

Kelly Brock-Spano, MS

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Professional Summary

Assistant Professor of Nutrition Science & Wellness and Doctoral Candidate (ABD) with expertise in the psychological and physiological determinants of health behavior, bridging clinical research with holistic wellness. Dedicated advocate for clinical advancement in women's health and evidence-based curriculum development with a proven record of institutional leadership, external state program audits, and interprofessional collaboration.

Education

Ed.D. in Educational Leadership (ABD) | University of Bridgeport | Jan 2023 – Present. *Honor Society: Phi Kappa Phi | Anticipated Completion: September 2026. Dissertation: The Intersection of Academic Burnout, Physiological Resource Depletion, and Credential Inflation: A Phenomenological Study*

M.S. in Applied Clinical Nutrition | Northeast College of Health Sciences | August 2017 | *Graduated with Honors*

B.S. in Exercise Science | Hofstra University | May 2014 | *Cum Laude*

Academic Appointments & Institutional Leadership

Northeast College of Health Sciences | Seneca Falls, NY

Adjunct Professor of Behavioral Nutrition | 2025 – Present

Facilitate graduate-level online instruction focusing on the clinical application of behavioral change theories for nutrition professionals to bridge psychological theory with holistic counseling strategies.

Farmingdale State College (SUNY) | Farmingdale, NY

Assistant Professor of Nutrition Science & Wellness | September 2025 – Present (*Previously Visiting Assistant Professor: January 2020 – August 2025*)

Curriculum Innovation: Designed and instructed a diverse undergraduate course load. Architect of original curriculum for *HPW 440: Holistic and Integrative Health* (2023–Present), developing it into a high-demand elective with maximum student enrollment.

Course Instruction Portfolio:

- *FYE 101: First Year Experience* (2026–Present)
- *NTR 330: Food Microbiology* (2024–Present)

- *NTR 110: Introduction to Nutrition Science* (2024–Present)
- *NTR 405: Supplements & Ergogenic Aids* (2022–Present)
- *HPW 430: Research in Health Sciences* (2021–Present)
- *NTR 425: Nutrition Science Seminar* (2021–Present)
- *NTR 340: Nutrition Communication* (2021–Present)
- *NTR 365: Sports Nutrition* (2020–Present)
- *GRO 100: Gerontology / HPW 105: Medical Terminology* (2020–2021)
- **CTE External Curriculum Review:** Appointed industry expert to the NYSED External Review Board; audit curriculum alignment for Bayside High School to ensure faculty approval and industry standard certification pathways.
- **Interprofessional Committee Service:** Appointed secretary of the FSC Interprofessional Committee; collaborate across medical, nursing, and health departments to integrate holistic health perspectives into institutional policy.
- **Student Advocacy:** Faculty Advisor for the Nutrition and Wellness Club, mentoring student leaders and coordinating campus health initiatives.

Farmingdale State College (SUNY) | Farmingdale, NY

Nutrition Liaison, University in the High School (UHS) | September 2021 – Present

- Conduct site visits, pedagogical audits, and professional development workshops for secondary education partners to ensure rigorous academic alignment with Farmingdale State College standards.

Clinical & Consulting Experience

Holistic Clinical Nutritionist & Owner | Private Nutrition Practice | Feb 2017 – Present

Build personalized, functional nutrition protocols focusing on gut healing and complex women's health conditions (Endometriosis, PCOS, and hypothyroidism).

Nutrition Expert Witness / Clinical Consultant | Vigorito, Barker, Porter & Patterson, LLP | Aug 2021 – As needed

Provide rigorous independent clinical analysis, objective review of medical-nutritional standards of care, and expert testimony regarding physiological health outcomes for legal counsel.

Scholarship, Publications & Media

- **Peer-Reviewed Publication:** Harb, A. A., Brock-Spano, K. A., et al. (2025). The Relationship Between Diet and the Neuropathological Hallmarks of Alzheimer's Disease in Cognitively Normal Adults: A Systematic Narrative Review. *Healthcare*, 13(20), 2628. PMID: 41154306. doi: [10.3390/healthcare13202628](https://doi.org/10.3390/healthcare13202628) (Role: Scholarly collaborator and subject matter reviewer).
- **Alumni & Media Features:** Featured Alumna in Northeast College of Health Sciences Alumni Spotlight Series <https://www.northeastcollege.edu/spotlights/meet-kelly-brock-spano>
- **Selected Speaking & Panels:**
 - *Panelist:* Smart Scholars Panel Presentation.
 - *Speaker:* "Holistic Health: A Nurses Approach," Nurses Student Association of New York State (Feb 2025).
 - *Facilitator:* "Eating Disorders Overview," Mount Sinai South Nassau Hospital (Sept 2022).
 - *Presenter:* "Nutrition and Mental Health" for EAC Network and Babylon Rotary Club (2017).
- **Research Experience:** Research Intern for Dr. Deanna Minich, Institute for Functional Medicine (June 2017).

Skills, Certifications & Service

- **Instructional Technology:** Brightspace, Canvas, Microsoft Teams
- **Academic Competencies:** Curriculum Development, Axiom Assessment Alignment, Student Mentorship, Public Speaking
- **Certifications:** Registered Yoga Teacher (RYT-200), ACSM Certified Personal Trainer
- **Community Service:** Volunteer for *Take Back the Night*, Suffolk Community College (2022–2023)

References are available upon request.