

CURRICULUM VITAE

NICHOLAS NEUWALD

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Higher Education

Nutritional Sciences- Doctor of Philosophy

Expected: May 2023

Pennsylvania State University, PA

Department: Nutritional Sciences

Relevant Courses: Regulation of Nutrient Metabolism, Childhood Obesity, Ingestive Behavior

GPA: -/-

Awards: Barbara J. Rolls Graduate Scholarship in Nutritional Sciences, 2019

Excellence in Graduate Recruitment (FEGR) Award, 2019

Nutrition for Health and Human Performance - Masters of Science

May 2019

University of Miami, FL

Department: Kinesiology and Sport Sciences

Relevant Courses: Energetics of Obesity, Advanced Nutrition, Professional Training and Counseling for Nutrition, Integrative Nutrition, Nutrition during the Lifecycle, Nutrition and Chronic Disease, Medical Nutrition Therapy, Nutritional Biochemistry, Exercise Physiology

GPA: 3.95/4.0

Awards: Nutrition Student of the Year, 2019

University Scholar – Bachelor of Arts

May 2015

Baylor University, TX

Department: Honors College

Relevant Courses: Topics in Evolution, General, Biochemistry, Human Anatomy, Abnormal Psychology, Medical Genetics, Ecology, Human Physiology, Organic Chemistry, Physics, U.S. Healthcare Philosophy and Practice, Evolutionary Biology, Statistics

Thesis Design: ‘Examination of geographic variation in male melanistic color pattern in the Lake Malawi Maylandia zebra cichlid species’

GPA: 3.64/4.0

Awards: President’s Gold Scholarship, 2011-2015

Certifications

Verification Statement for Dietetic Internship

Expected: May 2020

Didactic Program in Dietetics

University of Alabama, AL

Department: College of Human Environmental Sciences

Relevant Courses: Food Science, Community Nutrition, Food Service Management, Nutrition Care Process, Nutrition at the Cellular Level, Food Systems Management

GPA: 3.95/4.0

Personal Training Certification

The American College of Sports Medicine- Personal Training

Food Safety Manager Certificate

ServSafe- National Restaurant Association

Professional Experience

Graduate Research Assistant

June 2019 - Present

Advisor: Dr. Kathleen Keller, klk37@psu.edu; Director Metabolic Kitchen and Children's Eating Behavior Laboratory; Associate Professor of Nutritional Sciences

Graduate Assistant

August 2018 – May 2019

Advisor: Dr. Wesley Smith, Wes@miami.edu; Undergrad Program Director for Exercise Physiology and Director for Nutrition for Health and Human Performance Graduate Program

Teaching assistant for 6 undergraduate and graduate courses

- Assisted in research conducted in the field of chronic disease prevention
- Management of the *Guardrails Prevention Initiative*, a service-based research project advocating chronic disease prevention throughout the University and Miami-Dade

Certified Personal Trainer

September 2017 – March 2019

Patti and Allan Herbert Wellness Center, Coral Gables, FL

- Created individualized exercise plans for clients
- Conducted over 400 training sessions
- Worked with obese populations, elderly populations, and those with musculoskeletal disorders

Health Enthusiast

January 2017 - August 2017

Vitamin Shoppe, Palm Beach Gardens, FL

- Communicated nutritional supplement information with customers
- Recommended supplements based on customer background and goals

Certified Clinical Medical Assistant

June 2015 - January 2017

Palm Beach Dermatology, Atlantis, FL

- Handled electronic medical records on a daily basis
- Acquired medical histories of a variety of clinical patients
- Assisted with Mohs surgeries
- Practiced sterilization and sanitation of medical equipment

Teaching Experience

Graduate Assistant	KIN-202	Applied Nutrition for Health and Performance	Undergraduate Course
Graduate Assistant	KIN-221	Exercise Physiology: Biochemistry and Skeletal Muscle	Undergraduate Course
Graduate Assistant	KIN-232	Human Physiology	Undergraduate Course
Graduate Assistant	KIN-233	Anatomy Lab	Undergraduate Course
Graduate Assistant	KIN-365/669	Exercise Programming	Combined Undergraduate and Graduate Course
Graduate Assistant	KIN-477/677	Advanced Nutrition for Health and Fitness	Combined Undergraduate and Graduate Course

Clinical work and Internships

Internship with Chartwells

February 2019- April 2019

Advisor: Gabriella Alfonso, MS, RD, LD/N, gabriela.alfonso@compass-usa.com, (305) 582-7290

Graham Center, Florida International University, FL

60 Hours

- Demonstrated culinary skills and operational knowledge of commercial food production equipment by preparing and serving food in quantity that meets customer expectations
- Used recipes and food standards to prepare specific menu items.
- Followed correct procedures to receive and store foods and supplies.

Internship with Oncology Dietitian

September 2018- January 2019

Advisor: Vanessa Serrano, RD, LD/N, CDM/CFPP, vxs355@med.miami.edu, (786) 376-6104

Lennar Foundation Medical Center, University of Miami, FL

50 Hours

- Assisted in nutritional assessments for cancer patients under supervision of registered dietitian
- Provided nutritional counseling to cancer patients under supervision of registered dietitian
- Created ADIME notes for patients

Internship with Miami Football Nutrition Department

September 2017-October 2018

Advisor: Kyle Bellamy, Director of Football Nutrition and Performance, k.bellamy1@umiami.edu (786) 779-1912

Hecht Center, University of Miami, FL

560 hours

- Performed dietary recalls and nutritional consultations for over 100 Football players
- Created custom meal plans for 100+ players based on position and goals
- Worked with a team to prepare and serve meals to players
- Created designs and nutrition focused infographics for use on social media

Medical Mission Trip to Kenya, Nyakach plateau

May 2012-June 2012

Baylor University, TX

250 hours

- Established a clinic to see 500+ people
- Shadowed doctors in their evaluation and treatment of wounded and sick
- Helped manage a pharmacy to dispense medications
- Performed first aid and blood draws on hundreds of patients
- Collected data on incidence of Malaria and preventative measures taken by locals

Medical Mission Trips to Belize

March 2012 - April 2012/ March 2013- April 2013

Baylor University, TX

335 hours combined

- Helped set up several clinic sites around Belize
- Shadowed doctors in their evaluation and treatment of wounded and sick
- Helped manage a pharmacy to dispense medications
- Performed first aid and blood draws on hundreds of patients
- Helped run nightly events to educate youth on health

Research Experience

Children's Eating Behavior Laboratory

June 2019 – Present

Advisor: Dr. Kathleen Keller, Associate Professor- Department of Nutritional Sciences,

klk37@psu.edu

Institution: Pennsylvania State University, PA

Description:

Kinesiology and Sports Science Lab

August 2018 – May 2019

Advisor: Dr. Wesley Smith, Clinical Assistant Professor- Department of Kinesiology and Sport Sciences, wes@miami.edu

Institution: University of Miami, FL

Description: Used self-reported dietary and anthropometric data collected on 2,703 adults from a HealthSnap wellness assessment platform used in physicians' offices across the country to examine relationships between health and nutrition variables. Two abstracts will be presented at ACSM's 2019 conference with plans for an eventual publication in which I will be lead author.

The Danley Lab- Ecology and Evolutionary Biology

August 2013 - May 2015

Advisor: Dr. Patrick Danley, Associate Professor- Department of Biology, patrick.danley@gmail.com

Institution: Baylor University, TX

Description: Worked on project for determining ecological forces influencing population differentiation of Lake Malawi cichlids. I tested the hypothesis that populations of Maylandia zebra are phenotypically isolated by examining the within and between population variation in male melanistic

pigmentation. I presented my research as a senior thesis as well as in the 2015 Baylor University Honors Week.

HHMI Sea-Phage Research Lab

August 2011 - May 2012

Advisor: Dr. Tamarah Adair- Department of Biology, Tamarah_Adair@baylor.edu

Institution: Baylor University, TX

Description: A highly selective program that allowed Biology undergraduate majors the chance to engage in a two-semester long research course. The program goal was to isolate a novel phage which are soil-dwelling viruses that infect bacteria. We purified and characterized our phage before extracting genomic DNA. After the DNA was sequenced the genome was annotated. Our results were uploaded to the actinobacteriophage database.

Abstracts

1. **Nicholas V. Neuwald**, Arlette C. Perry, FACSM, Wesley N. Smith. Home Cooked Meals With Whole, Plant Foods and the Protection Against Central Adiposity. *Presented at ACSM 2019 Annual Meeting "World Congress on Exercise is Medicine"*.
2. Emily R. Lucas, **Nicholas V. Neuwald**, Arlette C. Perry, FACSM, Wesley N. Smith. The Relationship Between a High Sugar-Low Fiber Dietary Food Intake and Obesity in a Clinical Setting. *Presented at ACSM 2019 Annual Meeting "World Congress on Exercise is Medicine"*.
3. **Neuwald, Nicholas**. *Examination of geographic variation in male melanistic color pattern in the Lake Malawi Maylandia zebra cichlid species*. Diss. 2015. *Presented at 2015 Baylor Honors Week*