

Phyo Pyae Thar

(Nutritionist and Exercise Physiologist)

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Nationality: Myanmar



Young professional who has background knowledge in both Nutrition and Exercise, keens on providing evidence-based knowledge, eagers to provide and help people with concise and holistic approaches to get better quality of life. willing to give health education and promote healthy lifestyles, following all the ethics of a professional i.e., confidentiality, non-judgmental responses, punctuality, positive attitude, keep updating about guidelines and evidence-based information.

Education

B.Sc. (Hons) Nutrition with Wellness, Second Class Honours (Upper Division)

- UCSI University, Malaysia (2015-2019)
- CGPA – 3.15 out of 4
- UCSI University Trust Scholarship

M.Sc. in Exercise Physiology

- Mahidol University, Thailand (2019-2023)
- CGPA – 3.6 out of 4
- MU-TU Scholarship for Human Development in Science & Technology in the Remembrance of Late King Rama IX of Thailand

Language

- Burmese (Native)
- English (Fluent)

Skills

- Nutrition counseling and education
- Nutrition therapy
- Emergency care and life support
- Exercise testing and prescription
- Referral management
- Active Listening
- Teamwork and leadership
- Time management
- Problem solving
- Microsoft office
- Research

Working Experience

Freelance Nutritionist

2019 – present

(Developed and implemented nutrition care plan based on assessment of nutritional needs. Counseled individuals and families in nutritional principles and meal planning. Counseled individuals and groups on basic rules of good nutrition, healthy eating habits and nutrition monitoring. Improved nutrition for patients who have chronic diseases such as diabetes, heart disease, cancer by advancing research in field. Advised patients and families on nutritional principles, dietary plans, diet modifications, food selection and preparation.)

Teaching Assistant

Mahidol University, August 2021 – May 2022

(Assisted instructor with in-class activities, grading assignments, facilitating class discussion, tutoring and proctoring examinations. Led class laboratory sessions to facilitate lab-related courses. Engaged students in discussions to facilitate lesson topics. Organized teaching materials and configured equipment in preparation for classes.)

Student Internships

Medical Action Myanmar, Nov 2017 – Dec 2017

(Assisting with nutritional assessments, help develop and implement nutrition programs that target specific populations or address particular health concerns, provide nutrition education to the community)

and the staffs, work closely with other healthcare professionals, such as doctors, nurses, or social workers, to provide comprehensive care to the community, assist with research projects or program evaluations, engage in community outreach activities to raise awareness about nutrition and promote healthy lifestyles)

Pun Hlaing Hospital, Nov 2018 – Dec 2018 and Mar 2019 – Apr 2019

(Conducting nutritional assessments of patients, including collecting information about their medical history, dietary habits, and nutritional needs. Assist in providing individualized nutrition counseling to patients, considering their specific health conditions, treatment plans, and dietary goals under the supervision. Contribute to the development of therapeutic meal plans for patients with specific medical conditions, such as diabetes, heart disease, or kidney disease. collaborate with various clinical departments within the hospital, such as cardiology, oncology, etc. Educating patients, their families, and hospital staff about proper nutrition and promoting awareness of healthy eating habits.)

Sports Authority of Thailand, Dec 2022

(Learning of how to do assessments to the athletes for various performances by using different equipment, organization structure and the management of the facility, observing the research team conducting with national athletes)

The Racquet Club, Dec 2022

(Learning about the membership services, operation of the fitness center, managing people, fitness assessment and documentation, facility maintenance, marketing and promotion)