

Validation of Physical Examination

Date: _____

I certify that I am a licensed physician, nurse practitioner or physician assistant and I have performed a health history and a physical examination on _____, an ***Exercise Physiology student (BSEP)*** within the Valdosta State University College of Nursing and Health Sciences.

The above name individual has received updated immunizations, has been screened for communicable and infectious diseases. I certify there are no physical limitations that would hinder this person’s ability to perform the required ***exercise physiologist*** tasks identified on the reverse side of this form. Specific health information will be provided as needed to clinical and academic agency/program with which the student is affiliating, contingent upon written permission from this individual.

Name of the Examiner _____

Credentials _____

Address of Practice _____

Performance Standards

To meet the admission & retention requirements of the exercise physiology program each student must be able to regularly perform the following activities:

1. work at a fast pace for long periods of time;
2. able to demonstrate and participate in activities that require repetitious periods of walking, jogging, sprinting, jumping, bending, stooping, squatting and/or lifting without significant distress or limitation.
3. lift heavy objects (25 lbs. or more) three or more times per day;
4. speak clearly and distinctly;
5. work an 8 to 12 hour shift requiring significant (> 4 hours) periods of standing;
6. respond appropriately to stressful situations (physically, emotionally, and mentally) and in emergency situations;
7. communicate effectively with physicians, patients/clients staff, and patient's family;
8. write clearly and neatly in patient's /client's charts and other legal documents;
9. hear computer/equipment alarms or intercom announcements;
10. hear telephones and have the ability to accurately take orders over the telephone;
11. hear sounds with stethoscope to assess blood pressure, heart rate, lung, vascular, and abdominal sounds;
12. hear a patient/client calling for help;
13. hear beepers, alarms and other devices requiring rapid responses;
14. read very fine or small print;
15. see emergency lights;
16. visually assess patients/clients appropriately;
17. read and interpret physician, nurse practitioner and physician assistant orders;
18. read monitors and other equipment accurately;
19. demonstrate manual dexterity to don sterile gloves and gown as warranted and to use small calipers/instruments
20. demonstrate the ability to utilize equipment and instruments needed to carry out various types of physical/health assessments; and stand for long periods of time.

076.121-018 EXERCISE PHYSIOLOGIST (medical services) *Develops, implements and coordinates exercise programs and administers medical tests under a physician's supervision, to promote physical fitness. Explains program and test procedures to participants. Interviews participant to obtain vital statistics and medical history and records information. Records heart activity, using an electrocardiograph (EKG) machine, while participant undergoes stress test on treadmill, under physician's supervision. Measures oxygen consumption and lung functioning, using spirometer. Measures amount of body fat, using such equipment as hydrostatic scale, skinfold calipers, and tape measure, to assess body composition. Performs routine laboratory test of blood samples of cholesterol level and glucose tolerance, or interprets test results. Schedules other examinations and tests, such as physical examination, chest X-ray and urinalysis. Records test data in patient's chart or enters data into computer. Writes initial and follow-up exercise prescriptions for participants, following physician's recommendations, specifying equipment, such as treadmill, track or bike. Demonstrates correct use of exercise equipment and exercise routines. Conducts individual and group aerobic, strength and flexibility exercises. Observes participants during exercise for signs of stress. Teaches behavior modification classes, such as stress management, weight control, and related subjects. Orders material and supplies and calibrates equipment. May supervise work activities of other staff members.* **GOE: 10.02.02 STRENGTH: M GED: R5 M4 L5 SVP: 7 DLU: 90 U.S. Department of Labor. (1991). Dictionary of Occupational Titles (Vol. 1, 4th edition). U.S. Employment Service, Raleigh, North Carolina, p. 62.**

VSU College of Nursing & Health Sciences –School of Health Sciences

Name (Print): _____

VSU ID# ____-____-____

List any past or present medical conditions that may affect performance: _____

List all medications, herbs or supplements that you take:

Exam: Height: _____ Weight: _____ BMI: _____ Pulse: _____ BP: _____/_____

Normal

Abnormal Findings

MD/DO/NP/PA Initials

	Normal	Abnormal Findings	MD/DO/NP/PA Initials
Medical			
Appearance			
Eye/Ears/Nose/Throat			
Neurological			
Heart			
Cardiovascular			
Lungs			
Abdomen			
Skin			
Musculoskeletal			

Medical exam performed by: _____

CLEARANCE:

- Cleared- Based on my examination of this patient
- Cleared after completing rehabilitation for:
- Not cleared for: _____ Reason: _____
- Clearance decision deferred pending further work-up or obtaining records

COMMENTS and RECOMMENDATIONS:

Signature of examiner

Name of physician or physician extender

phone number

Date

I authorize the disclosure of this medical information to the Valdosta State University Campus Recreation Department, EP program faculty and/or my internship/clinical site as requested , required or warranted.

 Student Signature