NIcole HOchhalter, ms, rdn, CSCS, NETA-CPT

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**EDUCATION**

National Strength and Conditioning Association (NSCA)
**Certified Strength and Conditioning Specialist (CSCS)**  **October 2024**

North Dakota State University

M.S. in Health, Nutrition & Exercise Science August 2014 – May 2016

Thesis: “Is it Time to Reevaluate Our Dietary Fat Guidelines?”

Iowa State University

Dietetics Distance Internship/ Graduate School January 2014 – June 2014

North Dakota State University

B.S. in Dietetics August 2010 – December 2013

Honors: Dean’s List (Fall 2012)

**AWARDS**

2016 Food & Nutrition Council Expo (FNCE) Abstract Acceptance **October 2016**

**TEACHING EXPERIENCE**

University of Jamestown **August 2021 - Present**

**Assistant Professor**

Created courses, developed syllabi and overall course structure, advised students and administered all grades.

University of Jamestown

Instructor August 2018 – August 2021

Created courses, developed syllabi and overall course structure, and administered all grades.

Adjunct Instructor- Introduction to Kinesiology August 2017 – May 2018

Renewed syllabus and overall course structure while administering grades.

**RELATED EXPERIENCE**

Alpha Opportunities

**Contract Registered Dietitian Nutritionist (RDN) June 2024 - Present**

Complete Nutrition assessments and provide interventions as needed.

University of Jamestown

Group Fitness Instructor August 2018 – Present

Instructed various group fitness classes, designed workouts for the student body.

Two Rivers Activity Center (TRAC)

Registered Dietitian Nutritionist (RDN), Personal Trainer and Group Fitness Instructor August 2017 – August 2020

Nutrition counseling and one-on-one training assessments and sessions with clients. Instructing cycling and various group fitness classes, building rapport with participants, and providing education on safe use of equipment.

Eventide Senior Living Communities

Director of Nutrition Services and Registered Dietitian Nutritionist (RDN) October 2015 – June 2018

Manage dietary staff, assess weight loss/gain, and provide nutritional interventions, provide nutrition education to promote resident’s optimal nutrition status, prescribe specialized diets and tube feeding regimens.

Anytime Fitness

Certified Personal Trainer February 2017 – June 2017

Designed personal training sessions, gained experience working with clients with injuries, provided nutrition education in conjunction with exercise recommendations.

**PUBLICATIONS AND PAPERS**

Stastny, S., Keith, J., **Vasichek, N.** & Garden-Robinson (2018). Dietary fat recommendations: Registered dietitian nutritionists’ practices and guidance vary. *Pulse*, 37(1), 8-15

Keith, J., **Vasichek, N.** & Stastny, S. (2016). Dietary fat and consumer confusion: do RDN perception, knowledge, and practice play a part? [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 116 (9), A15.

Keith, J., **Vasichek, N.** & Stastny, S. (2016). Dietary fat and consumer confusion: do RDN perception, knowledge, and practice play a part? Poster presented at the Food & Nutrition Conference and Expo, Boston, Mass.

MEMBERSHIPS

Academy of Nutrition and Dietetics

National Strength and Conditioning Association