EXERCISE SCIENCE AND SPORT HEALTH SCIENCE STUDENTS: Individuals who seek to earn a Bachelor of Science degree in Exercise Science or a Master’s degree in Sport Health Science must be able to assume responsibility for providing services to patients and/or clients safely and ethically in the fitness, health, and athletic (sport) fields. All students must complete the curriculum in order to graduate with the respective degree. Students in Exercise Science and Sport Health Science must demonstrate certain minimum essential skills, including, but not limited to the following in order to be admitted to and successfully complete these programs:

Sensory/Observation:
1. Obtain an appropriate health/fitness/medical history from the patient/client.
2. Accurately examine body systems and determine visual, hearing, speech and non-verbal communication, cognition, strength, flexibility, body composition and functional capacities of patients/clients.
3. Accurately examine cardiovascular fitness, including but not limited to, vital signs, blood pressure, heart sounds, respiration rate/breathing patterns, and exercise endurance.
4. Observe demonstrations and participate in classroom and laboratory experiences.
5. Reliably read all equipment monitors and dials.

Communication:
1. Communicate effectively with patient/clients and others in a respectful, professional, polite and confident manner in order to elicit information.
2. Communicate effectively with patients/clients in order to elicit information.
4. Demonstrate effective use of therapeutic communication including, but not limited to, maintaining eye contact, attending, clarifying, coaching, facilitating, and palpation.
5. Demonstrate respect for personal space of patients/clients and others.
6. Demonstrate appropriate non-verbal communication.
7. Translate and communicate complex information simply and clearly.
8. Maintain confidentiality of patient/client information/records according to all federal and state standards.
9. Demonstrate understanding of English including speaking, reading, and writing.
10. Use communication technology effectively, i.e. telephone, computer, e-mail.

Motor/Strength/Coordination:
1. Accurately and effectively use manual techniques to assess pulses, skin condition, musculoskeletal, joint and limb movement.
2. Manipulate with precision dialls, knobs, and other parts of equipment used in the clinical setting.
3. Negotiate level surfaces, stairs, ramps and equipment that move as necessary to assist patients/clients appropriately; perform a variety of examinations and procedures effectively which require changing position, sitting, standing, squatting, kneeling, and maintaining balance.
4. Respond quickly and effectively to sudden or unexpected movements of patients/clients.
5. Perform basic Cardiopulmonary Resuscitation (CPR), infant through adult, including the proper use of an AED.
6. Demonstrate the ability to sustain adequate performance in the clinical setting.

Intellectual-Conceptual, Integrative and Quantitative Abilities:
1. Demonstrate the ability to recall knowledge, comprehend and interpret, apply, analyze, and evaluate information obtained during didactic, laboratory, and/or practice setting experiences.
2. Demonstrate problem-solving skills necessary for identifying/prioritizing problems, and developing appropriate solutions and treatment plans for patient/client problems as well as evaluating those solutions for efficacy.
3. Demonstrate the ability to evaluate and apply scientific research as well as the ability to effectively identify/relevant research literature in the field using electronic databases.
4. Demonstrate the ability to identify complex relationships and to problem solve in group, individual, and collaborative settings.
5. Demonstrate the ability to successfully pass various skill assessments composed of, but not limited to, essay, oral and/or extended multiple choice tests, compositions, oral presentations, and lab practicals designed to assess cognitive and non-cognitive skills.

Behavioral and Social Attributes:
1. Demonstrate attributes of honesty, integrity, enthusiasm, compassion, and empathy for others.
2. Demonstrate ability to critique one’s own performance, accept responsibility for one’s own actions, and follow through on commitments and assignments.
3. Actively seek help when necessary and appropriately utilize constructive feedback.
4. Demonstrate organizational skills, completing all professional responsibilities and assignments in a timely manner.
5. Adapt to ever-changing environments, demonstrating flexibility, and learning in the face of the uncertainties and stresses inherent in the educational and practice settings.
6. Respect cultural and personal differences of others, including being non-judgmental.
7. Delegate responsibility appropriately, and function as a member of a team.
8. Maintain appropriate personal hygiene and adhere to dress codes mandated by the University and clinical setting(s).
9. Demonstrate appropriate judgment in the prompt completion of all academic and clinical responsibilities.
10. Demonstrate mature, sensitive, ethical, and effective relationships with patients/clients and other professionals.
11. Demonstrate the ability to function effectively under stress and/or potential life threatening emergency.
12. Demonstrate the ability to adapt to change to exhibit flexibility in the face of stressful situations.
13. Demonstrate empathy, integrity, compassion, motivation, and commitment commensurate with professional standards in the field.
14. Demonstrate the professional attributes of honesty, caring, respect, trustworthiness, competence, and responsibility to and for their colleagues and patients/clients.
15. Maintain appropriate professional boundaries with patients/clients.

I have reviewed, understand, and am in compliance with the “technical standards” as noted above.

SIGNATURE OF APPLICANT                                  DATE SIGNED