

TECHNICAL STANDARDS

Fitness Professional | Health Navigator | Health & Wellness Promotion | Gerontology Professional

In this program grouping, students should be able to meet specific technical standards, which are the essential skills and abilities needed to be successful in a program, with or without reasonable accommodation. It is important to review and understand these standards before applying to the program. All Technical Standards documents are available for review on the Mid-State Technical College website. (Go to <https://www.mstc.edu/programs> and select the program.)

This document should be reviewed prior to applying to the program.

Reasonable accommodations for persons with disabilities will be made to ensure access to academic programs, activities, services, and employment in accordance with Section 504 and 508 of the Rehabilitation Act of 1973 and Title II of the Americans with Disabilities Act of 1990, as amended. If accommodations are needed, contact the Disability Services coordinator at 888.575.6782, TTY 711, at least two weeks in advance of needed assistance. Services available are documented at <https://www.mstc.edu/student-services/disability-services>.

For more information, please see Mid-State Technical College's Equal Opportunity/Non-Discrimination Policy.

STANDARD	DEFINITION OF STANDARD	EXAMPLE(S) OF TECHNICAL STANDARD
Critical Thinking Skills	<ul style="list-style-type: none">• Possess attention to detail and thoroughness. (continuously)• Ability to be honest and ethical implementation of work. (continuously)• Ability to adjust to fluctuating work volume. (continuously)• Ability to work independently and use self-direction. (continuously)• Ability to produce answers that make sense. (continuously)• Ability to implement time and fiscal management. (continuously)• Ability to utilize resources effectively. (continuously)• Ability to apply knowledge current and new knowledge to job problems. (continuously)	<ul style="list-style-type: none">• Determine which questions to ask a client based on their responses to support client autonomy and meet their individual needs.• Manage time during health coaching interviews to complete required objectives for each session.• Collaborate with agency mentors to meet assignment requirements and sponsoring organizations resources and needs.• Learning and using new technologies such as Canva, Microsoft Suite, and recording apps to communicate health messaging.
Mobility/Motor Skills	<ul style="list-style-type: none">• Ability to sit and maintain balance. (frequently)• Ability to stand and maintain balance. (frequently)• Ability to reach above shoulders. (occasionally)• Ability to reach below waist. (occasionally)• Ability to work above shoulders. (occasionally)	<ul style="list-style-type: none">• Lead a group fitness class by demonstrating various movement patterns to participants.

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	<ul style="list-style-type: none"> • Ability to work overhead. (occasionally) • Ability to twist/pivot. (occasionally) • Ability to stoop/squat. (occasionally) • Ability to climb stairs. (occasionally) • Ability to bend. (occasionally) • Ability to kneel. (occasionally) • Ability to lift up to 20 pounds of weight. (occasionally) • Ability to walk. (frequently) • Ability to sustain repetitive motion. (occasionally) 	<ul style="list-style-type: none"> • Demonstrate safety instructions and techniques to clients using exercise machinery. • Deliver engaging demonstrations and presentations to community groups with the assistance of technology and equipment. • Be able to deliver CPR with AED as needed.
Tactile Skills	<ul style="list-style-type: none"> • Possess finger dexterity. (frequently) • Ability to grasp. (occasionally) • Ability to pincer grip. (occasionally) • Ability to type using a computer/keying in data. (frequently) 	<ul style="list-style-type: none"> • Use a skin fold caliper on a personal training client. • Use of a computer keyboard to create infographic client handouts. • Use of a tape measure to take client measurements.
Auditory Skills	<ul style="list-style-type: none"> • Ability to hear normal speech. (frequently) 	<ul style="list-style-type: none"> • Conduct motivational interviews with clients. • Collect client demographic data. • Use music tempo to create group health programming.
Visual Skills	<ul style="list-style-type: none"> • Possess near vision within a few feet and far vision. (frequently) 	<ul style="list-style-type: none"> • Conduct physical assessments for personal training clients. • Continuously assess the health and safety of group fitness participants. • Identify fitness equipment that is unsafe or broken.
Communication Skills	<ul style="list-style-type: none"> • Ability to listen and understand spoken words. (continuously) • Ability to read and understand written words. (continuously) • Ability to identify and understand speech of another. (continuously) • Ability to communicate information and ideas so others understand. (continuously) 	<ul style="list-style-type: none"> • Complete client intake data. • Teach youth wellness concepts in a group setting. • Scan the environment for any potential safety considerations. • Use technology to create client educational videos.

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		<ul style="list-style-type: none"> Collaborate electronically and in person with organizational mentors to determine lesson plans, available resources and scheduling for outreach events.
Interpersonal Skills	<ul style="list-style-type: none"> Possess good-natured and cooperative attitude. (continuously) 	<ul style="list-style-type: none"> Work with health care organizations in a rapidly changing environment. Work with clients that may become emotional or upset when discussing personal or challenging topics. Works with fellow students to create collaborative assignments.
Behavioral Skills	<ul style="list-style-type: none"> Possess adaptability and flexibility. (continuously) Ability to maintain composure and emotions. (continuously) Ability to manage stress calmly and effectively. (continuously) Ability to demonstrate confidentiality. (continuously) 	<ul style="list-style-type: none"> Interview clients soliciting sensitive and personal health data in a respectful and professional manner. Protect client medical records and information offered through client interviews. Upload recorded presentations and interactions to You Tube in a manner that protects client privacy. Use stress management techniques during community presentation Q&A time.

Mid-State does not discriminate on the basis of race, color, national origin, sex, disability, or age in its program, activity, or employment. The following person has been designated to handle inquiries regarding the nondiscrimination policies: Vice President – Human Resources; 500 32nd Street North, Wisconsin Rapids, WI 54494; 715.422.5325 • AAEO@mstc.edu.