

CURRICULUM VITAE

FH-Prof. ALEXANDRA KOLM, MSc.



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Sex female | Nationality Austria

WORK EXPERIENCE

September 2013 - present

University lecturer, full-time

University of Applied Sciences St. Pölten GmbH (AT)
Department of Health Sciences / Dietetics

- Project leader IMPECD - Improvement of Education and Competences in Dietetics
EU-Erasmus+ funded project www.impecd.eu
- Lecturing Dietetic Therapy in Hypertension, Dyslipoproteinaemia, Hyperuricaemia, Obesity
- Lecturing English as Medium of Instruction in “Communicating Health and Disease” and “Dietetic Consultations”
- Guest-lecturer at the University of Applied Sciences in Bern, Switzerland
- Speaker for the Association for Dietitians in Austria, Lower Austria

April 2011 - present

Managing Partner

Kolm & Partner GmbH, Vienna (AT)

- Project “Carbs & Cals” for Managing Portion Sizes and Carbohydrates, London (UK)
- Reviewing EU-project “Health25” with Dr. Claire Robertson, Westminster University, London (UK)
- Speaker for the Body & Health Academy, Linz
- Nutrition Consultations for Overweight and Obesity, General Medical Office Dr. Puchegger, Waizenkirchen

March 2010 - March 2011

Medical Advisor for Weight Management, full-time

Aengus Ernährungskonzepte GmbH, Graz (AT)

- Customer acquisition, lectures and training of physicians and dietitians in bioelectrical impedance analysis for weight reduction

July 2009 - March 2010

Executive Board, full-time

Dietix GmbH, Linz (AT)

- Operative management for a product segment in weight management
- Leadership of four employees and an external expert board
- Project development and product management

May 2007 - October 2008

Project Lead

Dietix GmbH, Linz (AT)

- * Project development and product management for a product segment in weight management

January 2006 - April 2007

Dietitian, part-time

Hospital St. Franziskus, Grieskirchen (AT)

April 2004 - December 2005

Dietitian, full-time

Rehabilitation Centre for Cardiovascular Diseases, BVA Bad Schallerbach (AT)

June 2004 - June 2008

Dietitian

Freelance

EDUCATION AND TRAINING

- 2017 **PhD-Writing Course**
Maastricht University, School of Health Professions Education, Maastricht (NL)
- 2013 **Academic Teaching Excellence (British Council) (1 week)**
University of Applied Sciences, St. Pölten (AT)
- 2011 – 2012 **Master of Science “International Public Health Nutrition”, Merit**
Westminster University, London (UK)
- 2010 **Training for Project Management, Business Administration, Time Management**
WiFi (Wirtschaftsförderungs-Institut), Linz (AT)
- 2008 – 2009 **Round the World Trip (7 months)**
- 2007 – 2008 **Seminar for Chinese 5-Elements Nutrition (6 months)**
Bacopa Institute, OÖ (AT)
- 2004 **Training for Marketing Assistance (3 months)**
WiFi (Wirtschaftsförderungs-Institut), Linz (AT)
- 2000 – 2003 **Diploma for Dietitian (now Bachelor-Course)**
Medical-Technical Academy for Dietitians and Nutrition-Medical-Therapy, St. Pölten (AT)
(now University of Applied Sciences since 2006)
- 1996 - 2000 **A-level certificate for higher education entrance qualification, Merit**
Bundes-Oberstufenrealgymnasium, Grieskirchen (AT)

PERSONAL SKILLS

Mother tongue(s) German

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	about academic course content	about Campus Situation	
English	High / C1	High / B2	Good / C1	Good / C1	Fair-Good / B2

Results based on TOEFL iBT™ in 2011,
Comparison of iBT-levels to CEFR levels based on <https://www.ets.org/toefl/institutions/scores/compare/>

Communication skills

- good communication skills gained through my experience as Medical Advisor, Project Leader, Lecturer

Organisational / managerial skills

- good managing skills gained through my position as Managing Partner, Project Leader and Medical Advisor

Job-related skills

- good command of teaching and didactic skills gained through seminars and teaching

Computer skills

- good command of Microsoft Office™ tools, Adobe Connect, Adobe Premiere

Other skills

- Passion for cooking, travelling, sports (running, hiking, cycling, dancing, diving) and reading

Publications

Kolm, A., Höld, E., Ramler, H., Möseneder, J. (2016). Improving Arterial Hypertension through Nutrition Interventions. *Aktuelle Ernährungsmedizin* 2016, 41(3), 196-201.

Kolm, A., Hitthaller, A., Ruso, P., Höld, E. (2016). Determinants of complementary feeding behaviour. Part 1: Review of European literature. *Ernährungs Umschau* 2016, 63(6), 120-126, DOI 10.4455/eu2016.027

Höld, E., Hitthaller, A., Ruso, P., Kolm, A. (2016). Determinants of complementary feeding behaviour. Part 2: Influence of migration background and socio-economic status on complementary feeding behaviour of women in Lower Austria. *Ernährungs Umschau* 2016, 63(7), 140–147. doi: 10.4455/eu.2016.031

Presentations

Kolm, A., Vanherle, K., Werkman, A. M., Kohlenberg-Müller, K., Valentini, L., Höld, E. (2016). Improvement of Education and Competences in Dietetics – the IMPECD EU-Project. 17th International Congress of Dietetics. September 8th, Granada, Spain.

Projects

EU-Erasmus+ funded Project IMPECD (Improvement of Education and Competences in Dietetics) www.impecd.eu

Conferences

Kolm, A. (2016). Improvement of Education and Competences in Dietetics. Hintergrund und Inhalt des europäischen Projekts IMPECD. 58. Bundeskongress des VDD e.V. in Kooperation mit BDEM, DGEM und EFAD, 22.-23.04.2016, Wolfsburg, Germany