

**Kathryn Lee Stowers, MS, RD, LD**

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1501 15<sup>th</sup> Ave S Apartment 9

Birmingham, AL 35205

**EDUCATION**

**PhD in Nutrition Sciences (In progress)**

The University of Alabama at Birmingham

**Master of Science in Nutrition and Exercise Science May 2018**

Lipscomb University, Nashville, TN

**Bachelor of Science in Food and Nutrition May 2016**

University of Alabama, Tuscaloosa, AL

**Bachelor of Science in Exercise Science May 2014**

University of Alabama, Tuscaloosa, AL

**PROFESSIONAL  
EXPERIENCE**

**Performance Dietitian, Football, August 2018- Present**

The University of Alabama at Birmingham – Department of Athletics,  
Birmingham, AL

**Clinical Dietitian, October 2017-July 2018**

Centennial Medical Center, Nashville, TN

**Wellness Dietitian, July 2017-June 2018**

YMCA, Nashville, TN

**Graduate Dietetic Intern, August 2015-May 2016**

Clinical                   Nashville VA Medical Center, Nashville, TN

                                 Centennial Medical Center, Nashville, TN

                                 The Heritage, Brentwood TN

Food Service           Nashville VA Medical Center, Nashville, TN

Community           Second Harvest Food Bank, Nashville, TN

                                 Montgomery County WIC Clinic, Clarksville TN

Athletics               Lipscomb University Athletic Department, Nashville, TN

**Food Service Manager, August 2015-May 2016**

Southern Food Service Management, Tuscaloosa AL

**Nutrition Intern (undergraduate internship) May 2015-July 2015**

The National Association of College & University Food Service

The University of Wyoming, Laramie, WY

**RESEARCH  
EXPERIENCE**

**Performance Nutrition Intern (undergraduate internship)** August 2013-September 2015

The University of Alabama — Department of Athletics, Tuscaloosa, AL

**HONORS AND  
ACTIVITIES**

**CPSDA Professional Scholarship Award Recipient**, Spring 2020

**Rookie of the Year, 2015**, Southern Foodservice Management, Tuscaloosa, AL

**Southeastern Conference Academic Honor Roll**, The University of Alabama, 2010, 2011, 2012, 2013, 2014

**Health Ambassador Nutrition Coordinator**, The University of Alabama, Fall 2012-Spring 2014

**Student Athlete —Track and Field**, The University of Alabama, Fall 2009-Spring 2014

**PROFESSIONAL  
AFFILIATIONS**

**Academy of Nutrition and Dietetics (AND)**

**Alabama Dietetic Association (ALDA)**

**Collegiate and Professional Sports Dietitian Association (CPSDA)**

**Sports Cardiovascular and Wellness Nutrition (SCAN)**

**CERTIFICATIONS** **Registered Dietitian**, Academy of Nutrition and Dietetics #8611391

**Licensed Dietitian**, State of Alabama #2924

**ServSafe**, National Restaurant Association

**Manage first** — Purchasing, National Restaurant Association

**MENTORSHIP**

**Graduate Students/Dietetic Interns (Masters Level):**

Sarah Fritz Sports Nutrition Trainee, Department of Nutrition Sciences, University of Alabama at Birmingham

Kristen Travo Nutrition Intern, Department of Human Nutrition and Hospitality Management, The University of Alabama

Jeremy Ford Nutrition Intern, Department of Human Nutrition and Hospitality Management, The University of Alabama  
*Accepted to Sports Nutrition Immersion Program at James Madison University*

Sara Steere Masters Student/Dietetic Intern, Department of Nutrition Sciences, The University of Alabama at Birmingham

Laura Cox Masters Student/Dietetic Intern, Department of Nutrition Sciences, The University of Alabama at Birmingham

Kathryn Jones Masters Student/Dietetic Intern, Department of Nutrition Sciences, The University of Alabama at Birmingham

### Undergraduate Students:

Patrick Goodwin	Nutrition Intern, Department of Human Nutrition and Hospitality Management, The University of Alabama <i>Accepted into MS Nutrition Program at Auburn University</i>
Grayson Till	Nutrition Intern, Department of Human Nutrition and Hospitality Management, The University of Alabama
M.K. Bradley	Nutrition Intern, Department of Nutrition, Dietetics, and Hospitality Management, Auburn University
Kennedy Chizik	Nutrition Intern, Department of Nutrition, Dietetics, and Hospitality Management, Auburn University
Kelly Drane	Kinesiology Intern, Department of Human Studies, The University of Alabama at Birmingham <i>Accepted into Dietitian Education Graduate Certificate Program at The University of Alabama at Birmingham</i>
Madison Couch	Nutrition Intern, Department of Nutrition and Dietetics, Samford University <i>Accepted into Dietetic internship and MS in Nutrition Program at Samford University</i>

## **SERVICE** Medical Mission Trip, *Hope Medical Clinic*, Destin, FL, Spring 2016

## WORKSHOPS AND OTHER TRAINING

1. CPSDA Advanced Practice Workshop — *UFC Performance Institute, Las Vegas, Nevada*, one of 20 dietitians nationally selected to participate in performance nutrition workshop.
2. Nutrition Obesity Research Center Seminar Series — *The University of Alabama at Birmingham, Birmingham, AL*, weekly seminar held on the campus of UAB.

## **PUBLISHED MANUSCRIPTS (Peer Reviewed)**

1. Toohey, Jeremy C.1; Townsend, Jeremy R.1; Johnson, Sean B.1; Toy, Ann M.1; Vantrease, William C.1; Bender, David1; Crimi, Chelsea C.1; Stowers, Kathryn L.1; Ruiz, Matthew D.1; VanDusseldorp, Trisha A.2; Feito, Yuri2; Mangine, Gerald T.2 Effects of Probiotic (*Bacillus subtilis*) Supplementation During Offseason Resistance Training in Female Division I Athletes, *Journal of Strength and Conditioning Research*: June 26, 2018 - Volume Publish Ahead of Print - Issue - doi: 10.1519/JSC.0000000000002675

## ABSTRACT/POSTER PRESENTATIONS

1. Tara Harman, Lee Stowers, Greg Pavela, *Food and Nutrition Insecurity Among Postsecondary Students: Measuring Severity and Intervening with Nutrition Education*. UA System Behavioral Health Symposium, The University of Alabama at Birmingham, October, 2019, Birmingham, AL.

2. Tara Harman, **Lee Stowers**, Greg Pavela, *Food and Nutrition Insecurity Among Postsecondary Students: Measuring Severity and Intervening with Nutrition Education*. Health Services Administration and Nutrition Sciences Poster Expo and Lightning Talks Session, The University of Alabama at Birmingham, February, 2020, Birmingham, AL.
3. Townsend JR, Toohey JC, Johnson SB, Crimi CC, **Stowers KL**, Bender WD, Vantrease WC, Toy AM, Ruiz MD, VanDusseldorp TA, Fieto Y, Mangine GT. *The effect of probiotic supplementation on body composition, muscle thickness, and athletic performance in Division I collegiate athletes*. 2017 International Society of Sports Nutrition Annual Conference, Phoenix, AZ.
4. **K.L. Stowers**, Anne Lowery, *Artificial Sweeteners: Prevalence, Consumption, and Side Effects*, Tennessee Academy of Nutrition and Dietetics Annual Meeting Poster Session, March 2017, Nashville, TN.