

Patrick Hopkins

Nutritionist

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(830) 431-1242

Career Summary

Nutritionist with over 17 years of practical experience ranging from increasing employee/work cell productivity in a corporate environment by incorporating fitness and nutrition in the workplace to sport specific nutrition assessment and meal planning.

Highly qualified in all aspects of general nutrition, outpatient nutrition education/training, sports performance nutrition, and nutritionally related disease cause/effects/prevention.

Extensive expertise in managing and facilitating interpersonal client and patient relationships, while promoting an empowering and motivational environment stimulating growth and learning.

Owner/operator of a wellness facility with experience in marketing and promotion, sales, client and employee assessment, purchasing, inventory, and accounting.

Nutrition public speaking – seminars relating to overweight epidemic, metabolic disorders, physique contest nutrition exit strategies, general nutrition Q & A, and industry quick fixes and fallacies.

Expertise in anthropometric measuring and data analysis and skinfold caliper testing.

Experience Summary

- ✓ **Fitness Trainer/Nutrition Services - Advanced Nutrition Strength and Fitness (ANSF), co-owner/operator. SLO, CA. 1997-1999**
- ✓ **Fitness Director/Wellness Coordinator – Avila Bay Club. Avila Beach, CA. 1998-2000**
- ✓ **Fitness Trainer/Wellness Professional – Fit Life, owner/operator. SLO, CA 1999-2003**
- ✓ **Corporate Fitness/Nutrition Director – ABC Clio. Goleta, CA 2000-2003**
- ✓ **Fitness/Nutrition Professional – Fit Life Studio, owner/operator. Boerne, TX 2004-3/2010**
- ✓ **Fitness/Nutrition Professional – Built By Patrick, owner/operator. Boerne, TX/El Paso TX 4/2010-present**
- ✓ **Nutritionist – BioMetrix. El Paso, TX 6/2014 to 4/2015**
- ✓ **RAship – CAP2 research grant. Dr. Thernal Mangadu, PI, UTEP 6/2015 to 9/2015**

Education Summary

- ✓ **UTEP MPH – expected graduation – Fall 2016**
- ✓ **California Polytechnic State University, San Luis Obispo, CA. B.S., Nutritional Science – 2012**
- ✓ **UTEP EH&S Laboratory Safety Cert – exp. 4/2017**
- ✓ **UTEP NIH Webcourse Protecting Human Research Participants – comp. 1/31/2014**
- ✓ **CITI Pgm RCR – exp 4/2018 / Social & Behavioral Researchers – exp 7/2018**
- ✓ **UTEP NWCFPHP Webcourses Cause and Effect in Epidemiology / Basic infectious Disease Concepts in Epidemiology / Introduction to Outbreak Investigation / Analysis and Interpretation of Public Health Data Pts. 1 & 2 / Study Types in Epidemiology / Measuring Risk in Epidemiology / Screening in Public Health Practice / Presenting Public Health Data – comp. 2015**

References

- **Robert Thornton** – Boerne, TX. (210) 771-6570
- **Lori Gagnon** – Fair Oaks Ranch, TX. (360) 281-2685
- **Chris Christianson** – Boerne, TX. (210) 363-4450
- **Susan Mangold** – Boerne, TX. (210) 889-2369
- **Beverly Lutich** – El Paso, TX. (915) 526-8611