

Randi S. Drasin, RD

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OBJECTIVE

To obtain a position as a Registered Dietitian in nutrition education and wellness

PROFESSIONAL EXPERIENCE

DIETITIAN, Insight Treatment Eating Disorder Program June 2011-Present
Working in collaboration with a PhD to coordinate care for teenagers with disordered eating, anorexia nervosa, bulimia and body image issues

OWNER/DIRECTOR, Randi's Fitness For Kids Nov. 1996-Present
After-school programming at elementary & middle schools offering over 50 classes per week consisting of gymnastics, hip hop, cheerleading, yoga, musical theatre, sports clinics, ceramics, cartooning, movie making, digital photography, fashion design and creative cooking. My programs are currently offered at several schools in the SFV and Los Angeles areas. I also contract with the YMCA Grant Dept. providing enrichment for underprivileged inner-city children. Birthday parties and Gymnastics, dance & cheerleading specialty-training camps are also part of the program. I employ 15 independent contractors.

PHYSICAL EDUCATION SPECIALIST, The Neighborhood School Sept. 1999 - Present
Teach PE skills to kindergarten twice a week. Following the LAUSD PE Guidelines.
Emphasis is based on coordination, motor skills, strength and endurance, flexibility and cardio-respiratory endurance.

SPECIALTY CAMP DIRECTOR, Sports Plus Day Camp Summers 1998 - Present
Director of specialty training camps consisting of gymnastics, dance and cheerleading, during 5 weeks of summer consisting of all necessary skills pertaining to each sport. The campers are tested and divided into beginning, intermediate and advanced groups and I hire coaches to teach them the appropriate skills for the week. Contests, exhibition, trophies and certificates at the end of each training week.

AFTER SCHOOL ENRICHMENT COORDINATOR/Volunteer, Millikan Middle School Sept. 2002 - Present
Coordinator in charge of the after school enrichment program on campus for 6th - 8th graders. Work closely with school administration and PTA to set up and coordinate the programs 3 times per school year.

OWNER/DIRECTOR, Camp Tarzana Summers 2005 - 2007
Curriculum and programming for 50-80 campers. Arts & crafts, water play, yard play, chess, cartooning, cooking, hip hop, martial arts, yoga and gymnastics. Prepared talent show for last day of camp. Hired, paid, trained all counselors and JC's.

GYMNASTICS SPECIALTY CAMP DIRECTOR, Camp Funtime Summer/Winter 2000 - 2005
Director of gymnastics training for summer and winter breaks. Consisting of floor tumbling, spring board, vault and balance beam. Groups are brought in throughout the day. Awards are given each day for best skills.

PERSONAL FITNESS TRAINER, Randi's Fitness May 1988 - 2005
Provided clients (adults) with personalized weight training programs, body sculpting and diet consulting. Provided private gymnastics training and fitness classes for kids.

EDUCATION and CONTINUING EDUCATION

DIETETIC INTERNSHIP, Iowa State University, Completed November 2010
MASTER OF SCIENCE DEGREE, California State University, Northridge, Dietetics 2010 - Present
BACHELOR OF SCIENCE DEGREE, University of Northern Colorado, Dietetics 2009
BACHELOR OF ARTS DEGREE, California State University, Northridge, Communications 1987
SPORTS NUTRITION WORKSHOP, 4 CPE Credits, 2009
SOOTHING THE ANGRY ADOLESCENT, 1 CPE Credit, 2009
MINDSET: A NEW STRATEGY FOR HEALTH BEHAVIOR CHANGE, 1.25 CPE Credits, 2009
EATING OUT RIGHT AND SUPER FOODS FOR LIFE, 1 CPE Credit, 2009

FROM CLICK TO CLIENT: SIMPLE SECRET TO DOUBLE YOUR WEBSITE BUSINESS, 2 CPE Credits, 2009
TRANS AND SATURATED FATS: Translating Guidelines to the Table, 1.5 CPE credits, FNCE
ADVANCED STRATEGIES FOR COUNSELING ATHLETES WITH TYPE 1 DIABETES, 1.5 CPE Credits, FNCE
CREATIVITY IN THE KITCHEN WITH HEALTHY SWEET, 1 CPE Credit, FNCE 2009
AGING, EXERCISE AND OPTIMAL NUTRITION: A Generational Challenge, 1 CPE Credit, FNCE
PHYSICAL ACTIVITY: Strategies for Weight Maintenance, Loss and Prevention of Regain, 1.5 CPE Credits, FNCE
FROM DIET TO DISORDER: Understanding the causes and treatment of eating disorders, 2.0 CPE Credits, FNCE
2009 ADA WEIGHT MANAGEMENT POSITION PAPER: Evidence-based approaches for weight loss and the prevention of weight gain/regain, 1CPE credit, 2010
RETHINKING PEDIATRIC NUTRITION ASSESSMENT AND INTERVENTION, 3.0 CPE credits, 2010
AMERICAN DIETETIC ASSOCIATION/WM DPG, Addressing Childhood Obesity with School-based Interventions: Role of the Registered Dietitian, 1 CPE, 2010
ADA TELSEMINAR: Motivational Interviewing for Health Behavior Change, 2 CPEU credits, 2010
WEIGHT MANAGEMENT MATTERS: Understanding Mindful Eating, 1 CPE credit, 2010
Updates in Type 1 Diabetes Management, 2 CPE credits, 2010
The DIR Approach to Pediatric Feeding, It's All About Relationships, 7 CPE credits, 2010
Nutrition Updates for ESRD, 2 CPE credits 2010
Improving Obesity through Healthier Environments, 2.5 CPE credits, 2011
The Power of Nutrition: Impacting Disease, 2 CPE credits, 2011
FNCE San Diego, 20 CPE credits 2011
laedp: The Mindful Therapist, 1.5 CPE credits, 2011

CERTIFICATIONS

CERTIFICATION, Childhood & Adolescent Weight Management, Commission on Dietetic Registration, 2009
CERTIFICATION, ServSafe, National Restaurant Association, 2008
CERTIFICATION, American Council on Exercise, Personal Fitness Training, 1990

MEMBERSHIPS and ACHEIVEMENTS

MEMBER, American Dietetic Association 2007 – present, Executive Board Member
MEMBER, California Dietetic Association Los Angeles District 2008 – present, Executive Board Member
MEMBER, Weight Management DPG, 2009 - present
MEMBER, Sports Cardiovascular And Wellness Nutrition DPG, 2009 – present, Executive Board Member
MEMBER, International Society of Sports Nutrition, 2009 - present
MEMBER, Sherman Oaks Chamber of Commerce 2004-present
MEMBER, USA Gymnastics – Instructor Member 2006-present
MEMBER, 31st DISTRICT PTSA, 2002-present
PRESIDENT, Millikan Middle School PTA (2003-2005)
PRESIDENT, Kester Avenue Magnet Parent Association (2001-2002)
PUBLISHED ARTICLE, Singapore Department of Education, 2000
PUBLISHED ARTICLES, Bodybuilding.com, 2009-Present
NOMINEE, ADA Outstanding Dietetic Student of the Year, 2010 (in progress)
PUBLISHED ARTICLES, Ninja Pingwin Nutrition, 2011

VOLUNTEER WORK

SOCIAL MEDIA COORDINATOR, American Dietetic Association, SCAN DPG, January 2010-present
EXECUTIVE BOARD MEMBER, Los Angeles Dietetics Association, June 2009-present
DIETETIC VOLUNTEER, Olive-View UCLA Medical Center, June 2009 - present
CAREER DAY PRESENTER, Millikan Middle School, 2003- present
DIETETIC VOLUNTEER, New Horizon's Association for the Retarded Inc. Sam's Café, 2008 – 2009
CDA-LAD, YMCA Healthy Kids Day, 2009
CDA-LAD, St. Finbar Church Health Fair, 2009
NUTRITION EDITOR, Foodpicker.org, November – December 2009