

**Department of Health and Exercise Science**  
**Applicant Checklist**

1. \_\_\_ Submitted On-Line Application.
2. \_\_\_ Application fee: to Office of Admissions.
3. \_\_\_ Departmental graduate teaching assistantship form, if applying for a graduate teaching assistantship: send to the Department.
4. \_\_\_ One set of OFFICIAL transcripts from ALL institutions attended (CSU excluded; Military non-credit courses excluded); send to Department.
5. \_\_\_ Three (3) letters of recommendation on Department forms; send to Department.
6. \_\_\_ Have the OFFICIAL GRE (general exam, only) scores sent to Colorado State University (use code #4075).
7. \_\_\_ Have OFFICIAL TOEFL scores (if foreign application) sent to the Office of Admissions.

***Addresses:***

Colorado State University  
Office of Admissions  
1062 Campus  
Fort Collins, CO 80523-1062

Graduate Director  
Department of Health and Exercise Science  
Colorado State University  
1582 Campus Delivery  
Fort Collins, CO 80523-1582

**Colorado State University**  
**Department of Health and Exercise Science**  
**APPLICATION FOR GRADUATE ASSISTANTSHIP**

Name \_\_\_\_\_ List

the names and attendance dates of all institutions of higher learning you have attended: School

City and State                      Dates                      Degree                      Field

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Undergraduate Grade Point Average:      Cumulative \_\_\_\_\_      Last 2 years \_\_\_\_\_

Undergraduate honors, positions of leadership, and extracurricular activities:

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Professional organizations to which you belong: \_\_\_\_\_

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Experience: Indicate positions (teaching, coaching, camp counseling, etc.) \_\_\_\_\_

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Athletic Experience: (State sport, position played, etc.) or Dance Performance Experience:

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**TEACHING QUALIFICATIONS:**

Please be as specific as you can since high quality teaching is required in the department. The ability to perform, as well as teach the activity, should be considered in your self-evaluation.

- Rate as 1 your specialty as to possible teaching assignment.
- Rate as 2 the activities you can teach.
- Rate as 3 some experience in the activity.
- Rate as 4 if no experience.

Activity classes:

\_\_\_\_ Aerobics                      \_\_\_\_ Conditioning                      \_\_\_\_ Basketball  
\_\_\_\_ Pilates                      \_\_\_\_ Racquetball                      \_\_\_\_ Volleyball  
\_\_\_\_ Other (please list)

Laboratory experiences:

\_\_\_\_ Exercise Physiology                      \_\_\_\_ Electrocardiograph                      \_\_\_\_ Exercise Testing

Lecture-based classes:

\_\_\_\_ Chronic Disease TA                      \_\_\_\_ Exercise Prescription TA                      \_\_\_\_ First Aid/CPR\*\*  
\_\_\_\_ Weight Room Techniques                      \_\_\_\_ Aerobics Techniques

\*\* Must have current instructor certification

List the current instructors certification you possess (W.S.I., Instructor in C.P.R., Instructor in First Aid, Lifeguarding, ACE, ACSM, etc.):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Department of Health and Exercise Science  
Colorado State University**

**REQUEST FOR RECOMMENDATION**

Name of Applicant \_\_\_\_\_

I have applied for admission and/or financial aid in a graduate program in Health and Exercise Science at Colorado State University. Would you please complete this form and return it to the address below at your earliest convenience. I waive my right of access to this confidential evaluation.

\_\_\_\_\_  
Applicant's Signature                      Date

1. How long have you known the applicant? 1-2 yrs \_\_\_\_\_; 3-4 yrs \_\_\_\_\_; Over 4 yrs\_\_\_\_\_.
2. In what capacity do you know the applicant? student \_\_\_\_\_; employee \_\_\_\_; friend \_\_\_\_\_; or family member \_\_\_\_\_.
3. How well do you know the applicant? very well\_\_\_\_\_; better than average \_\_\_\_\_; not very well \_\_\_\_\_; or not at all \_\_\_\_\_.
4. How would you rank the candidate in the following areas in comparison with other students you have taught or other persons you have worked with or supervised?

	Outstanding	Above Average	Average	Below Average	No basis for Judgment
Ability to perform in graduate level course work.					
Leadership potential (such traits as insight, willingness to assume authority, initiative, security, judgment, willing to make decisions).					
Professional experience (such traits as relating to people, motivating, competent).					
Personal attributes (such traits as self-confidence, integrity, enthusiasm, stability, ambition, sensitivity, persistence, tact, tolerance, friendliness, adaptability, assertiveness, alertness).					
Writing ability.					
Speaking ability.					
Work experience.					
Academic preparation.					
Perseverance to complete a graduate program.					
Basic science background (chemistry, mathematics, anatomy, physiology).					
Potential ability as a researcher.					

5. How would you rate the candidate's overall ability to do master's level graduate work in Health and Exercise

Science? outstanding \_\_\_\_; above average \_\_\_\_; average \_\_\_\_; below average \_\_\_\_; no basis of judgment \_\_\_\_\_.

6. In summary, I strongly recommend \_\_; recommend \_\_; recommend with reservation \_\_; do not recommend \_\_\_\_\_; this applicant for graduate work at Colorado State University.

7. Please add any comments that will assist us in evaluating this applicant for graduate study.  
(Attach a separate sheet if desired.)

Name of Recommender \_\_\_\_\_

Address \_\_\_\_\_  
(street) (city) (state) (zip code)

Recommender's Signature \_\_\_\_\_

Title/Position \_\_\_\_\_

Telephone Number \_\_\_\_\_ email: \_\_\_\_\_

**DO NOT RETURN THIS FORM TO THE APPLICANT**

Please return completed form to:

Graduate Program Director  
Department of Health and Exercise Science  
1582 Campus Delivery  
Fort Collins, CO 80523-1582