

Johnson & Wales University
Exercise & Sports Science Program

Technical Standards

Proposed 10/19/2021

The Exercise & Sports Science program has required skills, knowledge, and abilities, including physical abilities, consistent with those expected of entry-level exercise science professionals. The essential functions and technical standards (collectively, "Standards") required by the Exercise & Sports Science curriculum are listed below. All students are expected to be able to meet and continuously maintain these Standards, with or without reasonable accommodation/adjustment, to be admitted into and remain enrolled in the Exercise & Sports Science program. If at any time a student cannot meet the Standards, the student may be dismissed from the program.

The program's proposed accrediting body, the National Strength and Conditioning Association (NSCA), and the American College of Sports Medicine (ACSM) require these Standards to perform the duties of the profession.

The following Standards apply:

1. Possess the ability to perform appropriate exercise testing and exercise leadership procedures in a safe, reliable, ethical, legal and efficient manner.
2. Properly observe subjects undergoing the above procedures and use instruments recording pertinent data.
3. Possess sufficient postural and neuromuscular control, sensory function and coordination to perform appropriate assessment procedures and demonstrate proper exercise methods utilizing standard techniques and instruments/equipment in working with subjects/clients.
4. Observational skills
 - Accurately observe the patient/client activity and behavior during evaluations and treatments.
 - Take an appropriate history.
 - Observe changes in patient/client status, which may require modification of activity or intervention.
 - Read and interpret information from diagnostic tests, equipment, and patient/client charts or files such as electrocardiograms (ECG), sphygmomanometers, and metabolic analyzers.
 - Accurately monitor and operate dials, displays, and equipment used in evaluating and treatment of patients/clients including exercise equipment, ECG machines, stethoscopes and sphygmomanometers, resistance training machines and free weights, calipers and dynamometers, pulmonary function and body composition equipment.
5. Psychomotor skills: The student must be able to perform all of the tasks listed below without losing balance, falling, or becoming dizzy, light-headed, or faint.

A. Mobility

- Attend internships in assigned locations.
- Accomplish required physical tasks for assessment, demonstration, leadership, and assistance in academic, laboratory, and internship settings.
- Perform emergency procedures such as first aid or CPR in laboratory and internship setting.
- Move their entire bodies a distance of no less than three meters within three seconds of a signal to do so.

B. Strength tasks

- Safely and effectively administer exercise and training techniques, which require demonstration, facilitation, spotting, or resistance.
- Manually adjust exercise and training equipment.
- Safely assist and guard patients/clients during exercise testing and training.
- Be able to lift, handle and transport up to 50 pounds for a distance of 50 feet.

C. Auditory processing skills

- Be able to receive, understand and readily respond to audio cues without having to make visual contact while performing industry specific tasks.

D. Fine motor and coordination skills

- Use palpation and touch to accurately assess pulse and locate and prep sites for electrode placement and skinfold measurement.
- Accurately set equipment dials, switches, and calipers and use stethoscopes, sphygmomanometers, and tape measures.
- Accurately assess blood pressure.

6. Cognitive skills

- Comprehend, integrate, and synthesize a large body of knowledge and technical skill in a short period of time.
- Reflect on performance accurately to self-assess.

7. Affective/behavioral skills

- Demonstrate professionally appropriate behaviors, emotional status, and attitudes to protect the safety and wellbeing of patients/clients and classmates.
- Display tolerance for individual, social, gender, and cultural differences in fellow students, colleagues, faculty, patients/clients and community members.
- Demonstrate the ability to professionally cope with situations that may be physically, emotionally, and/or intellectually stressful.

Students will be required to verify they understand and can meet these Standards, with or without reasonable accommodations/adjustments.

Student Attestation

I attest that I have read the Technical Standards for the Johnson & Wales University's Exercise & Sports Science program and that I have had the opportunity to ask questions about these requirements. I affirm that I am capable of performing the essential functions and technical standards, with or without authorized reasonable accommodations/adjustments.

Student signature _____ Date _____

Print student name _____