

Matthew Dirzius, M.S., R.D., C.S.C.S.

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EDUCATION: University of Rhode Island, Kingston, RI
Dietetic Internship *June 2007*
Masters Degree in Exercise Physiology *May 2002*
Bachelor of Science in Food Science and Nutrition *May 2000*

CERTIFICATIONS AND PROFESSIONAL MEMBERSHIPS:

Registered Dietitian *2008 - Present*
Licensed Dietitian / Nutritionist *2007 - Present*
American Dietetics Association *2006 - Present*
Certified Strength Coach Specialist *2001 - Present*
National Strength Coach Association *2001 - Present*

The Miriam Hospital Providence, RI

Clinical Dietitian *October 2007 - Present*

- Plan therapeutic diets for patients in 250 bed acute care facility
- Consult with physician and other disciplines to provide accurate care
- Develop monthly in-services for dietary staff
- Instruct patients and families on diet education, nutritional planning, food selection and preparation
- Precept clinical nutrition rotation for dietetic interns

Northeast Sports Training and Rehabilitation Warwick, RI

Director of Strength & Conditioning *June 2002- October 2006*

- Designed and implemented nutritional, post-rehabilitative, and sport specific training programs
- Developed “Kids Fit” to increase activity in young clientele
- Strength and Conditioning Coach for Providence College
- Strength and Conditioning Coach for Providence Bruins and NHL players
- Prepared post-collegiate and NFL players for team combines and camps
- Directed member retention, sales, consultations, pre/post test evaluations, and off-site functional workshops

Fitcorp Smithfield, RI

Exercise Physiologist *January 2001 - September 2001*

- Provided personalized workouts for clientele
- Developed educational nutritional workshops for members
- Administered orientations & supervised floor

Cancer Research Center Kingston, RI

Weight Management Program *October 1998 - December 2001*

- Collected dietary recalls for participants conducted at URI
- Aided in behavioral weight loss classes
- Administered cycle ergometer Sub-max VO2 tests