

## CLINICAL EXERCISE PHYSIOLOGIST SERIES

<u>Code No.</u>	<u>Class Title</u>	<u>Occ. Area</u>	<u>Work Area</u>	<u>Prob. Period</u>	<u>Effective Date</u>	<u>Last Action</u>
3050	Clinical Exercise Physiologist	01	444	12 mo.	10/30/12	Rev.
3058	Clinical Exercise Physiologist Supervisor	01	444	12 mo.	10/30/12	New

**Promotional Line: 367**

Series Narrative

Employees in this series work with persons with chronic diseases and conditions in which exercise has been shown to be beneficial (e.g., diabetes, obesity, chronic kidney disease, cardiovascular diseases, cancer, etc.). They perform health, physical activity, and fitness assessments and prescribe exercise as a means to assist in recovery from illness and to manage or prevent disease. They work under general supervision of the physician director of a medicine program.

DESCRIPTIONS OF LEVELS OF WORK

**Level I: Clinical Exercise Physiologist **3050****

Employees at this level assess, plan, or implement fitness programs that include exercise or physical activities such as those designed to improve cardiorespiratory function, body composition, muscular strength, muscular endurance, or flexibility. In addition, they supervise exercise physiology interns who require clinical experience. They work under direct supervision from the Clinical Exercise Physiologist Supervisor.

A Clinical Exercise Physiologist typically –

1. monitors telemetry and blood pressure during rehabilitation exercise programs of patients with cardiac and vascular disorders as a primary or secondary diagnosis
2. demonstrates correct usage of exercise equipment or performance of exercise routines; explains exercise program or physiological testing procedures to participants
3. evaluates aerobic/anaerobic exercise capacity in patients with dyspnea (shortness of breath) as a limiting factor or pulmonary disease
4. develops exercise programs to improve patient strength, flexibility, endurance, or circulatory functioning, in accordance with exercise science standards, regulatory requirements, and credentialing requirements; with attention to any abnormal cardiovascular changes during exercise
5. measures amount of body fat using equipment such as hydrostatic scale, skinfold calipers, or tape measures; measures oxygen consumption or lung functioning
6. may perform routine laboratory tests of blood samples for ~~lactate-lactose~~ and/or glucose levels
7. interprets exercise program participant data to evaluate progress or identify needed program changes

8. differentiates which diagnosis is the limiting factor in patients with more than one diagnosis (such as pulmonary patient with low back musculoskeletal disorder) by administering exercise capacity aerobic and anaerobic testing
9. quantifies physical activity and exercise in disabled patients by use of technical support, including gas collection ergometry, O<sub>2</sub> oximetry, pulse oximetry, and automated movement analysis to determine deficits in home exercise programs
10. designs therapeutic exercise programs for higher performance sports and vocational injury patients whose daily activities routinely involve workloads in excess of the anaerobic threshold
11. conducts stress tests, using electrocardiograph (EKG) machines
12. provides clinical oversight of exercise for participants at all risk levels
13. performs other related duties as assigned

**Level II: Clinical Exercise Physiologist Supervisor****3058**

Employees at this level assess, plan, or implement fitness programs that include exercise or physical activities such as those designed to improve cardiorespiratory function, body composition, muscular strength, ~~muscular endurance, or flexibility~~ and skill sets for movement and coordination. In addition, they supervise Clinical Exercise Physiologists and exercise physiology interns who require clinical experience. They work under general supervision from the physician director of a medicine program.

A Clinical Exercise Physiologist Supervisor typically –

1. uses behavioral counseling methods (e.g., self-help skills) to counsel patients who are seeking to safely increase physical activity levels, train, or practice
2. treats patients with chronic pain of musculoskeletal origin with evidence based therapeutic exercise prescription
3. performs movement analysis of upper and lower extremities as they are used in different sports, and exercise programs, recognizes faulty patterns, implements corrective functional therapeutic exercise
4. performs gait analysis for walkers and runners, being able to identify incorrect biomechanical patterns or those leading to injury and create an exercise program to correct those imbalances, instructs patients on better biomechanical gait patterns
5. documents patient treatment according to professional and regulatory standards
6. supervises Clinical Exercise Physiologists
7. performs duties at the lower-level of this series
8. performs other related duties as assigned

MINIMUM ACCEPTABLE QUALIFICATIONS REQUIRED FOR ENTRY INTO:**Level I: Clinical Exercise Physiologist****3050**

## CREDENTIALS TO BE VERIFIED BY PLACEMENT OFFICER

1. Bachelor's degree in Exercise Science (such as Exercise Science, Clinical Exercise Physiology, Kinesiology) or a related health care area (such as Athletic Training, Physical Therapy or Physical Education)
2. Master's degree in Exercise Science (such as Exercise Science, Clinical Exercise Physiology, Kinesiology) Athletic Training or Exercise Physiology or a related health care area (such as Athletic Training, Physical Therapy or Physical Education Kinesiology)

Note: To meet the Minimum Acceptable Qualifications for this classification, the applicant must possess **one** of the above listed degrees in Exercise Science); the other degree can be in any other related health care area or discipline.

1. Master's degree in Exercise Science (such as Clinical Exercise Physiology, Athletic Training or Exercise Physiology or a related health care area (such as Physical Therapy or Kinesiology).

## KNOWLEDGE, SKILLS AND ABILITIES (KSAs)

1. Knowledge of gas collection ergometry
2. Knowledge of O<sub>2</sub> oximetry, pulse oximetry, and automated movement analysis
3. Knowledge of cardio dynamic monitoring equipment and data interpretation
4. Knowledge of aerobic and anaerobic exercise capacity and testing procedures
5. Knowledge of therapeutic exercise protocols for patients whose daily activities routinely involve workloads in excess of anaerobic threshold
6. Knowledge of perceived exertion scales
7. Knowledge of CPR and basic life support/advanced cardiac care
8. Oral and written communication skills
9. Analytical skills for interpretation of capacity test results
10. Quantitative skills to evaluate endurance, anaerobic threshold, and fatigue

**Level II: Clinical Exercise Physiologist Supervisor****3058**

## CREDENTIALS TO BE VERIFIED BY PLACEMENT OFFICER

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1. Bachelor's degree in Exercise Science (such as Exercise Science, Clinical Exercise Physiology, Kinesiology) or a related health care area (such as Athletic Training, Physical Therapy or Physical Education)
2. Master's degree in Exercise Science (such as Exercise Science, Clinical Exercise Physiology, Athletic Training or Exercise Physiology, Kinesiology) or a related health care area (such as Athletic Training, Physical Therapy or Physical Education Kinesiology)
3. **Current** certification as a Registered Clinical Exercise Physiologist (RCEP) from the American College of Sports Medicine
4. **Five (5) years (60 months)** of clinical experience in the direct supervised care of patients disabled from nervous, musculoskeletal cardiovascular, pulmonary, orthopedic, neoplastic, hematologic diseases and/or a metabolic disorder (diabetes, obesity, chronic kidney disease), immune-related disorders and/or cancer

NOTE: To meet the Minimum Acceptable Qualifications for this classification, the applicant must possess one of the above listed degrees in Exercise Science; the other degree can be in any other related health care area or discipline. A M.D. or Ph.D. in Exercise Science or an exercise related field satisfies Credentials #1 and #2.

1. Master's degree in Exercise Science (such as Clinical Exercise Physiology, Athletic Training or Exercise Physiology) or a related health care area (such as Physical Therapy or Kinesiology)
2. **Current** certification as a Registered Clinical Exercise Physiologist (RCEP) from the American College of Sports Medicine
3. **Five (5) years (60 months)** of clinical experience in the direct supervised care of patients disabled from nervous, musculoskeletal cardiovascular, pulmonary, orthopedic, neoplastic, hematologic diseases and/or a metabolic disorder (diabetes, obesity, chronic kidney disease), immune related disorders and/or cancer

**NOTE: A M.D. or Ph.D. in Exercise Science or an exercise related field satisfies Credential #1.**

#### KNOWLEDGE, SKILLS AND ABILITIES (KSAs)

1. Knowledge of gas collection ergometry
2. Knowledge of O<sub>2</sub> oximetry, pulse oximetry, and automated movement analysis
3. Knowledge of cardio dynamic monitoring equipment and data interpretation
4. Knowledge of aerobic and anaerobic exercise capacity and testing procedures
5. Knowledge of therapeutic exercise protocols for patients whose daily activities routinely involve workloads in excess of anaerobic threshold

6. Knowledge of perceived exertion scales
7. Knowledge of CPR and basic life support/advanced cardiac care
8. Oral and written communication skills
9. Analytical skills for interpretation of capacity test results
10. Quantitative skills to evaluate endurance, anaerobic threshold, and fatigue
11. Ability to communicate with other members of the Clinical Exercise Physiology team to promote the best evidence based therapeutic program to help patients recover from injuries
12. Ability to engage in research with clinical subjects if the opportunity presents

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