

Stephanie McKee Nelson, MS, RD

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Summary of Qualifications

Registered Dietitian seeking a career in nutrition science and research. Four years of experience in designing, conducting, analyzing, and reporting nutrition research. Demonstrated ability to draft grant proposals, IRB proposals, informed consent documents, maintain research data, and interpret findings. One year of clinical nutrition experience. Organized, self-motivated individual with exceptional communication and leadership skills.

Education

Dietetic Internship, Utah State University 2015
Master of Science, Nutritional Sciences, and Didactic Program of Dietetics, San Diego State University 2014
Teaching Credential Program in Social Science, and Bachelor of Arts, History, California Polytechnic State University, San Luis Obispo. 2009

Experience

Lecturer/Research Assistant, San Diego State University 2012-present

- Instructor for Advanced Nutrition Lab
- Designs one class research study per semester, oversees student execution of study
- Applies for and receives research grants
- Designs and executes research studies, develops budgets, organizes personnel and data
- Collects and processes blood samples
- Researches and orders laboratory equipment, carries out biochemical assays
- Recognized for outstanding initiative, problem solving, and critical thinking

Clinical Dietitian, Huntington Beach Hospital 2015-present

- Assesses patients for nutrition risk, develops and executes evidence-based interventions, monitors patients for improvements in nutrition status
- Acts as member on multidisciplinary team, communicates effectively with team to provide appropriate care for patients
- Participates in drafting of documentation strategies and guidelines
- Recognized for work efficiency, detailed documentation, and problem solving

Nutrition Consultant, Instructional Training Company, USMC Recruit Depot San Diego 2015-present

- Developed nutrition program for Marines undergoing Marine Corps Instructor of Water Survival course (MCIWS) and Pre-MCIWS Conditioning program (PMC); total program lasts 7 weeks
- Instructs Marines starting PMC on execution of nutrition program
- Serves as resource for Marines in PMC and MCIWS to answer any nutrition-related questions
- Recognized for ability to apply sports-specific nutrition knowledge into practice

Dietetic Intern, Utah State University 2014-2015

- Completed over 1,000 of supervised practice in various specializations of dietetics
- Designed and analyzed research study for school nutrition setting
- Conducted clinical literature review on nutritional treatments for wounds and pressure ulcers
- Recognized for high level of work, attention to detail, and ability to learn quickly

Food and Sports Nutrition Services Intern, Olympic Training Center Chula Vista 2013-2014

- Assisted in counseling of lightweight rowing team, triathletes, and Paralympic athletes
- Drafted nutrition facts labels based on recipes used in facility kitchen and adjusted based on employee adherence

to recipe

- Evaluated quality of food in accordance with standards set by US Olympic Committee

Retail Program Intern, UCSD Center for Community Health

2013-2014

- Created educational resources for nutrition in local grocery stores
- Organized nutrition education events, including personnel and equipment, in grocery stores and public areas, including El Cajon Fall Festival in 2014
- Prepared and served healthy recipe samples to encourage grocery store patrons to purchase fresh produce

Certified Personal Trainer, The Gym in Del Mar and Fitness 19 San Clemente

2011-2013

- Assessed individuals for physical capability, direction of personal training, and progress
- Developed individualized training programs for wide range of clients, including type 1 and type 2 diabetics, a minor league baseball player, morbidly obese individuals, amputees, elderly, and children.
- Recognized for quality of training and rapport-building with clients

**Awards,
Associations, and
Conferences**

Attendee, Experimental Biology, 2014 & 2015

Nominee, Emerging Leaders in Nutrition Science, Experimental Biology, 2015

Recipient of University Grants Program for Original Research, San Diego State University, 2013

Recipient of Kasch-Boyer Endowed Scholarship, San Diego State University, 2013

Certified Personal Trainer, American College of Sports Medicine, 2011-2014