**Jessica N. Aldridge, MS, RDN, LD**

Instructor

Department of Sport Management, Wellness and Physical Education in the College of Education

University of West Georgia

1601 Maple Street

Carrollton, Georgia 30118-1100

(314) 898-8229

jessicaa@westga.edu

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**ACADEMIC ACHIEVEMENT (EDUCATION)**

M.S. Nutrition and Dietetics

University of Central Arkansas

Conway, Arkansas

December 2014

Dietetic Internship Clinical Nutrition Emphasis

Saint Louis University

Saint Louis, Missouri

May 2013

B.S. Dietetics

Harding University

Searcy, Arkansas

May 2012

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 **TEACHING**

August 2017 – present Instructor, Health and Community Wellness, Department of Sport Management, Wellness and Physical Education, University of West Georgia, Carrollton, Georgia

January – May 2017 Part-Time Instructor, Health and Community Wellness, Department of Sport Management, Wellness and Physical Education, University of West Georgia, Carrollton, Georgia

August 2016 – May 2017 Registered Dietitian, Health Services, University of West Georgia, Carrollton, Georgia

*Courses taught at the University of West Georgia*

PHED 2000: Applied Concepts of Fitness and Wellness (Fall 2017, Spring 2018)

PHED 3210: Healthy Eating and Nutrition (Spring 2017, Fall 2017, Spring 2018)

PWLA 1600: Personal Wellness (Spring 2018)

PWLA 1699: Healthy Eating and Nutrition (Spring 2018)

**RESPONSIBILITIES AS INSTRUCTOR**

* Teach undergraduate courses in Health and Community Wellness for the Bachelor of Science in Health and Community Wellness program on both Carrollton and Newnan campuses.
* Provide internship, service learning, and experiential learning opportunities for students.
* Assist in curriculum review and development.
* Actively engage in effective teaching and relevant service.
* Provide the College of Education assistance in carrying out its strategic initiatives as applicable.

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**SERVICE**

**SERVICE TO THE UNIVERSITY OF WEST GEORGIA**

2017 – present Food Security Task Force

2016 – present Exercise is Medicine consultant

2016 – present Nutrition counseling and education

2016 – present Wellbeing Committee

**SERVICE TO THE COLLEGE OF EDUCATION**

2017 – present Development of nutrition minor

**SERVICE TO THE DEPARTMENT OF SPORT MANAGEMENT, WELLNESS AND PHYSICAL EDUCATION**

2017 – present Health and Community Wellness Program Committee

2017 – present Health and Wellness Committee

2016 – present Service Learning facilitator

**EXTERNAL SERVICE**

2016 – present Get Healthy Live Well Coalition, Tanner Hospital System, Carrollton, Georgia

Cooking Matters Training and Class Instructor

2016 – 2017 Get Healthy Live Well Coalition, Tanner Hospital System, Carrollton, Georgia

Community Nutrition Work Group

2016 – 2017 Get Healthy Live Well Coalition, Tanner Hospital System, Carrollton, Georgia

PhotoVoice

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**PROFESSIONAL GROWTH**

**LICENSURES AND CERTIFICATIONS**

2013 – present Registered Dietitian  
Commission on Dietetic Registration

2014 – present Licensed Dietitian – Georgia

Georgia Board of Examiners of Licensed Dietitian

2013 – 2014 Licensed Dietitian – Arkansas

Arkansas Dietetic Licensing Board

**CURRENT MEMBERSHIPS**

2011 – present Academy of Nutrition and Dietetics

**PROFESSIONAL MEETINGS AND CONFERENCES**

October 2017 Food and Nutrition Expo and Conference (Attendee)

Chicago, Illinois

October 2014 Food and Nutrition Expo and Conference (Attendee)

Atlanta, Georgia

October 2012 Food and Nutrition Expo and Conference (Attendee)

Philadelphia, PA