

# NICOLE V. DANN-PAYNE, MS, RD, LDN

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## SUMMARY OF SKILLS

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- Highly skilled in developing, communicating and presenting nutrition and wellness education sessions, as well as interpreting and communicating research through writing and creating educational resources.
- 4 years of experience counseling, motivating and supporting clients, students and athletes in achieving personal nutrition, fitness and wellness goals.
- Experience in coordinating, planning and supervising meetings and events.

## EDUCATION & CERTIFICATION

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### **Indiana University of Pennsylvania (IUP)**

Master of Science in Food and Nutrition- May 1, 2009

Dietetic Internship- June 27, 2008

### **Mansfield University of Pennsylvania**

Bachelor of Science in Sports Nutrition and Nutrition & Dietetics- 2007

**Licensed Dietitian-Nutritionist** by the commonwealth of Pennsylvania- 2011

**Registered Dietitian** by the Commission on Dietetic Registration- 2010

CPR and First Aid Certified by the American Heart Association- 2012

## RELATED EXPERIENCE

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**Instructor as a Registered Dietitian** October 2012- Present

Indiana YMCA- KidShape Program at Marion Center Area School District

- Presented nutrition lessons, activities, and food demonstrations
- Collected and analyzed children's biometric information

**Instructor** August 2010- Present

Indiana University of Pennsylvania- Department of Food & Nutrition

- Created and presented nutrition and wellness lessons using PowerPoint
- Developed assignments, activities, projects, quizzes, and exams
- Communicated with and engaged students in active learning

**Graduate Assistant/Sports Nutritionist** August 2008-May 2009

Indiana University of Pennsylvania- Department of Food and Nutrition

- Developed and evaluated online course assignments
- Created instructional materials, Power Point
- Provided athletic teams with sports nutrition presentations
- Counseled individual athletes on sports nutrition

**Health Program Coordinator**

August 2008-May 2009

After School Targeted Attention Program funded by \$5000 Highmark Healthy High 5 Challenge Grant- Marion Center Area Middle School, Marion Center, PA

- Managed dietetic interns as they created and presented lesson plans
- Created nutrition lesson plans and physical activities
- Motivated and engaged students in learning

**Dietetic Internship**

July 2007-June 2008

Indiana University of Pennsylvania, Indiana, PA

- Gained field experience in the areas of Education, Clinical, Management and Counseling
- Developed interpersonal communication skills
- Provided nutrition counseling to patients and clients

**OTHER EXPERIENCE/COMMUNITY SERVICE**

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**Indiana Community Garden Committee Member**  
Indiana, PA

October 2011- Present

**IUP Running Club Faculty Advisor**  
Indiana University of Pennsylvania, Indiana, PA

September 2011- Present

**Sports Nutrition Consultant and Speaker**

July 2011- Present

Millersville University Cross Country Team and Eastern States Cross Country Camp, Millersville, PA

**Assistant Cross Country Coach**

April 2011- Present

Marion Center Area High School, Marion Center, PA

**Assistant Track and Field Coach**

March 2008-Present

Marion Center Area High School, Marion Center, PA

**Volunteer Sports Nutrition Series Speaker**

March 2011- August 2011

GingerbreadMan Running Company, Indiana, PA

**Science, Technology, Engineering, Math (STEM)  
Career Fair Speaker**

February 10, 2011

Homer-Center High School, Homer City, PA

***U.S. Diabetes Conversation Map* Facilitator**

October 13, 2010

Attended facilitator training at Indiana University of Pennsylvania

**HONORS**

- Mansfield University Health Sciences & Physical Activity Department Outstanding Senior- 2007
- President's List- 2007 and Dean's List- 6 Semesters
- National Field Hockey Coaches Association NCAA Division II National Academic Squad Honors- 3 Semesters
- US Track & Field and Cross Country Coaches Association NCAA Division II All-Academic Team- 2 Semesters
- Pennsylvania State Athletic Conference Scholar Athlete- 4 Years

**ACTIVITIES**

- Member of The Academy of Nutrition and Dietetics 2005-Present

- Member of Sports, Cardiovascular and Wellness Nutritionists- a dietetic practice group of The Academy of Nutrition and Dietetics 2008-Present
- Member of Professionals in Nutrition for Exercise & Sport (PINES) 2012-Present
- Member of USA Track & Field 2012- Present
- Member of The Indiana Road Runners Club 2011- Present
- Represented Mansfield University at the 2006 NCAA Leadership Conference
- Member of both Mansfield University Field Hockey and Track & Field teams 2003-2007