Letter of Intent

My anticipated student status for the Physical Rehabilitation Sciences PhD Program at the University of Maryland Baltimore School of Science will be as a full-time student beginning the fall semester of 2009. This is one area of study that has always fascinated me and in my mind there is not better institution to study than the University of Maryland Baltimore School of Medicine. The program is tailored perfectly to my educational background. My hope is to acquire acceptance into the program and to display my commitment, enthusiasm, dedication, and overwhelming determination to be successful and be a graduate that this university can be proud of.

There are so many areas of interest that I would want to study, but the area that keeps coming back to me time after time is an area that is a perfect fit for me - rehabilitating athletes. I would like to apply my broad knowledge of strength and conditioning to an athlete’s rehabilitation program. This expertise would not only facilitate a full and healthy recovery but would also strengthen the injured area and the rest of the athlete’s body to return him/her to the field of play as quickly as possible. I believe the best way to apply this idea is to research new and efficient programs as well as evolve existing protocols in the hospital as well as the rehab facility. Using acquired knowledge in biomechanics in addition to muscle physiology, nutrition, and proper strength training techniques will ensure the athlete obtains sound and fundamental treatment. Having a C.S.C.S certification from the National Strength and Conditioning Association also displays my knowledge to facilitate an exercise program as well as my determination to succeed in this particular field of study. Furthermore, obtaining a PhD will help open many employment opportunities as well as the possibility of teaching at the university level.

At some point in my career I would also like to teach in a related exercise science based program. I had the distinct privilege of working with many excellent professors especially in my graduate level classes. That being said, there were, on occasion, times at the end of class I did not feel I was challenged and did not seem to be receiving the optimal learning experience. This statement is not meant to be critical of any instructor because I do understand there is a distinct presentation style each professor utilizes. During my graduate program I had classes to Dr. Scott Mazzetti and Dr. Sid Schneider. By attending their classes, I was challenged used every skill at my possession to manage the class. My enthusiasm and motivation to learn was unequaled. By participating in their classes, I realized at some point I my career I wanted to be a professor. Their styles of teaching made me want to understand content and explore different ways of examining a problem. Even though I may not have understood all the concepts that were taught during the class period, I made a conscious effort to study and learn the material because my interest level was significant in their classes. Helping students understand applied concepts as well as research principles and protocols is something that would benefit the students in becoming well rounded in all aspects of the field as well. This is what these two teachers have done for me and it would be exciting to replicate their teaching behaviors with other students. These professors are the top in
their field and in the future I would like to follow in their footsteps and give students the opportunity to be as excited and committed as I am.

Once again my enthusiasm to be part of such an important program is undeniably evident and if given the opportunity I will make a significant contribution to this field of study. I will work hard and will be accepting of any learning environment and will apply that learned knowledge in a professional manner. In the not to distant future I look forward to meeting and further discussing the program. Please contact me a phone number (443) 000-0000 or by email at xxxx@gulls.salisbury.edu. Thank you for your time and consideration.