

The University of

WEST FLORIDA

Division of  
Health, Leisure,  
and Exercise Science

Master of Science (MS) Exercise Science  
Assistantship Application Package



University of West Florida  
Department of Health Leisure and Exercise Science  
Building 72  
11,000 University Parkway  
Pensacola FL 32514  
Phone: 850-474-2592  
Fax: 850-474-2106  
<http://uwf.edu/hles/home.htm>



### **Announcement of Graduate Assistantship Openings**

The University of West Florida's Department of Health Leisure and Exercise Science is pleased to announce several Graduate Assistantship openings. Assistantship offers can only be accepted by applicants who are (1) admitted to graduate school by the University of West Florida office of graduate admissions and (2) admitted into the HLES department.

### **Admissions Application and Information**

Please contact the Office of Admissions for a graduate admissions application package. To apply for a graduate assistantship in exercise science, please print and complete the attached application and mail to the Department of Health Leisure and Exercise Science. Competitive applicants will have earned a bachelors degree from an accredited college or university with a minimum grade point average of 3.0. The graduate admissions application instructions can be found at:

Office of Admissions  
11,000 University Parkway  
Pensacola, FL 32514  
Phone: 850-474-2230  
Toll Free: 800-263-1074  
Fax: 850-474-3360  
<http://uwf.edu/admissions>

### **Graduate Assistantship Information**

The Graduate Assistantship (GA) Application deadline for fall is March 15, preceding the semester the assistantship would begin. Full time Graduate Assistants receive approximately \$1600.00 per semester paid on a biweekly basis. In addition, GA's receive a matriculation fee waiver reducing graduate tuition to \$ 110.00 per credit hour. Out of state tuition waivers are available for a total of 18 credit hours which amounts to approximately \$14,000.00 in savings. GA's with appropriate certifications and qualifications can earn an additional \$1200.00 per semester by teaching one of the departments various activity classes.

Return your GA Application, letters of recommendation, and resume to:

Petra B. Schuler, Associate Professor  
Coordinator, Exercise Science  
University of West Florida  
Department of Health Leisure and Exercise Science  
11,000 University Parkway  
Pensacola, FL 32514  
Attention: Exercise Science GA Application

### **Exercise Science Graduate Assistantship Assignments**

Graduate Assistantship assignments are made based on the applicant's qualifications. There are three GA assignment categories with a total of 6 GA positions available each academic year (the numbers vary depending on the departments funding):

#### **Laboratory Assistants:**

Students can choose to work in one of three laboratories: (1) Exercise Physiology Laboratory, (2) Exercise Biochemistry Laboratory, or (3) Biomechanics/Motor Learning Laboratory. Laboratory assistants will be expected to acquire and maintain the technical skills and competencies that are required to operate all of the respective laboratory equipment. This includes troubleshooting technical problems with the equipment, coordinate necessary equipment repairs, order necessary laboratory supplies, and maintain the required inventory of supplies.

Exercise Physiology Laboratory Equipment: In addition to standard laboratory equipment students should be familiar with the following measurement systems:

- Metabolic VO<sub>2</sub>-Cart
- ECG-Machine
- Spirometer
- Hydrostatic Weighing Tank
- Microfit
- Lactate Analyzer

Exercise Biochemistry Laboratory Equipment:

- Lactate/Glucose Analyzer
- Cholesterol Analyzer
- Specific Gravity Refractometer (urinary analysis)
- Bio-Rad microplate reader and analysis software for ELISA and EIA analysis
- Muscle Biopsy capabilities via the Bergstrom technique
- Basic laboratory equipment for various biochemical analyses
- Analysis capability for blood, serum, plasma, urine and skeletal muscle samples

Biomechanics/Motor Learning Laboratory

- Kinematic Analysis System (Peak Motis)
- Kinetic Analysis System (Kistler Force Plate)
- Electromyography System (Mega Win 6000)
- Eye Tracking System (Arrington Research, Inc)

**Teaching Assistants:** Under supervision of a faculty member, students will assist in teaching undergraduate laboratories for the following classes: Undergraduate Exercise Testing and Prescription; Undergraduate Biomechanics; and Undergraduate Exercise Physiology. Duties include:

- Create course outlines
- Instruct classes
- Test and evaluate students
- Schedule office hours to assist students who may need additional help

**Research Assistants:** Students will be assigned to faculty members to assist with research and teaching classes. Duties include:

- Library research
- Administrative assistance if needed
- Assist in data collection and analysis under supervision of faculty member

The University of West Florida	<b>Department of Health, Leisure &amp; Exercise Science</b>  <b>Masters of Science in Exercise Science</b>  <b>Graduate Assistantship Application</b>
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**Instructions – Application Postmarked by March 15**

This application, your resume, and two letters of recommendation must be sent to:

Department of Health, Leisure & Exercise Science  
 University of West Florida  
 11000 University Parkway  
 Pensacola, FL 32514  
 Attn: Exercise Science Application

1. Name	2. Student Number	3. Date
4. Address	5. Phone	6. E-mail
7. Applying for the Following GA Positions  <input checked="" type="checkbox"/> All that apply  <input type="checkbox"/> Laboratory Assistant <input type="checkbox"/> Teaching Assistant <input type="checkbox"/> Research Assistant		8. Current Certifications  <input checked="" type="checkbox"/> All that apply  <input type="checkbox"/> Lifeguard <input type="checkbox"/> CPR <input type="checkbox"/> ACSM-HFI <input type="checkbox"/> ACSM-ES <input type="checkbox"/> IDEA or ACE <input type="checkbox"/> NSCA <input type="checkbox"/> Other (please specify)
9. References At least two letters of recommendation from individuals who can attest to your scholarship, teaching ability, or work experience must be submitted. The letters may be included in sealed envelopes with your recommenders' name across the seal and sent with the application, or they may be sent by the recommender to the Department of Health, Leisure & Exercise Science (address above) postmarked by March 15. List your recommenders here:		
Name of Recommender	Position	Contact Information



University of West Florida  
EXERCISE SCIENCE GRADUATE ASSISTANT ASSIGNMENT CHECKLIST

**Teaching Checklist:**

Please Indicate your interest and competencies in teaching the courses listed below. Include any pertinent comments such as experience, certifications, etc. Use the following numerical system to indicate your perceptions.

- 1 = well prepared – would like to teach
- 2 = some knowledge/experience – could teach
- 3 = inadequately prepared – do not want to teach

COURSE	PREFERENCE	COMMENTS/EXPERIENCES
Jazz Dance		
Beginning Tennis		
Body Shaping		
Cardio Weight Lifting		
Yoga		
Aerobics		
Ballroom Dancing		
Latin Cardio Groove		
Shotokan Karate		
Pilates		
Cycle Fit/Spinning		
Water Aerobics		
Mountain Biking		
Jogging		
Tai Chi		