



January 26, 2018

To Whom It May Concern,

I am writing this letter of recommendation on the behalf of Adam Constantilos. While my purpose is to support Adam's application for a physical education and/or health education position at either the elementary or secondary level, this letter will serve as a testimonial to his outstanding performance as an undergraduate physical education and health education major at Springfield College.

Adam demonstrated his academic and intellectual ability while enrolled in one of my undergraduate courses at Springfield College. The course combines theoretical work with practical experiences. Adam's written work and test scores were solid. He also demonstrated the ability to be an effective physical education teacher during the practicum component. His capability to assess the needs of his learners and create a positive learning environment is outstanding.

Well organized lessons allowed Adam's students to be actively engaged a high percentage of the time. He worked individually with his students and provided appropriate feedback to assist them in skill acquisition. Adam's strong pedagogical content knowledge allowed him to quickly vary given tasks for students to best meet their developmental needs.

Adam also impressed me with his maturity and professionalism. He excelled in his coursework while supporting a family and keeping a full-time position at the Central Rock Gym in Glastonbury, MA. His ability to maintain a very high grade point average coupled by his other responsibilities verifies his effective time management skills.

I believe Adam would be an outstanding addition to any school district. I highly recommend him for a physical education and/or health education position at either the elementary or secondary level.

Sincerely,

A handwritten signature in black ink that reads "Stephen C. Coulon".

Stephen C. Coulon, PhD
Chairman, Department of Physical Education and Health Education
Springfield College