



HUMAN KINETICS

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April 4, 2016

Dr. Gavin Colquitt
Health and Kinesiology
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Statesboro, GA 30460

RE: Request for permission to reprint table 17.1 on page 442 of *Essentials of Strength and Conditioning, Fourth Edition*, by the National Strength and Conditioning Association, in the manuscript titled "Using Personalized System of Instruction to Differentiated Instruction in Fitness," by Stephanie Peeples, Gavin Colquitt, Tony Pritchard, and Christine Johnson, to be published in *The Physical Educator* [ID # 11040]

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Sincerely,

Martha Gullo
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