

APPALACHIAN STATE UNIVERSITY

Graduate Assistantship Application

HLES Department

DUE: *by March 1st of the year of the Fall term for which you are applying*

Name _____

Current Address _____

Phone _____ cell/work _____

E-mail _____

Permanent Address _____

1) Graduate Assistantship Preferences – Please check all that apply.

_____ Teaching Responsibilities (departmental GA-all students eligible)

_____ Biomechanics Laboratory (Biomechanics, Physiological Kinesiology)

_____ Human Performance Laboratory (Exercise Physiology)

_____ I would prefer not to have any teaching responsibilities

_____ Research Responsibilities (departmental GA-all students eligible)

_____ Biochemistry Laboratory (blood and muscle analysis)

_____ Biomechanics Laboratory (force plate, EMG, video analysis)

_____ Human Performance Laboratory (metabolic, body composition, BP, HR, EKG)

_____ Neuromuscular Laboratory (strength, power, ultrasound, electrical stimulation)

_____ Clinical Responsibilities (clinical concentration eligible only)

_____ Strength and Conditioning Responsibilities (strength and conditioning concentration eligible only)

2) Current Certifications and Credentials - Please circle all certifications that you currently hold.

ACSM-cPT ACSM-HFI ACSM-ES ACSM-RCEP NSCA-CPT NSCA-CSCS USAW ASEP-EPC

ACE-PT CPR/BLS ACLS Other (specify) _____

3) Related Work Experience (including internships) – Please provide more detail than on resume.

Please attach on a separate sheet.

4) Career Goals

Please indicate your primary career interest(s). Please limit to no more than three (3) interests.

- Strength and Conditioning Coach (Collegiate or Professional sports)
- Sport Performance Enhancement (private)
- Personal Training/Corporate Fitness
- Clinical/Cardiopulmonary Rehabilitation
- Professor/Researcher
- Medical Doctor
- Physician's Assistant
- Nursing or other Allied Health Disciplines (specify) _____
- Other (please specify) _____

5) Teaching Background

Some teaching is done by GA's in laboratory classes. These decisions will be made on experience, and interest (see above). Please complete the following information, rating each laboratory activity that you would be able to teach using the scale provided below.

0 = Cannot teach 1 = Adequately competent 2 = Highly competent 3 = Extremely competent

- Physiological Kinesiology
- Biomechanics
- Exercise Physiology for PE majors
- Exercise Physiology

6) Skills and Competencies: all graduate assistant applicants

Please rate yourself on the skills and competencies below, using the following scale:

0 = No experience 1 = Adequately competent 2 = Highly competent 3 = Extremely competent

- Submaximal Graded Exercise Testing (cycle ergometer, treadmill, HR and BP)
- Maximal Oxygen Consumption (metabolic cart operation and calibration, client prep)
- Electrocardiography (client prep, basic interpretation of rate, rhythm, axis, ectopics)
- Basic Applied Biochemistry (pipetting, ELISA or similar assays, tissue/blood handling)
- Body Composition (skinfolds, underwater weighing, BIA)
- Basic Biomechanics (EMG, force plate, video analysis of movement, ultrasound, stim)
- Muscle Strength/Power Assessment (Wingate ergometry, 1RM's, jump analysis)
- Other skills (please specify) _____

6a) Clinical-specific skills and competencies (for clinical concentration applicants only)

Please rate yourself on the skills and competencies below, using the following scale:

0 = No experience 1 = Adequately competent 2 = Highly competent 3 = Extremely competent

- _____ exercise session supervision and leadership
- _____ writing, modifying exercise prescriptions
- _____ pulmonary function testing
- _____ patient blood glucose monitoring
- _____ ambulatory oxygen saturation assessment
- _____ patient education (please describe) _____

- _____ other _____

6b) Strength and conditioning-specific skills and competencies (for S & C concentration applicants only)

Please rate yourself on the skills and competencies below, using the following scale:

0 = No experience 1 = Adequately competent 2 = Highly competent 3 = Extremely competent

- _____ exercise session leadership and supervision
- _____ exercise demonstration, including Olympic lifts
- _____ writing strength and/or conditioning programs
- _____ 1RM testing; agility, speed, anaerobic power testing
- _____ body composition assessment (skinfolds, underwater weighing, BIA, DEXA, other)
- _____ other _____

Signature _____ Date _____

Send directly (via either mail, email, or fax) to:

N. Travis Triplett, PhD, CSCS*D, FNCSA
Associate Professor and Director, Graduate Program
Department of Health, Leisure, and Exercise Science
Appalachian State University
ASU Box 32071
Boone, NC 28608-2071
phone 828-262-7148
fax 828-262-3138
e-mail triplttnt@appstate.edu