



Sophia Kowalski

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SUMMARY: Aiming for admission into the ICPD program to pursue a career as a Registered Dietitian. Looking to apply evidence-based nutrition knowledge and patient-centered care specifically for elite athletes. Seeking to develop the clinical, counseling, and professional skills necessary to become a Registered Dietitian and support athletes' health and performance. Passionate about promoting public health and well-being, with a focus on increasing access to nutrition education for developing athletes. Dedicated to upholding the values of respect, dignity, and care for every patient.

EDUCATION

The University of Texas at Austin	College of Natural Science, Nutrition: Dietetics-1	May 2027
	Overall GPA: 3.47	

EXPERIENCE

University of Texas Women's Track and Field Team - Current Member	Fall 2023 - Present
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- 2023 Big 12 Champions
- Rigorously trained 20+ hours a week on the track and in the weight room
- Balanced the demands of Division I athletics while maintaining strong academic performance.
- Communicated proactively with professors, coaches, and support staff to successfully manage competition travel while maintaining high academic standards.

Texas Performance Nutrition Internship	Summer 2026
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- Assisted sports dietitians to help athletes meet specific nutrition goals
- Conducted hydration testing, delivered supplements and vitamins
- Assisted with post-exercise nutrition by preparing recovery smoothies and adapting ingredients for dietary restrictions.
- Set up and organized catering deliveries, fueling and hydration stations, and pre and post workout snack carts

Camp Longhorn Counselor	Summer 2024 - Summer 2025
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- Practiced leadership and interpersonal skills through mentoring and group management.
- Created an environment that encouraged safety, creativity, and confidence with my cabin of 16 children ages 9-11
- Developed skills in motivating and supporting individuals from diverse backgrounds.

Trilogy Brew- Barista; Spring, TX	Winter 2023
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- Delivered high-quality customer service in a fast-paced environment while maintaining accuracy and professionalism
- Communicated effectively with customers to accommodate dietary preferences and modifications
- Followed food safety, sanitation, and hygiene protocols in compliance with company standards

PROJECTS

NTR 126L Research on SOX9 Repression and its Effects on Gut Health in Mice	Fall 2025
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- Hands-on lab and data analysis experience with RT-qPCR, microscopy, Western blotting
- Conducted literature review, data analysis, and scientific report writing as part of a research project investigating SOX9 regulation of gut health.
- Efficiently worked as a member of a team supporting research efforts

NTR 307 Capstone Cook'em Video Project	Fall 2025
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- Developed an educational cooking video integrating food science and safety principles and evidence-based nutrition concepts
- Connected ingredient functionality to final product quality and safety
- Planned, scripted, filmed, and edited an instructional cooking video from concept to completion

ADDITIONAL

Certifications: Texas Food Handler Certification

Skills: time-management, attention to detail, schedule flexibility, team-based collaboration in intercollegiate athletics, food service operations & organization, NCAA compliance awareness

Honors: Athletic Directors Honor Roll, SEC All-Academic