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Personal Statement

The classroom and the 400-meter oval track, although very different venues, have taught me complementary and interwoven lessons. Concepts in physiology, biochemistry, and nutrition can be applied to elements of running, such as developing more effective training methods and learning how to optimize substrate utilization in order to achieve peak physical performance. The methodology developed through research has enhanced my development as an athlete. For instance, I can investigate a training method and evaluate its effectiveness in increasing my physical performance to better individualize my preparation. On the other hand, running has taught me lessons in teamwork and cooperation that improve my ability to interact in academic and professional settings. Running also teaches lessons in self-discipline, perseverance, and endurance which contribute to my success as a scientist. I have applied these character traits fostered from running to becoming a better scientist. In turn, to me running has evolved into a science. The application of science to health is medicine and is a natural evolution of my interests that I would love to pursue.

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AW Rasmussen



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