

**YORK TECHNICAL COLLEGE  
PERSONAL TRAINER CERTIFICATE AND GT DEGREE PROGRAMS  
TECHNICAL STANDARDS FOR ADMISSION**

**ESSENTIAL FUNCTIONS OF A STUDENT PERSONAL TRAINER**

1. Read, write, speak and comprehend English with sufficient skill to interact with others in verbal and written form.
2. Understand safety and emergency procedures in the personal training setting, including CPR and first aid.
3. Understand and use complex machinery and technology.

**COGNITIVE:**

Demonstrate the ability to process information, apply knowledge and adapt to changing situations.

I am capable of meeting these requirements

I am not capable of meeting these requirements

I am capable of meeting these requirements with the following accommodations:

**COMMUNICATION:**

Demonstrate the ability to communicate sufficiently for interaction with others in verbal and written form.

I am capable of meeting these requirements

I am not capable of meeting these requirements

I am capable of meeting these requirements with the following accommodations:

**CRITICAL THINKING/PROBLEM SOLVING:**

Ability to collect, interpret and integrate information for decision making.

I am capable of meeting these requirements

I am not capable of meeting these requirements

I am capable of meeting these requirements with the following accommodations:

**INTERPERSONAL:**

Demonstrate interpersonal skills and emotional intelligence that are sufficient to interact with individuals with a range of physical needs from a variety of social, cultural, emotional and intellectual backgrounds.

I am capable of meeting these requirements

I am not capable of meeting these requirements

I am capable of meeting these requirements with the following accommodations:

**MOBILITY:**

Possess the physical ability to work actively with students/clients for training sessions during laboratory and clinical situations.

I am capable of meeting these requirements

I am not capable of meeting these requirements

I am capable of meeting these requirements with the following accommodations:

**MOTOR SKILLS:**

Sufficient strength, flexibility, endurance and agility to perform job related tasks accurately, safely and efficiently.

I am capable of meeting these requirements

I am not capable of meeting these requirements

I am capable of meeting these requirements with the following accommodations:

**TEMPERAMENT:**

Ability to deal effectively with stress and stress related problems. Emotional maturity and ability to model professional boundaries.

I am capable of meeting these requirements

I am not capable of meeting these requirements

I am capable of meeting these requirements with the following accommodations:

**VISUAL:**

Possess the visual ability sufficient for observation, assessment and performance of the procedure.

I am capable of meeting these requirements

I am not capable of meeting these requirements

I am capable of meeting these requirements with the following accommodations:

**TACTILE/HEARING:**

Demonstrate abilities sufficient for assessment of health status and performance of exercises.

I am capable of meeting these requirements

I am not capable of meeting these requirements

I am capable of meeting these requirements with the following accommodations:

**PROFESSIONALISM:**

Demonstrate professional behaviors and a strong work ethic.

I am capable of meeting these requirements

I am not capable of meeting these requirements

I am capable of meeting these requirements with the following accommodations:

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_