



Academic Success and Public Service Division Technical Standards

Health and Fitness Science

Purpose Statement

All students in the Health and Fitness Science are expected to meet certain technical standards which are essential for successful completion of all phases of the program, and which reflect industry requirements and standards. To verify the student’s ability to perform these essential functions, students may be required to demonstrate the technical standards below.

Meeting these technical standards does not guarantee employment in this field upon graduation. Ability to meet the program’s technical standards does not guarantee a student’s eligibility for any licensure, certification exam, or successful completion of the program.

Technical Standard	Definition of Standards	Examples
<p style="text-align: center;">Critical Thinking/Problem Solving Skills</p>	<p>The Health and Fitness Science Student should possess critical thinking ability sufficient for judgement.</p>	<ul style="list-style-type: none"> • Identify lifestyle modification methods. • Participate in the development of a plan of action for the client. • Evaluate client or instrument responses, synthesize data and draw sound conclusions.
<p style="text-align: center;">Interpersonal Skills</p>	<p>The Health and Fitness Science Student shall possess interpersonal abilities sufficient to interact with individuals, families, groups, etc. from a variety of social, emotional, cultural and intellectual backgrounds.</p>	<ul style="list-style-type: none"> • Establish rapport with clients, instructors, staff and colleagues. • Respect and care for clients whose appearance, condition, beliefs and values may conflict with your own.
<p style="text-align: center;">Communication Skills</p>	<p>The Health and Fitness Science Student shall possess communication abilities sufficient for interaction with others in verbal and written form.</p>	<ul style="list-style-type: none"> • Explain exercises. • Initiate health teaching. • Document designed workouts and client responses accurately.
<p style="text-align: center;">Coping Skills</p>	<p>The Health and Fitness Science Student shall possess coping skills sufficient to maintain composure in stressful situations.</p>	<ul style="list-style-type: none"> • Adapt to changes in plans or activities rapidly. • Maintain composure in noisy, visually complex, emotionally charged and intense situations.

Technical Standard	Definition of Standards	Examples
Mobility/Motor Skills	<p>The Health and Fitness Science Student shall possess physical abilities to move in one's environment with ease and without restriction.</p> <p>The Health and Fitness Science Student shall also possess gross and fine motor abilities sufficient to provide safe and effective workout routines for clients.</p>	<ul style="list-style-type: none"> • Administer cardiopulmonary resuscitation or first aid procedures. • Design a workout for senior citizens with motor skill impediments. • Move around in lab and fitness areas. • Ability to lift and manipulate 45-50 pounds. • Stand and walk for an hour without a break. • Ability to spot clients during exercise. • Calibrate and use equipment.
Auditory Skills	<p>The Health and Fitness Science Student shall possess auditory ability sufficient to monitor and assess health needs and to effectively take notes on anything required or requested by the client.</p>	<ul style="list-style-type: none"> • Detect and evaluate heart monitor alarms on a treadmill test. • Detect and evaluate blood pressure sounds through the stethoscope.
Visual Skills	<p>The Health and Fitness Science Student shall possess visual ability sufficient for observation and assessment.</p>	<ul style="list-style-type: none"> • Ability to assess changes in skin color (paleness, cyanosis, redness). • Conduct visual assessments. • See people and objects up to 20 feet away.
Tactile Skills	<p>The Health and Fitness Science Student shall possess tactile ability sufficient for assisting with physical assessments.</p>	<ul style="list-style-type: none"> • Perform physical palpation of anatomical structures. • Perform palpation of pulse. • Detect changes on body temperature.
Environmental	<p>Possess the ability to tolerate environmental stressors.</p>	<ul style="list-style-type: none"> • Work in areas that are close, crowded and/or noisy. • Anticipate exposure to communicable diseases/bodily fluids and practice universal precautions.
Emotional/Behavioral	<p>Possess emotional stability sufficient to assume responsibility/accountability for actions</p>	<ul style="list-style-type: none"> • Calmly receive feedback. • Demonstrate personal and professional integrity. • Demonstrate appropriate self-care and personal hygiene.

In the case of an otherwise qualified individual with a documented disability, appropriate and reasonable accommodations will be made unless to do so would fundamentally alter the essential training elements, cause undue hardship, or produce a direct threat to the safety of the patient or student.

Asheville-Buncombe Technical Community College is invested in full compliance with the Americans with Disabilities Act (ADA). Support Services is part of Student Services and is located in the K. Ray Bailey Student Services Center. For detailed information or to

request accommodations visit www.abtech.edu/supportservices. An appointment is recommended prior to enrollment in order to discuss any special concerns.