

ADISON BARNHART

Email: aebarnhart5@gmail.com

OBJECTIVE

Obtain a dietetics internship with a focus on personalized nutrition therapy and sports nutrition.

EDUCATION

Bachelor of Science, Human Nutrition Science

Major: Human Nutrition Science, Dietetics

The Ohio State University, Columbus, Ohio

Expected Graduation Date: May 5, 2019; GPA: 3.562

WORK EXPERIENCE

LIFESTYLE DIET COACH

November 2017 – Present

Bair Aesthetics

Columbus, Ohio

- Work alongside a Registered Dietitian to assess client history, anthropometry, biology, environment, intake, lifestyle and goals
- Provide clients with personalized dietary and exercise protocols
- Follow up with clients on a weekly basis
- Develop trust, rapport and relationships with clients

DIETARY AIDE

August 2017 – October 2017

Wesley Glen Retirement Community

Columbus, Ohio

- Determined dietary needs of patients and prepared meals accordingly
- Prepared, delivered and collected food trays
- Assisted in kitchen and dining clean up, maintenance and set up
- Performed and supervised food safety tasks and regulations

SERVER

May 2017 – August 2017

The Dock At Water

Chillicothe, Ohio

- Familiarized guests with menu options and daily specials
- Recorded food and drink orders with accuracy
- Performed basic cleaning tasks as directed by supervisor
- Tallied bills and used POS

BARISTA

December 2015 – May 2017

Berry Blendz

Columbus, Ohio

- Prepared smoothies using fresh fruits and vegetables with speed, quality and consistency
- Took orders and used POS system
- Supervised and trained new employees
- Ensured café operations are smooth and profitable

GYMNASTICS COACH

May 2013 – August 2015

Community YMCA

Chillicothe, Ohio

- Taught proper gymnastics skills and techniques
- Supervised athletes
- Encouraged hard work, best effort and positive attitudes

HONORS & ACTIVITIES

- **Dean's List**
- **Academy of Nutrition and Dietetics** Member AU 2015, SP 2016, AU 2017
- **ServSafe NRA Food Safety** Certified 2017 – Present
- **Red Cross CPR** Certified 2016 – Present
- **International Federation of Body Building** Bikini Professional Athlete 2016 – Present
- **MRE Meal Prep Service** Academic Credit - Kitchen duties and marketing events 2018 – Present