Bowie Hand

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PROFESSIONAL SUMMARY

Dynamic educator and health professional with a diverse background in nutrition, sports medicine, and corporate finance. Proven ability to integrate knowledge across disciplines to engage learners, optimize health outcomes, and drive operational excellence. Experienced in course design and delivery, client-centered counseling, and leadership.

EDUCATION

M.S. Human Nutrition	Texas State University	May 2024
Dietetic Internship	Texas State University	May 2024
M.B.A.	Texas A&M University-Corpus Christi	Aug 2020
B.S. Industrial Engineering	Texas A&M University	Dec 2000

CERTIFICATIONS

- **Registered Dietitian**, Commission on Dietetic Registration 2024
- **Personal Trainer,** American College of Sports Medicine 2025
- **Professional Data Analytics and Visualization**, UT at Austin 2019
- **ESL Instructor,** Literacy Coalition of Central Texas 2016

NUTRITION EXPERIENCE

Adjunct Professor

Texas State University, San Marcos TX
Courses:

The Science of Nutrition and Exercise (NUTR 3364) *Aug 2023 – Current*
Wellness Nutrition (NUTR 3363) *Spring 2025 – Current*

- Redesigned *NUTR 3364 The Science of Nutrition and Exercise* from an asynchronous online format to a hybrid model in Fall 2024 to enhance student engagement and learning outcomes.
- Develop engaging, multimodal curriculum using online lectures, in-person instruction, group discussions, and student-led presentations.
- Incorporate current nutrition and fitness trends into course materials emphasizing critical evaluation of scientific evidence versus popular media.
- Foster an integrated understanding of nutrition and exercise physiology by highlighting their bidirectional influences.
- Design quizzes and exams to assess theoretical knowledge and reinforce learning through spaced repetition.
- Create customized homework assignments and case studies to evaluate the practical application of course concepts.
- Integrate Microsoft Office tools into coursework to simulate real-world tasks and improve digital literacy.
- Incorporate student and peer feedback to refine course content and improve learning experiences.

Private Practice, RD, LD, ACSM CPT

Bowie Hand LLC, Austin TX *Aug 2024 - Current*
Food 4 Success, New Braunfels TX *May 2025 - Current*

Performance Nutrition and Personal Training:

- Assess peri-workout and recovery nutrition needs based on daily training load and performance goals.
- Educate athletes on the role of macronutrients for sport performance and recovery.
- Design individualized meal plans tailored to training demands and athlete preferences.
- Evaluate periodized training plans to ensure alignment with long-term performance goals.

Clinical Nutrition and MNT:

- Perform comprehensive nutrition assessments and provide medical nutrition therapy for various clinical heath conditions.
- Diagnose appropriate nutrition-related problems and collaborate with clients to develop personalized interventions.
- Apply ACSM guidelines to evaluate and design appropriate exercise interventions for clients with chronic health conditions.
- Provide empathetically counsel using motivational interviewing, the transtheoretical model, active listening, and SMART goal setting techniques.

Dietetic Intern

Texas State University, San Marcos TX *Jul 2023 – May 2024*

- *The University of Texas at Austin (Performance Nutrition):* Participated in athlete nutrition assessments and counseling. Developed travel meal planning guides and educational handouts. Observed multidisciplinary team management for athletes with eating disorders.
- *St. David's South Austin Medical Center (Level 1 Trauma Center):* Conducted nutrition assessments and counseling for patients with cardiovascular disease, renal disorders, gastrointestinal disorders, diabetes, cancer, and malnutrition. Calculated enteral and parental nutrition requirements for critically ill patients. Collaborated with nursing staff, occupational and speech therapists, and physicians to optimize patient outcomes.
- *Food 4 Success (MNT Outpatient):* Performed comprehensive nutrition assessments including food-drug interactions. Provided nutrition counseling on MyPlate, heart-healthy diets, and weight management. Created and presented patient education materials on the role of exercise in managing type 2 diabetes.

Graduate Instructor Assistant

Texas State University, San Marcos TX *Aug 2022 – May 2023*

- Guided students in the fundamentals of nutrition and meal preparation in lab settings.
- Ensured safety compliance and effective teaching in culinary labs.
- Graded assignments and supported faculty in educational content creation and editing.

Nutritionist, CrossFit Coach

CrossFit City Limits, Austin TX *Oct 2019 – Jun 2020*

- Educated members on evidence-based nutrition strategies tailored to fitness goals.

- Led group fitness classes emphasizing safety, form, and time-efficient programming.
- Provide individualized coaching to the skill and fitness level of athletes.

PROFESSIONAL ORGANIZATIONS

- Academy of Nutrition and Dietetics — Jan 2023 - Current
- Texas Academy of Nutrition and Dietetics — Jan 2023 - Current
- American College of Sports Medicine — Jan 2025 - Current

OTHER WORK EXPERIENCE

Senior Manager, Finance

Advanced Micro Devices, Austin TX — *2018 – 2019*

- Led cost accounting functions for quarterly/monthly close of inventory.
- Automated reconciliation processes using SQL-based tools..
- Organized intern onboarding programs in partnership with senior leadership.

Senior Manager/Deputy Director, Finance

Global Foundries, Austin TX — *2015 – 2018*

- Spearheaded global reporting standardization across manufacturing sites.
- Managed procurement initiatives to improve working capital and planning accuracy.
- Served as Finance Chief of Staff and completed a Singapore-based expatriate assignment.

Division Controller, Finance
Division Manager, Finance

Spansion/Cypress Semiconductor, Austin TX — *2009 – 2015*

- Directed finance operations for three divisions with $450M in annual expenses.
- Created a capital review system for a $1.2B Japan facility buildout.
- Played key role in bankruptcy litigation that reduced claims from $415M to $45M.

Financial Analyst I, II, and Senior

Spansion/Cypress Semiconductor, Austin TX / Japan — *2006 – 2009*

- Led capital budgeting for new facility construction.
- Shortened close cycle from five to three days through process optimization.
- Reconciled reporting discrepancies between U.S. and Japan teams under GAAP.

Industrial Engineer I & II

Fujitsu Microelectronics / AMD / Spansion — *2001 – 2006*

- Modeled capacity and cycle time using simulation software for U.S. and Japan sites.
- Supported continuous improvement through tool optimization and material delivery improvements.

SKILLS

Curriculum Development | Canvas LMS | McGraw Hill Connect | Microsoft Office | EndNote | Nutrition Assessment | Client Counseling | ESL | Zoom | Critical Thinking | Data Analysis | Strategic Planning | Mentorship | Nutrition and Exercise Periodization

VOLUNTEER WORK

- Assistant ESL Teacher, Manos de Cristo — Jun 2018 – Jun 2019
- Database Analyst I, Final Phase Systems — Jun 2018 – Sep 2018

PUBLICATIONS

- *Using Real-time Data in Reducing Idle Time due to Avoidable Interruptions*; International Symposium on Semiconductor Manufacturing — Jan 2003