

Steven L. Couch
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Purpose: To obtain an internship or entry level position within your company

Education	B.S. Degree in Nutritional Sciences <i>Michigan State University, East Lansing, MI.</i>	<i>May 2008</i>
	B.A. Degree in Dietetics <i>Michigan State University, East Lansing, MI</i> Deans List Spring 2003	<i>May 2008</i>
	Completion of Intensive Kinesiology Internship with the Life Rx Program <i>Olin Health Center, East Lansing</i>	<i>2006</i>

Summary

- Exceptional knowledge of current nutritional lifestyle application, and approaches to food preparation and teaching of balanced consumption to others.
- Strong result-oriented background with combined experience in fitness prescription and adherence to proactive lifestyle choices.
- Skilled at learning new concepts quickly, working well under pressure, and communicating ideas clearly and effectively.
- Proficient in skin folding, spirometry, BMI, and body composition techniques.

Career History & Accomplishments

The Wellness Initiative, Coordinator, Apostolic Word Church, Lansing, MI	<i>2006-present</i>
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- Developed and implemented new and innovative approaches to nutrition and community health benefiting families of low income and diverse ethnic backgrounds
- Facilitated nutritional counseling sessions, based on these approaches, for community and church members (from 18-50 years of age) to promote healthy food choices and reinforce positive and practical preparation techniques.
- Organized outreach and community involvement programs with emphasis on proactive lifestyle empowerment

Life Rx Intern, Olin Health Center, Michigan State University	<i>2006-2007</i>
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- Performed body measure and data collection techniques utilizing surveys, skin-folding, flexibility, and VO2 max indicators
- Administered Fitness Prescriptions and interpreted results to lay participants and patients individually or in groups of 45-55 people
- Proficient in CSI Software

Science Theatre Physics Coordinator, MSU Physics and Astronomy Dept.	<i>2002-2004</i>
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- Carried a full course load while serving as Physics Coordinator for a Science education outreach organization whose focus was to educate and inspire scientific thought through the use of various chemical, physical and biological demonstrations. Conducted approximately 5 demonstrations per month to an audience of 50-200 students in grades K-12.
- Initiated multiple national joint ventures and served as liaison for the American Physical Society

1st Place Winner, Minorities in Agriculture Natural Resources and Related Sciences (MANRRS), National Undergraduate Public Speaking Contest	<i>March 2007</i>
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Memberships & Affiliations

- Undergraduate Vice President Region 5, MANNRS
- Founding member and president of the Wellness Initiative
- Community Service Chair, MSU MANRRS
- Member, Food and Nutrition Association
- Member, Michigan State University Gospel Choir

