjunct, Southwestern College, April 2024 – Present**

- Health 200, Foods and Nutrition Overview
- Health 204, Nutrition
  - Fully online

### **Adjunct, Mesa College, January 2022 – Present**

- Nutrition 153, Cultural Nutrition
  - Fully online
- Nutrition 270, Work Experience
  - Online with some in-person meetings
- Nutrition 160, Nutrition for Healthy Lifestyles
- Nutrition 150, Nutrition Science
  - Fully online

### **Dietitian, Cameron Family YMCA, January 2018 – January 2020**

- Identify nutrition topics of interest for gymnasts ranging in age from 8-16 years old
- Identify the information needed by the gymnasts and their families to improve their performance
- Tie nutrition and gymnastic performance together for athletes and their families
- Be available to gymnasts and families to discuss important and sensitive topics as needed
- Use motivational Interviewing techniques while counseling gymnasts

**Wellness Coordinator, Grossmont College, January 2015 – December 2018**

- Lead committee for college-wide staff and faculty wellness initiative
- Create opportunities for healthy employee behaviors
- Initiate programming 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 Corporate Wellness Dietitian, Plus One Health Management, February 2014 – 2018**

- Lead lunch and learns in nutrition topics and offer nutrition services to clients in the San Diego area

**Adjunct Faculty, Grossmont College, August 2014 – December 2015**

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

**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 use Motivational Interviewing to 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 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 CONTEXT study participants while maintaining privacy and abiding by all regulation required for human subject studies.

**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 Development**

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- Completed a course covering the book, “The Complete Recipe Writing Guide: Mastering Recipe Development, Writing, Testing, Nutrition Analysis, and Food Styling,” where I was able to build my skills on recipe writing and analyzing food. (5/23/2024)
- Completed a course called “Ethics and the Dietitian in the Era of Social Media, Digital Healthcare, and Technology” (5/3/2024)
- Completed a course on, “Nourish Your Gut, Support Your Health: Understanding the Gut Immune Connection.” (4/19/2024)
- Completed a course on the book, “The Food Lab: Better Home Cooking Through Science,” in order to enhance my knowledge of food science. (3/22/24)
- Completed a course on Motivational Interviewing (MI) in Nutrition and Fitness (2/23/23)
- SDSU, FLEX-CDI (Flexible Course Design Institute) for Canvas, Summer 2021 and Summer 2020
  - Learn advanced skills for Canvas Learning Management System, including:
    - Google applications
    - Embedding and linking documents
  - Utilizing research tools
  - Using Open Educational Resources (OER) for inclusion

## **Professional Affiliations, Certifications and Other Skills**

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- Registered by the Commission on Dietetic Registration as a Registered Dietitian, ID# 86006870 (6/2013 – Present)
- Certified Lactation Educator (2013 – Present)
- Trained in Motivational Interviewing
- Trained in Learner-based Education

## **Software Experience and Other Skills**

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- Facebook, Twitter, Instagram, TikTok, YouTube, Pinterest
- Canvas Learning Management System
- SPSS (Statistical Package for Social Sciences, IBM)
- JASP
- 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**

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### **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.