From: LT Meighan Middlen, USN

To: Whom it may concern

Subj: LETTER OF RECOMMENDATION IN CASE OF MIDSHIPMEN AMAR SAI VISWANATHAN, UNITED STATES NAVAL ACADEMY  
  
1. It is my absolute honor and privilege to write a letter of recommendation in support of Midshipmen Amar Viswanathan in his pursuit of further research opportunities. He has my highest recommendation for selection for independent study/to pursue individual capstone project.  
  
2. Amar applied and was selected as a Research Assistant with my graduate capstone project my capstone project Evaluation of Anthropometric Advantage in Curl Up Portion of the Navy Physical Readiness Test. He quickly immersed himself in the unfamiliar study of anatomy and biomechanics, completing research training in principles of muscular force generation and ethical research protocol, to include the CITI modules. He demonstrated consistent professional conduct with human subjects, and excelled in data collection, completing 20 hours of testing with research participants. He was an asset to my research team, and I am impressed with his ability to rapidly assimilate, master, and apply new information, performing well above the 4/C level. Amar is ready to take on new challenges in his independent study/ individual capstone project, and has my highest recommendation for selection to this program.  
  
3. I can be reached via email at middleto@usna.edu or phone (443) 758-0537 for any questions. Thank you for your time and consideration.  
  
  
  
  
 M. P. MIDDLETON