

L A U R E N M A R I E K I N C H E L O E

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EDUCATION

Masters of Science in Exercise and Health Studies Anticipated Graduation May 2012
Concentration: Health Promotion
Miami University, Oxford, Ohio
Thesis: College: A Time to Increase Knowledge and Attenuate Health? A Study into College's Influences on Students' Alcohol Consumption, Physical Activity, and Diet
Advisor: Dr. Rose Marie Ward

Part-Time Student
Santa Rosa Junior College, Santa Rosa, CA August 2009-March 2010
Coastline Community College, CA August 2009-May 2010

Bachelors of Science, Clinical Nutrition June 2008
University of California, Davis

DIETETICS RELATED EXPERIENCE

McCullough-Hyde Memorial Hospital Dietetics, Oxford, OH September 2011-present
Nutrition Services Volunteer
-Work with the Diabetes Education classes in acquiring and tracking patients' HgA1c levels, following-up with past class participants goals progression and diabetes management
-Create educational materials for patients on topics such as managing diabetes when ill, quick eating tips for diabetics, and ways to increase physical activity
-Assist dietitians with needed research

Good Samaritan North, Dayton, OH October 2011
Intern
-Assisted Martha Grodrian, R.D. with a weekly weight loss program for community members
-Shadowed during patient visits and cardiac rehabilitation nutrition education classes

Miami University Student Athlete Nutrition, Oxford, OH September 2011-present
-Assisted in preparing and presenting various athlete nutrition seminars
-Assisted with monthly cooking labs for athletes
-Personally implemented a monthly newsletter targeted to student athletes. Sample topics include Nutrition Label Literacy and Eating for Health

Miami University Employee Health and Well-Being January 2011-present
-Assisted with and implemented various employee health programs and activities including health screenings, Employee Field Day, Growing for Health Program (employee garden and associated activities), Hawk Walks (Friday lunch physical activity/nutrition/health events), Move Miami booth promoting walking/biking to campus, Annual Hike-A-Thon, and Employee Benefits Fair

St. Joseph Memorial Hospital, Santa Rosa, CA January 2009-May 2009
Nutrition Services Volunteer
Duties: Helped patients complete their meal menus, tray-line in kitchen for dinner service, various other duties as needed

LAUREN MARIE KINCHELOE

Amy's Kitchen, Inc., Petaluma, CA
Assistant Buyer

July 2008-July 2010
40+ hr/week, paid

-Strategic sourcing of raw materials, supplier management, responsible for all certification (organic, Kosher, etc) and ingredient documentation for raw material suppliers, compiling food safety, allergen, and nutrition documents for raw materials, new supplier qualifications and visits, maintenance of the company's online document library, cost savings projects/multi-million dollar competitive bidding, new Oracle MRP system implementation team member

San Juan Unified School District, Carmichael, CA
Community Nutrition Intern

January 2008-April 2008

-Prepared nutrition related education materials for parents and students, assisted with school cafeteria food safety inspections, ran nutrition information sessions and booths at local schools, helped organize the Nutrition Decathlon

Northbay Medical Center, Vacaville, CA
Clinical Nutrition Intern

March 2007-June 2007

- Prepared patient snack cards, pass out and collect menus, wrote menus for unable patients, lunch tray-line, prepared and delivered tube-feeds

California Department of Aging, Sacramento, CA
Community Nutrition Intern

January 2007-March 2007

-Created a database of all directors of Area Agencies of Aging, prepared nutrition fliers to be handed out to Older adults participating in Senior Farmer Markets, the Brown Bag Program, and Meals on Wheels, Assisted in distributing food/Brown Bags for the Brown Bag Program

Atria Covell Gardens Assisted Living Community, Davis, CA
Dining Room Server

September 2006-December 2006
20 hr/week, paid

-Served daily lunches and dinners to residents, monitored residents' special diets (low sodium, low fat, no/low sugar, etc.), served at special events in the community.

ADDITIONAL EMPLOYMENT EXPERIENCE

Snap Fitness, Xenia, OH
Sales Representative

January 2012-present
5-10 hrs/week

-Call local residents whom have expressed interest in becoming a member and answer any questions they may have, in addition to arranging appointments for them to come into the gym for a tour and possible gym membership

Miami University, Oxford, OH
Graduate Assistant

August 2010-present
20 hrs/week

-Duties include instructing Individual Exercise and Jogging for Fitness and various research assignments with different professors in the Department of Kinesiology and Health at Miami University

Stonegate Country Club, Davis, CA
Lead Front Desk Employee

September 2006-July 2008
20 hrs/week during school year; 40 hrs/week summer

- Responsible for all bookkeeping and general accounting in Quickbooks, customer/member service, employee scheduling, pool care

Kal's Kaffe Mocha and Grill, Santa Rosa, CA
Server

June 2005-September 2005
June 2006-September 2006
40+ hrs/week

-Responsible for customer service and occasionally hostess/barista

LAUREN MARIE KINCHELOE

Charlie's Grill at the Windsor Golf Club, Windsor, CA June 2005-September 2006
Banquet Server (Academic Breaks) (hours vary)
- Set-up, served, and performed general catering duties at various events held at the club including weddings, anniversaries, birthday parties, and golf tournaments, took part in fine dining food preparation.

-Utilized my food service management, time management, and personal skills

Dos Coyotes Border Café, Davis, CA October 2004-April 2006
Cashier/Food Runner 20 hrs/week during school year
Responsibilities: General cashier duties. (cash register and ATM machine operation), excellent customer service, food safety and handling, general food preparation

RESEARCH EXPERIENCE

Graduate Research Assistant August 2010-present
Miami University

Advisor: Dr. Susan Lipnickey, Esq., Ph.D

Focus: -Socioeconomic Status and Health

-Evaluating Stewart Elementary After-School Fitness and Lifeskills Programming

Graduate Research Assistant August 2010-December 2010
Miami University

Advisor: Dr. Valerie Ubbes

Focus: Children's Health Literacy

-assisted with Children's Picture Book Database upkeep

Nutrition Research Assistant June 2007-September 2007
University of California, Davis

Mentor: Jennifer T. Smilowitz, Ph. D Candidate

Dr. Bruce German Lab

Focus: Calcium and Weight Loss Study data entry and analysis

TEACHING/COACHING EXPERIENCE

TEAM MIAMI January 2012-present
Walking Coach

-Coaching the Miami University Employee Walking Team for the Annual Red Brick Run 5K in Oxford, OH

-Create training schedules, organize and manage weekly training meetings, assign weekly homework activities

Graduate Student Teaching Enhancement Program November 2011-present
Core Member

-Attend bi-weekly sessions or seminars on various aspects of teaching at the university level

Physical Activity and Life Skills Instructor August 2010-present
Miami University

Department of Kinesiology and Health

KNH 120C; Individual Exercise: (345 students to date)

-Monitored daily physical activity of 35 students per class (3 classes per semester), promoted self-monitoring of physical activity, managed assignments, grading, and course organization

KNH 120L; Jogging: (60 students to date)

-Work with students on increasing their jogging endurance; monitor daily work-outs in addition to leading group runs, manage jogging and fitness related written assignments, grading, and course organization

LAUREN MARIE KINCHELOE

Instructor September 2009-July 2010
Amy's Kitchen, Inc.
Instructor and Trainer for an Oracle based MRP system

Volleyball Coach August 2008-November 2008
St. Rose School
8th Grade Boys Volleyball Coach

Tutor March 2008-June 2008
Children in an East Sacramento Apartment Complex
Ages 5-16
-Tutored students in subjects as needed: Math, English, Science, and History
-Organized art sessions with the students

EXTRACURRICULAR WORK

Kinesiology and Health Grad Committee Representative August 2011-present
Miami University
-In charge of planning monthly department research forums, attend faculty meetings to relay needs and concerns of graduate students to the department faculty, member of Graduate Faculty Committee, educate graduate students on various opportunities to become involved, attend conferences, and join professional organizations

Stewart Elementary After School Program January 2011-June 2011
September 2011-present
-An after school health program targeting overweight and obese 3rd, 4th, and 5th graders. We lead physical activities, provide nutritious snacks and education, and assist with homework
-I also am in charge of compiling evaluation data on the program from the other program staff, teachers, students, and parents.

Vineman Triathlon, Sonoma County, CA Annually August 1999-2009
Bike-Aid Station Captain
Duties: Managed a Bike Aid Station annually during the international Vineman Triathlon

AWARDS

Graduate Assistanship August 2010-May 2011
Miami University August 2011-May 2012

Nutrition Department Honor Roll Spring 2007
University of California, Davis

CERTIFICATIONS

Certified Health Education Specialist (CHES) Planned April 2012

Food Safety Manager Certified June 2008

PUBLICATIONS

Kincheloe, L.M. (2011). Matching yourself to your future. *American Dietetic Association Student Scoop*, November, 3.

PROFESSIONAL ORGANIZATION MEMBERSHIPS

American Dietetic Association (ADA)	2004-present
DPGs: Behavioral Health Nutrition (2011)	
Clinical Nutrition (2009 & 2011)	
Food and Culinary Professionals (2011)	
Nutrition Entrepreneurs (2009)	
Weight Management (2009-2010)	
Ohio Dietetic Association (ODA)	2011-present
Dayton Dietetic Association (DDA),	2011-present
Miami University Student Dietetic Association	2011-present
Ohio Nutrition Council (ONC)	2011-present
American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD)	2011-present
American Association for Health Education (AAHE)	2011-present
California Dietetic Association (CDA)	2004-2010
Northern California District	2004-2010
Cal Aggie Alumni Association (CAAA)	2008-2009
Cal Aggie Student Alumni Association (SAA)	2005-2008
Ducks Unlimited; Waterfowl and Wetland Conservation (DU)	2007-present
NRA	2008-present

PROFESSIONAL CONFERENCES

American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) 2012
Poster Presentation: *College's Effects on Students' Physical Activity, Diet, and Alcohol Consumption*
Planned March 13th-17th, 2012
Boston, MA

The International Lilly Conference on College Teaching, 2011
November 17-20, 2011
Miami University
Oxford, OH

Miami University Graduate Research Symposium, 2011
Oral Presentation: *College's Influences on Students' Physical Activity, Diet, and Alcohol Consumption*
November 4, 2011
Oxford, OH

Ohio Dietetic Association Annual Conference 2011
April 2011
Cleveland, OH

SKILLS:

-Excel, SPSS statistical software, Microsoft Office, Quickbooks

INTERESTS

-Cooking and baking, photography, hiking and various outdoor activities, running and other general physical activities, recreational reading, and gardening

COURSEWORK

Miami University:

Related Coursework: Behavioral Approaches to Health Promotion; Health Promotion Program Planning; Behavioral Statistics; Age Exercise, and Health; Nutrition for Sport and Fitness; Theoretical Foundations in Health Promotion and Education; Health Communication; Quantitative/Qualitative Research Methods

LAUREN MARIE KINCHELOE

University of California, Davis

Related Coursework: Clinical Nutrition, Community Nutrition, Business Organization, Food Systems Management (Lab and Lecture), Food Production, Food Chemistry (Lab and Lecture), Food Properties (Lab and Lecture), Food Science and Technology Courses, Food Microbiology (Lab and Lecture), and Journalism and Nutrition

Santa Rosa Junior College:

Related Coursework: Financial Accounting, Nutrition in Healthcare, and Small Business Start-up

Coastline Community College:

Related Coursework: Nutrition & Aging, Microeconomics

REFERENCES

Available Upon Request