

2614 Jefferson Ave. SE  
St. Cloud, MN 56301  
January 2, 2016

Dr. Richard Glass  
Director of Graduate Studies  
Department of Exercise & Movement Science  
University of Illinois – Chicago  
000 Michigan Ave.  
Chicago, IL 60612

Dear Dr. Glass,

Enclosed is my application to the University of Illinois-Chicago Master's program in Exercise Science. I am also requesting consideration for any graduate assistantships available next year. My search for a graduate program required the institution to have national academic and athletic reputations, as I would enjoy working with elite caliber athletes, particularly in the venue of track and field. My interests in the biomechanics and physiology of running closely correspond with the research and work of Dr. Maus and Dr. Clarkson. Work in either area would prove beneficial to me in my career goal of coaching track and field at an elite level. I would love the opportunity to work with and learn from Coach Jones and his athletes.

My undergraduate degree in Biochemistry has provided background work to understanding physiology at the cellular level. Most of my research has been in biochemistry with a senior year independent project that culminated in a formal paper and presentation to the faculty. My degree leaves me familiar with many laboratory techniques and the ability to create, research, and complete individual projects. My experiences at the Monticello Hospital Emergency Room and the St. Cloud Orthopedic Sports Center's H.E.A. T. program have given me the opportunity to work with two different types of clientele and to bridge the gaps between classroom, lab, and real life physiology. Introductory courses and labs in exercise physiology and sports medicine have opened a new set of opportunities for me to pursue.

My coaching experience is supported by a USATF Level One certification in track and field, attendance at several clinics hosted by successful track coaches, and by volunteering to help my former high school and collegiate coaches within the confines of my own continued training. I am just beginning a new coaching position working full time with the sprinters at St. John's University. My athletic endeavors are highlighted by playing on a nationally ranked football team each fall and as a decathlete and team captain of the track and field team. Each fall, in preparation for the upcoming track season, I designed running and lifting programs for myself and three other athletes under the guidance of our coach. The combined experiences of formal research, classroom studies, athletics, and personal experiences leave me well prepared to study and teach at the graduate level.

Thank you for your time and consideration. I am interested in visiting the University of Illinois-Chicago campus and would enjoy meeting with you to discuss the program, potential research options, and any graduate assistant positions that may be available. I am enclosing a resume for your review.

Sincerely,

Darren Johnson