

ASTON DOMMEL

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209 Northcrest Acres
Lebanon, PA 17046

EDUCATION

| | | |
|------------|---|-------------|
| PhD | University of Alabama at Birmingham, Nutrition Sciences | In progress |
| MS | University of Delaware, Health Promotion | May 2017 |
| BS | University of Delaware, Dietetics | May 2015 |

RESEARCH EXPERIENCE

Graduate Research Assistant, Department of Nutrition Science August 2018 to Present
Primary Mentor- Dr. Drew Sayer

PROFESSIONAL EXPERIENCE

Sports Dietitian, University of Alabama at Birmingham Athletic Department, Birmingham, AL August 2018- Present

- Oversee nutrition for 17 uniquely different Division I athletic teams
- Supervise operations for athlete fueling station
- Conduct 1-on-1 nutrition counseling, group nutrition talks, grocery store tours, education development, and field nutrition questions for many Division I athletic teams

Dietetic Intern, Lenir-Rhyne University, Hickory, NC, August 2017- April 2018

- Clinical Rotation at Frye Regional Medical Center for 480 hours
- Administrative Rotation at Frye Regional Medical Center for 240 hour
- Community Rotation at the Solmaz Institute for 480 hours

Teaching Assistant, University of Delaware, Newark, DE, Behavioral Health and Nutrition Department, August 2015- May 2017

- Regularly full class taught on Strength and Conditioning, and Walking and Jogging
- Designed and implemented syllabus, class structure, and lesson plans for Strength and Conditioning, and Walking and Jogging
- Wrote content and ran multiple sections for GetUpAndDoSomething.com, the longest running grant funded health promotion site

PROFESSIONAL AFFILIATIONS

Academy of Nutrition and Dietetics

American College of Sports Medicine

CERTIFICATIONS

Registered Dietitian/LDN, Academy of Nutrition and Dietetics

ServSafe, National Restaurant Association

CPR, First Aid, AED, American Red Cross

FUNDING

NIH T32 Training Grant UAB Pre-Doctoral Training in Obesity-Related Research
Grant Number T32HL105349 from the National Heart, Lung, and Blood Institute

MENTORSHIP

Laura Cox Dietetic Intern, Department of Nutrition Sciences, *The University of Alabama at Birmingham*

Dylan Carson Undergraduate Intern, Department of Human Studies, *The University of Alabama at Birmingham* (accepted to MS Nutrition Science Program - LMDP track)

MG Scharf Undergraduate Dietetic Intern, School of Public Health, *Samford University*

April Neafus Dietetic Intern, Department of Nutrition Sciences, *The University of Alabama at Birmingham*

Sarah Fritz Dietetic Intern, Department of Nutrition Sciences, *The University of Alabama at Birmingham*

Carly Collins Undergraduate Dietetic Intern, School of Public Health, *Samford University*

Alycia McElyea Dietetic Intern, Department of Nutrition Sciences, *The University of Alabama at Birmingham*

Kathryn Jones Dietetic Intern, Department of Nutrition Sciences, *The University of Alabama at Birmingham*

Sara Steere Dietetic Intern, Department of Nutrition Sciences, *The University of Alabama at Birmingham*

Amy Han Dietetic Intern, Department of Nutrition Sciences, *The University of Alabama at Birmingham*

TEACHING

BHAN 120 Strength and Conditioning, 4 semesters, *University of Delaware*

BHAN 120 Walking and Jogging, 4 semesters, *University of Delaware*

OTHER WRITING/COMPOSURE

Disordered Eating Policies and Procedures Department of Sports Medicine, *The University of Alabama at Birmingham*

HONORS AND AWARDS

Division I Cheerleading National Champion 2014, 2015
University of Delaware

ACTIVITIES

University of Alabama at Birmingham Cheerleading Team 2018-2019

University of Delaware Cheerleading Team 2012-2017