

## **BS in Nutrition and Exercise Physiology Recommendation Form Instructions**

Thank you for taking the time to complete this recommendation form. Your frank appraisal of the applicant's readiness for the BS in Nutrition and Exercise Physiology degree, a rigorous health science program, will be of great value. To assist you in evaluating the student for admission, a brief description of the program follows.

The BS Nutrition and Exercise Physiology degree offers a unique multidisciplinary perspective on human physiology and responses to nutrition and exercise stimuli. Assessment of student achievement will be determined by competencies in knowledge, skills, and abilities identified within the Nutrition and Exercise Physiology coursework as defined by the American College of Sports Medicine. These include:

- 1) Knowledge competencies in core scientific content and its application to Nutrition and Exercise Physiology (e.g., chemistry, biochemistry, biology, microbiology, human anatomy and physiology, human nutrition, nutritional physiology and metabolism, exercise physiology, human development, human behavior and psychology, exercise programming, electrocardiography, biomechanical analyses, pathophysiology of diseases).
- 2) Skills in critical thinking, professional ethics, client interaction, client education and resources (e.g., software, technology, equipment use/calibration/ maintenance), management, marketing, exercise assessment and prescription, and emergency procedures during exercise testing and program supervision.
- 3) Abilities to describe normal and abnormal physiological and metabolic indices in resting and exercising persons, discuss the use and limits of informed consent and medical clearance, measure and assess physiological responses to exercise, counsel for lifestyle management, recommend and modify exercise prescription for all ages and various diseases/conditions, identify risk factors and provide recommendations for contraindicative factors to exercise, demonstrate specific leadership techniques appropriate for working with participants of all ages, educate clients about mechanisms by which exercise may assist in the prevention or rehabilitation of various diseases, describe the specific strategies aimed at encouraging the initiation, adherence and return to a healthy lifestyle, and demonstrate an understanding of the need for psychosocial consultation and referral of individuals who exhibit signs of psychological distress.

Students who complete this degree are prepared to work in settings that include clinical sites, worksite wellness programs, sports nutrition programs, cardiac rehabilitation, and health promotion. In addition, graduates will be qualified to seek admission into a variety of graduate programs in the health sciences.

# Recommendation Form

Name of Applicant:

Your Name:

Date:

Position:

Address:

Telephone Number:

Email:

Check relationship to applicant (✓):

Advisor

Teacher

Work Supervisor

Other:

How long have you known applicant?

Please rate the applicant on each of the following:	Outstanding	Satisfactory	Needs Improvement	Not observed
Attitude				
Quality of Work				
Decision Making Skills				
Communication Skills -Oral				
-Written				
Interpersonal Skills: -Peers/Co-Workers				
-Supervisors				
Organizational Ability				
Leadership and/or Supervisory Ability				
Adaptability				
Reaction to Stress				
Motivation				
Works Independently				
Responsibility/Maturity				
Integrity				
Overall Potential as a Health Professional				

Please check one of the following for overall recommendation:

Highly recommend

Recommend

Recommend with reservations

Not recommend

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Additional Information:** Using the space below, please indicate the applicant's strengths and those qualities that require further development. Please speak to the applicant's potential and fit with this program as you understand it.

To maintain confidentiality, submit recommendation form in one of two ways: Attach as PDF document and send to [nep@wsu.edu](mailto:nep@wsu.edu), or give **sealed envelope with signature across the flap** to the student to include in their application packet.