

**Gaston College**  
**Technical Standards**  
**Health & Fitness Science Program**

The following listing has been prepared to assist you in understanding the technical standards of the Health & Fitness Science program in order to align with those in the job setting and enjoy longevity in the profession. The technical standards as stated here reflect performance abilities that are necessary for a student to successfully complete the requirements of the Health & Fitness Science curriculum. It should be noted that under the Americans with Disabilities Act “A qualified person with a disability is one who can perform the essential function of a job with or without reasonable accommodation.”

<b>Standard</b>	<b>Examples of Necessary Behaviors (not all inclusive)</b>
<b>Critical thinking skills</b>	Student shall possess critical thinking ability sufficient for proper judgment. For example: identify cause and effect relationship in various situations, assimilate knowledge from lecture, laboratory, and internship areas, retain factual information and use it appropriately, develop effective exercise programs, demonstrate sufficient observation skills to collect data on client treatment and assure client safety during exercise sessions, adhere to personal and professional ethics, adhere to healthcare privacy rules, and adhere to professional standards of boundaries.
<b>Interpersonal skills</b>	Student shall possess interpersonal abilities sufficient to interact with individuals, families, groups, etc. from a variety of social, emotional, cultural and intellectual backgrounds. For example: establish rapport with clients, colleagues, members of the business community and other health care professionals, demonstrate patience and empathy with clients, and perform practice work with <u>all</u> class members, instructors, clinic clients and community service populations, be able to focus during lecture without disturbing or distracting the instruction.
<b>Communication skills</b>	Student shall possess communication abilities sufficient for interaction with others in verbal and written form. For example: explain treatment procedures, initiate health teaching, document and interpret actions and client responses, collect assessment data, explain exercise technique, read charts and instructions accurately, document and interpret clinical findings and treatment protocols, communicate effectively, efficiently and appropriately with peers, faculty, supervisors, other professionals and clients, and exhibit teamwork skills and a spirit of cooperation.
<b>Mobility</b>	Student shall possess physical abilities sufficient to demonstrate various exercise techniques correctly, stand, and walk for extensive periods of time. For example: move around fitness center space and equipment, be able to demonstrate the five basic human movements (bend and lift, single leg movement, push, pull, and rotate), perform bimanual activities easily, be free of musculoskeletal disorders which could inhibit work.

<b>Motor skills</b>	Student shall possess gross and fine motor abilities sufficient to provide safe and effective training. For example: use equipment, use equipment appropriately, and administer effective chest compressions in the event of needed CPR.
<b>Hearing</b>	Student shall possess auditory ability sufficient to monitor and assess client and environmental needs. For example: hear monitor alarms, emergency signals, cries for help, hear client concerns, respond to client during training, educate client post-training.
<b>Visual</b>	Student shall possess visual ability sufficient for observation and assessment. For example: observe guest/client body language cues, observe client in posture assessments, observe and respond to client during training, educate client post-training, find appropriate body landmarks for skinfold measurements.
<b>Tactile</b>	Student shall possess tactile ability sufficient for physical assessment and technique instruction. For example: perform various manual flexibility techniques, use equipment appropriately.
<b>Weight-bearing</b>	Student shall possess ability to lift and manipulate/move 45 pounds. For example: load bars, lift dumbbells and barbells, demonstrate technique with equipment, move equipment.
<b>Cognitive abilities</b>	Students shall possess ability to be oriented to time, place and person and organize responsibilities, make decisions. For example: student shall assess client/guest complaints and implement appropriate plans, modify behavior/performance in the classroom or internship after feedback from the instructor or site supervisor, show problem-solving ability sufficient to organize and complete multiple tasks accurately and within assigned time frames, independently initiate routine job tasks, respond independently and quickly to emergency situations, deal with abstract and concrete variables, define problems, collect data, establish facts and draw valid conclusions, perform basic mathematics (calculate body fat percentage, waist-to-hip ratio, etc.)
<b>Occupational exposures</b>	Student may be exposed to communicable disease and/or body fluids, toxic substances, and disinfectant solutions, and shall use appropriate precautions at all times. For example: student must wear gloves at all times when using disinfectants.

Please read the 'Technical Standards' to assess your own abilities to complete this program and demonstrate competence in the profession.

**Declaration:** I have read and understand the technical standards required for Health & Fitness Science. I hereby declare that I am able to meet the above listed essential technical standards.

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Name of Applicant (Print or Type)

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Name of Witness (Print or Type)

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Signature of Applicant

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Signature of Witness

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Date

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Date

If a Health & Fitness Science student believes that he or she cannot meet one or more of the standards without accommodation or modifications, the college must determine, on an individual basis, whether or not the necessary accommodations or modifications can be made reasonably.