
PROFESSIONAL EXPERIENCE

LIFE CHIROPRACTIC COLLEGE WEST, HAYWARD, CA
Assistant Professor

AUGUST 2015 –PRESENT

NEW YORK CHIROPRACTIC COLLEGE, Seneca Falls, NY
Instructor

October 2012 - 2015

Lead and assist instruction in clinical nutrition, diagnostic procedures, and various chiropractic technique courses.

- Through course instruction teach practical application of clinical nutrition.
- Teach diagnostic and technique protocols in the chiropractic program.
- Perform outreach activities to increase enrollment of the college.
- Serve on committees for curriculum development of the chiropractic program.

COURSES AS LEAD INSTRUCTOR:

- Techniques 2 and 3 Lab. (Combination of Diversified and Gonstead techniques)
- Assistant Professor
- Soft Tissue Procedures (lecture and lab)
- Correlative Patient Assessment (lecture and lab)
- Upper Extremities Technique (lab)
- Clinical Nutrition (lecture)
- Human Nutrition (lecture)
- Whole Foods Nutrition Elective (lecture)
- ConnecTx Soft Tissue Elective (lecture and lab)

COMPUTER SKILLS:

- Utilized MS Office for lecture presentations and management of student information and assignments.
- Cams software for student information and assignment submission.
- ExamSoft for managing tests and monitoring student progress.

SANKOFA MOVES PERFORMANCE CHIROPRACTIC, Oakland, CA
Owner, Chiropractor

October 2009 – Sept 2012

Own and operate a practice focused on improving performance, promoting healthy lifestyles, and empowering clientele through education.

- Provide chiropractic care to patients, including NUCCA and Sacro-Occipital Technique (SOT).
- Prescribe exercise and flexibility programs based on functional movement evaluation.
- Nutrition assessment and programming.
- Service professional corporate and athletic programs. Lecture on health education.

STANDARD PROCESS OF NORTHERN CALIFORNIA, Alameda, CA
Chiropractor, Wellness Educator

October 2009 – Sept 2012

- Lecture on various relevant nutrition and wellness topics to Standard Process employees.
- Provide chiropractic care to Standard Process employees.

INFINITE TRAINING SYSTEMS, Oakland, CA
Owner, Personal Trainer/Rehab/Group Exercise

June 2001 – October 2009

- Designed programs for and trained clients in personal wellness:
 - Sports-specific coaching, strength and conditioning.
 - Nutrition program design.
 - Post-surgery rehabilitative exercise.

CLUB ONE FITNESS, Oakland, CA
Personal Trainer, Group Exercise Instructor

November 2000 – June 2004

- Designed programs for fitness, performance, and health-based nutrition.

- Conducted fitness assessments and new member orientations.

EDUCATION & CERTIFICATIONS

M.S., Applied Clinical Nutrition, New York Chiropractic College, Seneca Falls, New York – 2014
Certified ConnecTx Practitioner, New York Chiropractic College, Seneca Falls, New York - 2013
Certified Nutrition Specialist, Certification Board for Nutrition Specialists, LaGrange Illinois - 2013
Doctor of Chiropractic, Life Chiropractic College West, Hayward, CA - 2009
B.S., Kinesiology (Athletic Training), California State University East Bay, Hayward, CA – 2004
A.A., General Curriculum, Laney Community College, Oakland, CA-1994
National Strength and Conditioning Association, Certified Strength and Conditioning Specialist

ASSOCIATIONS & COMMUNITY SERVICE

East Bay Toastmasters, Former Vice President of Education and current Toastmasters mentor
Aid for AIDS Africa, Board member, November 2006-Present
LCCW Ghana Chiropractic Mission Trips, Co-Founder, Organizer/Intern, 2006 – 2009
LCCW San Quentin Health Fair, Chiropractic Intern, February 2008
C.A. Track Club, Volunteer youth coach, January 2003 – June 2006