Dear Future Employer,

 I am writing this letter on behalf of Travis Pullan. Mr. Pullan is a student in the Exercise Science Program at the University of Mount Olive (UMO). His anticipated graduation date is May 2024. I have known him as a student for the past 3 years. His dedication to academic excellence and determination as an athlete can be observed through his work ethic and resilience within classroom. I have enjoyed having him as a student.

 Being a successful student athlete takes a high level of determination and organization. Mr. Pullan exhibits the characteristics necessary to be a successful student athlete. He is currently completing all requirements for his major. He has demonstrated the ability to balance athletic responsibilities while completing upper level courses. He has demonstrated the ability of critical thinking on various course assignments. He accepts feedback as a tool for self-improvement. He has also shown the ability to work well and communicate within a group setting.

 Mr. Pullan has obtained hours of experience within the field that will help his future career endeavors. He has developed many anthropometric measurement skills and has learned how to operate various exercise science laboratory equipment. This includes the use of a COSMED Metabolic Cart and 12-lead electrocardiogram. He does not hesitate to step forward and volunteer for lab assignments. He has demonstrated professionalism on many occasions in both the academic setting and athletics. His peers and his professors respect him.

Travis Pullan is an individual that has accumulated many transferable skills and the determination to be successful. He is reliable and a hard worker. It is without hesitation that I write this letter of recommendation for Mr. Pullan.

Mark Deaton, Ph.D., CSCS, EIM

Associate Professor of Exercise Science

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