



The University of Oklahoma

NOTE: To complete this form, please save the document to your device prior to completing and save it again after entering your information.

Directions: The University of Oklahoma (OU) requires a 2-step application process for all graduate students:

1. Application to the OU Graduate College

Complete the application at ou.edu/gradcollege/apply, submit all previous transcripts, and pay the application fee (\$50 for domestic applicants and \$100 for international applicants). **Students must meet the minimum requirements of the Graduate College to be considered in the department.**

2. Application to the Department of Health and Exercise Science

This is done by completing and submitting the following:

A cover letter, this completed application, resume/vita, TOEFL score (international students only), 3 recommendation letters, and Personal Appraisal of Activity and Instructional Skills form (if requesting a Graduate Teaching Assistantship in the Department of Health and Exercise Science) (see next page).

**Indicates Required Information*

*First Name: _____ MI: _____ *Last Name: _____

*E-mail address: _____ *Physical Address: _____

*City: _____ *State: _____ *Zip Code: _____

*Home Phone: _____ *Cell Phone: _____ *Country of Citizenship: _____

*Current/Previous University(ies)/College(s): _____

*Select the degree for which you are interested in applying:

[Degree Sheets](#)

*Select the name(s) of the faculty with who you are interested in working:

[HES Faculty](#)

To select multiple faculty members, hold the Ctrl key (PC) or the ⌘ key (Mac) while clicking each faculty member's name

*Have you established contact with a potential faculty mentor? YES NO

You must schedule an “interview” with a faculty member with who you wish to work. This is required to establish contact with a potential faculty member in the department that will serve as your advocate and advisor. A faculty member must be willing to accept you as their graduate student for you to be considered for acceptance into the graduate program.

*Are you requesting a Graduate Teaching Assistantship (GTA) in the Department of Health and Exercise Science? YES NO

If YES, then you must complete and include the Personal Appraisal of Activity and Instructional Skills form.

***FINAL APPLICATION CHECKLIST:** *All applications must include all of the following materials:*

Cover letter. This letter should be addressed to the Graduate Faculty and should answer the following questions: (a) Why did you choose the Department of Health & Exercise Science? (b) What are your research interests? (c) Which faculty member(s) most closely matches your research interests? (d) What are your long-term goals?

Completed Application (this form).

Resume or Curriculum Vita

TOEFL Score (*International students only*)

3 Letters of Recommendation. Please ask 3 references (preferably academic) to submit a letter of recommendation on your behalf.

Personal Appraisal of Activity & Instruction Skills Form (*if requesting a GTA in the Department of Health and Exercise Science*)

Interview. You must schedule an “interview” with a faculty member with who you wish to work. This is required to establish contact with a potential faculty mentor in the department that will serve as your advocate. A faculty mentor must be willing to accept you as their graduate student for you to be considered for acceptance into the graduate program.

Application to the OU Graduate College

Please send these materials to:

Graduate Liaison
Department of Health and Exercise Science
University of Oklahoma
1401 Asp Avenue, Rm. 104
Norman, OK 73019
larsondj@ou.edu

Department of Health and Exercise Science University of Oklahoma

PERSONAL APPRAISAL OF ACTIVITY & INSTRUCTIONAL SKILLS

Name _____

HES Lecture-Based Classes	Qualified & Prefer to Teach	Qualified & Willing to Teach	Not Qualified	Certification (i.e. First Aid, WSI, CSCS, NSCA-CPT, ACSM HF/I)	Additional Comments
1823 – Scientific Principles of Health & Disease					
2131 – Introduction to Health & Exercise Science					
2212 – First Aid					
2823 – Introduction to Nutrition					
2913 – Personal Health					
3813 – Principles of Health & Fitness					
3873 – Principles of Personal Training					
3883 – Principles of Endurance Training					
4883 – Advanced Strength & Conditioning					
XXXX – Other:					
HES Activity-Based Classes	Qualified & Prefer to Teach	Qualified & Willing to Teach	Not Qualified	Certification (i.e. First Aid, WSI, CSCS, NSCA-CPT, ACSM HF/I)	Additional Comments
Barre					
Basketball					
Individual Fitness					
Indoor Cycling					
Judo					
Kickboxing					
Martial Arts					
Pilates					
Racquetball					
Soccer					
Swimming					
Tone & Sculpt					
Tennis					
Volleyball					
Wall Climbing					
Weight Training					
Yoga					
Other:					

Please elaborate and discuss past experiences for each lecture class checked above: