

Vita **NICOLE V. DANN-PAYNE, MS, RDN, CSSD, LDN, CHWC** Spring 2020

Department of Food and Nutrition
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EDUCATION

Master of Science, Food and Nutrition, Indiana University of Pennsylvania, Indiana, PA. May 2009.

Dietetic Internship, Food and Nutrition, Indiana University of Pennsylvania, Indiana, PA. May 2008.

Bachelor of Science, Sports Nutrition and Nutrition & Dietetics, Mansfield University, Mansfield, PA. May 2007.

CERTIFICATIONS

Registered Dietitian Nutritionist (RDN), I. D. Number 966423, Commission on Dietetic Registration, 2010

Certified Specialist Sports Dietitian (CSSD), Commission on Dietetic Registration, July 2017

Licensed Dietitian-Nutritionist (LDN), License Number DN004515, State Board of Nursing, Commonwealth of Pennsylvania, 2011

Certified Health and Wellness Coach (CHWC), WellCoaches, April 2017

USA Track & Field Level 1 Certified Coach, USA Track & Field, 2013

PROFESSIONAL EXPERIENCE

INSTRUCTOR

Indiana University of Pennsylvania- Department of Food & Nutrition, August 2010- Present

Instructor of:

- FDNT 110 Introduction to Careers in Food and Nutrition
- FDNT 143 Current Issues in Nutrition and Wellness
- FDNT 145 Personal Nutrition (Introduction to Nutrition)

- FDNT 151 Foods Laboratory
- FDNT 212 Nutrition
- FDNT 213 Life Cycle Nutrition
- FDNT 245 Sports Nutrition
- FDNT 362-A Experimental Foods Lab
- FDNT 470 Human Food Consumption Patterns
- LBST 499 Food and Culture
- FDNT 545 Advanced Sports Nutrition
- FDNT 696 Dietetic Internship- Intervention Rotation Coordinator

WELLNESS COORDINATOR- DIETITIAN

Indiana Regional Medical Center (IRMC)-Corporate Wellness, April 2017-Present

- As an outpatient dietitian provided medical nutrition therapy to numerous patients with a variety of diagnoses, e.g. obesity, hyperlipidemia, hypertension, diabetes, etc.
- Health coached corporate employees on setting personal health and wellness goals.
- Reviewed bloodwork and biometric screening results and chronic disease risk.
- Provided nutrition education on various nutrition and health topics to varied audiences.
- Assisted in the development and management of weight management programs.

ASSISTANT CROSS COUNTRY & TRACK and FIELD COACH

Marion Center Area High School, Marion Center, PA, March 2008-Present

- Developed and managed workouts and training plans.
- Assisted head coaches with management and administrative responsibilities.
- Assisted in coaching teams and athletes in qualifying for the PIAA State Championships and winning the Girls 1-A Cross Country PIAA State Champion title in 2018.
- Provided sports nutrition education for teams and athletes.

HEALTH COACH & REGISTERED DIETITIAN, INDEPENDENT CONTRACTOR

Indiana Regional Medical Center (IRMC)-Corporate Wellness, June 2016-April 2017

- Health coached corporate employees on setting personal health and wellness goals.
- Reviewed bloodwork and biometric screening results and chronic disease risk.

REGISTERED DIETITIAN, CONSULTANT & PRIVATE PRACTICE

Indiana, PA, Spring 2011- Summer 2016

- Counseled clients on weight management and sports nutrition issues.
- Provided nutrition education for high school and collegiate sports teams and summer camps.
- Completed contract work for a corporate agency on nutrition education.
- Conducted food demonstrations and created food and nutrition newsletters.

KIDSHAPE REGISTERED DIETITIAN

Indiana County YMCA, Indiana PA, October 2012- December 2012

- Taught a health program to families of middle school children about nutrition and healthy eating.
- Monitored and collected children's biometric information, such as body weight and BMI.
- Screened and evaluated children's food diary information and provided an appropriate eating plan specific to the child's energy requirements.

GRADUATE ASSISTANT- SPORTS NUTRITIONIST

Indiana University of Pennsylvania- Department of Food and Nutrition, August 2008-May 2009

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

HEALTH PROGRAM COORDINATOR

W.A. McCreey Middle School, Marion Center, PA, August 2008-May 2009

After School Targeted Attention Program funded by \$5,000 Highmark Healthy High 5 Challenge Grant-

- Managed dietetic interns as they created and presented lesson plans.
- Created nutrition lesson plans and physical activities.

PRESENTATIONS

Dann-Payne, N, & Goss, K. (December 9, 2018). *Review of ACSM Position Statement on Nutrition and Athletic Performance*. Presented at the IUP Department of Kinesiology, Health and Sport Science and Athletic Training Education Program's 2018 Sports Medicine Update, Indiana University of Pennsylvania, Indiana, PA.

Dann-Payne, N. & Laquatra, I. (March 22, 2016). *Everyone has a role in supporting a healthy lifestyle*. Presented at the Walk Works, "Whole Health Conference: Biking, Walking and Good Nutrition." KCAC, Indiana University of Pennsylvania, Indiana, PA.

Dann-Payne, N. (December 6, 2015). *Relative Energy Deficiency in Sport: A brief update*. Presented at IUP Athletic Training Education Program's 2015 Sports Medicine Update, Indiana University of Pennsylvania, Indiana, PA.

Dann-Payne, N. (December 1, 2015). *Relative Energy Deficiency in Sport: A brief update*. Presented to the Athletic Trainers of the Allegheny Mountain Sports Medicine Foundation, DuBois, PA.

Dann-Payne, N. (November, 2013). *Sports Nutrition for the High School Athletic Trainer*. Athletic Trainer workshop presented to the Athletic Trainers of the Allegheny Mountain Sports Medicine Foundation, DuBois, PA.

Dann-Payne, N. (May, 2012). *Sports Nutrition Techniques for Athletes*. Coaches and competitors clinic for the Pennsylvania Interscholastic Athletic Association (PIAA) State Track and Field Championships, Shippensburg, PA.

Dann, N., & Wright, K, J. (September 2006). *Breaking Bread: Sharing Nutrition Policies between the United States and Canada*. A panel discussion presented at the Middle Atlantic & New England Council for Canadian Studies (MANECS), Montreal, Quebec, Canada.

RESEARCH EXPERIENCE

Anderson, J., Dann, N., Henning, J. (2009). *Effects of Hydration-Related Education Provided to High School Track and Field Athletes*. Indiana University of Pennsylvania, Indiana, PA. Coordinated research project under the direction of Dr. Stephanie Taylor-Davis for IUP graduate course FDNT 660 Seminar in Food and Nutrition.

Dann, N., & Wright, K, J. (2007). *Nutritional status, eating habits, and nutrition knowledge of student athletes at Mansfield University*. Mansfield University, Mansfield, PA. Research project under the direction of Dr. Kathy J. Wright for my undergraduate senior independent study.

HONORS AND AWARDS

President's List, Mansfield University, 2007.

Dean's List, Mansfield University, 2004-2007.

National Academic Squad Honors, National Field Hockey Coaches Association NCAA D- II, 2004-07

All-Academic Team, US Track & Field and Cross Country Coaches Association NCAA D-II, 2006-07

Pennsylvania State Athletic Conference Scholar Athlete, 2004-2007

PROFESSIONAL DEVELOPMENT

SERVICE

- **Indiana University of Pennsylvania**

- New Faculty Orientation panelist for the “Survival Tips for New Faculty”, August 22, 2017.
- **Guest Lecturer:**
 - KHSS 492- Health Fitness Instruction, Saturday, March 30, 2019, 8:30-10:30AM. Presented 2 hour lecture on “Nutrition and Sports Nutrition”.
 - KHSS 492- Health Fitness Instruction, Saturday, March 24, 2018, 8:30-10:30AM. Presented 2 hour lecture on “Nutrition and Sports Nutrition”.
 - KHSS 143 (IUP NCAA Athletes), Friday, October 20, 2017. Presented 50 minute lecture on “Body Image”
 - KHSS 492- Health Fitness Instruction, Saturday, March 25, 2017, 8:30-10:30AM. Presented 2 hour lecture on “Nutrition and Sports Nutrition”.
- IUP Running Club Advisor, 2011-2014

- **IUP Meetings and Workshops Attended**

- IUP Center for Teaching Excellence Saturday Workshop “Living-Learning Communities Workshop: Using Evidenced-Based Best Practices”, February 4, 2017.
- Western PA’s Internship Legal Update, sponsored by PennAce and hosted by IUP January 22, 2016
- IUP SCC Advisor Platform Information session, September 22, 2015.
- IUP Punxsutawney, “Writing Across the Co-Curriculum”, August 5, 2015.
- IUP Professional Development Workshop, “Successful IUP Students Today and Tomorrow”, March 27, 2015.
- IUP Liberal Studies Writing Workshop, May 2013.

- **Departmental**

- Faculty Director of IUP Sports Performance Nutrition Services, 2013-Present.
- Member of Dietetic Internship Faculty Sub-Committee, Fall 2016- present.
 - Assisting in Dietetic Internship applicant screening process.
- Living Learning Liaison, 2013-Present.
- Completed an undergraduate and graduate course proposal from FDNT 445/545 – Advanced Sports Nutrition, spring of 2019.
- Served as temporary Dietetic Internship Director, September 17-November 4, 2019.
- Assists with and attends Advisory Board meetings.
- Member of review committee for department proposals for HHS 2016 Grant Incentive, 2016.
- Advisor of approximately 25 undergraduate Food and Nutrition students, 2013-2016.
- Lead Faculty Coordinator for FDNT 151-Foods Laboratory and FDNT 143- Current issues in nutrition and wellness, 2014-2015.
- Organized a Communication, Health, Education and Wellness, Professionalism and Career Awareness Day program titled, *Increase your competitiveness for a future in nutrition and dietetics*, April, 2015.
- Completed a graduate school course revision for FDNT 648- Water and Minerals, June 2014.
- Completed the Liberal Studies writing intensive course proposal for FDNT 470-Human food consumption patterns.
- Attends semester departmental scheduling nights.
- Responsible for the Flower and Gift Fund, 2013-Spring 2016.

- **Community Involvement and Outreach**

- Volunteer at the Indiana County Farmer’s Market Information Tent. Operated EBT machine for patrons with SNAP benefits. Assisted patrons with general information questions. Wrote nutrition education handouts. Summer of 2018 and 2019.

- Attended the “Community Tent” at the Indiana County Farmer’s Market on Saturday, August 31, 2019, Indiana, PA with IUP Dietetic Interns. Oversaw IUP Dietetic Interns in organizing nutrition education and a food sample regarding “healthy eating on a budget and how to stretch summer produce.”
- Conducted and organized a community “Grocery Store Tour” on Saturday, March 9, 2019 for the Indiana County Walk Works Program’s “Indiana County Walking Decathlon”, Martin’s Grocery Store, Indiana, PA.
- Attended the “Community Tent” at the Indiana County Farmer’s Market for their “Harvest for the Hungry” event on Saturday, September 22, 2018, Indiana, PA with IUP Dietetic Interns. Oversaw IUP Dietetic Interns in organizing nutrition education and a food sample regarding “healthy eating on a budget and how to stretch summer produce.”
- Assisted in organization of the “IUP & IRMC Heart Health & Fitness Expo” on February 24, 2018 at IUP, Indiana, PA. Oversaw IUP Dietetic Interns in organization and presentations on heart healthy nutrition and food demos.
- Attended the “Community Tent” at the Indiana County Farmer’s Market, Saturday, September 30, 2017, Indiana, PA with IUP Dietetic Interns. Oversaw IUP Dietetic Interns in organizing nutrition education and a food sample regarding “healthy eating on a budget and how to stretch summer produce.”
- **Sports nutrition services**, such as educational sports nutrition presentations were provided to the following groups:
 - August 5, 2019, Marion Center Cross Country Camp, Marion Center Area High School, Marion Center, PA.
 - March 16, 2019, Gingerbread Man Running Company Open House, Indiana, PA.
 - October 23, 2018, Kiski Area High School Cross Country Team, Vandergrift, PA.
 - August 8, 2018, Marion Center Cross Country Camp, Marion Center Area High School, Marion Center, PA.
 - August 1, 2018, Indiana Area High School Girls’ Soccer Team, Indiana, PA.
 - March 31, 2018, Free Saturday Sports Nutrition Clinic at Forges Human Performance Center, Homer City, PA.
 - March 3, 2018, Gingerbread Man Running Company Open House, Indiana, PA.
 - January 25, 2018, Millersville University Women’s Track & Field Team. Presented a sports nutrition webinar from Indiana, PA.
 - August 10, 2017, Marion Center Cross Country Camp, Blue Spruce Park, Indiana, Co.
 - September 29, 2016, United High School Cross Country & Track and Field teams, Armagh, PA
 - July 13, 2016, Norwin High School Cross Country Camp, Irwin, PA
 - October 26, 2015, Indiana High School Wrestling Team, Indiana, PA.
 - July 30, 2015, Indiana High School Girls Soccer Camp, Indiana, PA.

- July 29, 2015, Krush Distance Camp, Rockwood, PA.
 - July 20, 2015, IUP Field Hockey Camp, Indiana, PA.
 - February 9, 2015, Seeds of Faith Boys Basketball Team, Indiana, PA.
 - January 15, 2015, Millersville University Track & Field Team. Presented a sports nutrition webinar from Indiana, PA.
 - January 8, 2015, Kiski Area High School Track & Field Team, Vandergrift, PA.
 - November 6, 2014, Indiana High School Wrestling Team, Indiana, PA.
 - August/September, Newsletter article regarding sports nutrition for recovery written for the Indiana Road Runners Club, Indiana, PA.
 - July 28-31, 2014, Indiana High School Girls Soccer Camp, Indiana, PA.
 - July 25, 2013, Indiana High School Girls Soccer Camp, Indiana, PA.
 - March 2012, Indiana Road Runners Club, Annual Banquet, Indiana, PA.
 - January 2012, Millersville University's Track & Field Team. Created a voice-recorded PowerPoint sports nutrition presentation for the team.
 - July 2011, Eastern States Cross Country Camp, Millersville University, Millersville, PA.
 - July 2011, Millersville University's Women's Cross Country Team, Millersville, PA.
- Conducted a 90 minute nutrition education lesson for a local Girl Scout Troop, March 3, 2015, Indiana Regional Medical Center, Indiana, PA.
 - Steering Committee Member, Indiana Community Garden (ICG), 2011-2016.
 - 2012-present, coordinating ICG with IUP's Office of Service Learning for "Into the Streets" participation.
 - August 8, 2015, assisted in organizing and conducting a "Friends of the Parks" program, "Taste the four seasons of a home grown garden: from planting to preserving" at the Indiana Community Garden, Indiana, PA.
 - August 9, 2014, assisted in organizing and conducting a "Friends of the Parks" program, "Taste the four seasons of a home grown garden: from planting to preserving" at the Indiana Community Garden, Indiana, PA.
 - Summer 2013, assisted in conducting food demonstrations, presentations, and article writing regarding various food, nutrition and garden topics.
 - Spring 2013, spoke as a panelist for the Indiana Center for Community Growth's showing of the documentary, *Urban Roots*.
 - February 25, 2012, assisted in developing a tri-fold presentation regarding the heart health benefits of gardening for the Indiana Regional Medical Center's "Day of Dance."
 - Provided nutrition education in the "Community Tent" at the Indiana County Farmer's Market, July 26, 2014, Indiana, PA.
 - Presented nutrition information regarding current food and nutrition issues to the Indiana Herb Study Group, July 22, 2014, Indiana, PA.
 - Running Mentor, Healthy Kids Running Series, Indiana, PA, Spring 2014.

- Wrote an article for the Indiana Gazette, titled “How to handle a picky eater,” June 11, 2013
- Science, Technology, Engineering, Math (STEM) Career fair speaker at Homer-Center High School, February 10, 2011, Homer City, PA.

CONTINUING EDUCATION

- **Professional Meetings/Workshops Attended**

- SCAN Symposium, Sports, Cardiovascular, and Wellness Nutrition (SCAN), a dietetic practice group of the Academy of Nutrition and Dietetics
 - 2014, Huron, Ohio
- Food and Nutrition Conference and Expo (FNCE), Academy of Nutrition and Dietetics
 - 2015, Nashville, Tennessee (*attended the Sports Nutrition track of programs*)
 - 2013, Huston, Texas
 - 2007, Philadelphia, Pennsylvania

AFFILIATIONS

The Academy of Nutrition and Dietetics (AND), 2005-Present

Sports, Cardiovascular and Wellness Nutritionists (SCAN), 2008-Present

Collegiate & Professional Sports Dietitians Association (CPSDA), July 2013- Present

Nutrition Entrepreneurs (NE), 2015-2016

USA Track & Field (USATF), 2012- Present