

STATE OF OHIO (DAS)CLASSIFICATION
SPECIFICATION**CLASSIFICATION SERIES:**

Exercise Physiologist

SERIES NO.:

4451

MAJOR AGENCIES: Public Safety,
Bureau of Workers' Compensation**EFFECTIVE DATE:**

02/26/2012

SERIES PURPOSE:

The purpose of the exercise physiologist occupation is to administer, supervise, plan, develop & monitor the implementation of progressive exercise (e.g., isometric, isokinetic, aerobic) in order to enable clients to maintain &/or improve physical capacities &/or reach optimal performance to return to job or lessen disability.

At the full performance level, incumbents plan, organize & instruct clients in prescribed exercise programs.

At the supervisory level, incumbents supervise lower-level exercise physiology staff.

CLASS TITLE

Exercise Physiologist

CLASS NUMBER

44511

PAY RANGE

12

EFFECTIVE

10/18/1992

CLASS CONCEPT:

The full performance level class works under direction & requires considerable knowledge of exercise physiology in order to plan, organize, develop & instruct clients in prescribed exercise programs to prevent anatomical &/or physiological deconditioning & to enable clients to maintain &/or improve physical capacities &/or reach optimal performance in order to return to job or lessen disability.

CLASS TITLE

Exercise Physiologist Supervisor

CLASS NUMBER

44515

PAY RANGE

14

EFFECTIVE

10/04/1992

CLASS CONCEPT:

The supervisory level class works under general direction & requires thorough knowledge of exercise physiology in order to supervise lower-level exercise physiologists & assistants & enforce program guidelines.

<u>CLASS TITLE</u>	<u>CLASS NUMBER</u>	<u>B. U.</u>	<u>EFFECTIVE</u>	<u>PAY RANGE</u>
Exercise Physiologist	44511	11	10/18/1992	12

JOB DUTIES IN ORDER OF IMPORTANCE: (These duties are illustrative only. Incumbents may perform some or all of these duties or other job-related duties as assigned.)

Plans, organizes, develops & instructs clients in prescribed exercise programs to prevent anatomical &/or physiological deconditioning & to enable clients to maintain &/or improve physical capacities &/or reach optimal performance in order to return to job or lessen disability, instructs, motivates, trains & assists clients in progressive exercises (e.g., isometric, isokinetic, passive, aerobic) & work related activities using restrictive loads, forces & modes (i.e., manual, mechanical, gravitational or material) performed on land or in water environment & monitors physiological responses to progressive exercises at rest, training & recovery phases.

Upon physician referral, conducts inventories of client medical, health & fitness history, determines contra-indications to exercise through means of stress testing & informs appropriate source when contra-indications arise; designs, modifies & delivers graded exercise stress testing for normal, handicapped & disabled persons upon physician's approval; monitors oxygen utilization, carbon dioxide production, heart rate, systolic & diastolic blood pressures, electro-cardiogram, respiratory distress, chest pain & related factors of client discomfort during exercise test on stationary cycle ergometer, upper body ergometer, motorized treadmill or related progressive stress work evaluations; conducts inventories of caloric expenditures in order to prescribe weight control program & performs ergonomic analysis of work place environment, equipment & demands to assemble information on client capacities & capabilities to meet job requirements.

Reviews & evaluates physician's referral & client medical records to determine restrictions, limitations & required treatment; consults with professional & paraprofessional treatment team staff; provides orientation, instruction & directs activities of exercise physiology assistants & student interns; plans & conducts seminars & education programs for clients & plans & implements approved research programs to document & improve job performance, to design special tools, devices & protocols for adapting work tasks to clients with physical handicaps.

MAJOR WORKER CHARACTERISTICS:

Knowledge of exercise physiology, exercise science, sports physiology, health care administration, medical technology, physical education or recreation therapy; body composition & analysis & stress testing; exercise test technology*; exercise programming; employee training & development*; supervisory principles & techniques*; public relations; agency, state & federal guidelines pertaining to exercise programming & exercise physiology. Skill in operation of muscle & body composition, analysis, evaluation & testing equipment. Ability to deal with many anatomical & physiological variables & determine correct & proper course of action; interpret extensive variety of technical material in books, journals & manuals; write meaningful, concise & accurate reports; handle sensitive face-to-face contacts with clients; demonstrate proper use of complex equipment; stand & walk continuously; lift 50-100 lbs.

(*)Developed after employment.

MINIMUM CLASS QUALIFICATIONS FOR EMPLOYMENT:

Completion of undergraduate core program in exercise physiology, exercise science, sports physiology, health care administration, medical technology, nutrition technology, physical education or recreation therapy; 6 mos. trg. or 6 mos. exp. in body composition & analysis; 6 mos. trg. or 6 mos. exp. in exercise programming; 3 mos. trg. or 3 mos. exp. in public relations; 3 mos. trg. or 3 mos. exp. in agency, state & federal guidelines pertaining to exercise programming & physiology.

-Or 6 mos. exp. as Exercise Physiologist Assistant, 44510.

-Or equivalent of the Minimum Class Qualifications for Employment noted above.

TRAINING AND DEVELOPMENT REQUIRED TO REMAIN IN THE CLASSIFICATION AFTER EMPLOYMENT:

Not applicable.

UNUSUAL WORKING CONDITIONS:

Exposed to gym noise & exercise equipment.

<u>CLASS TITLE</u>	<u>CLASS NUMBER</u>	<u>B. U.</u>	<u>EFFECTIVE</u>	<u>PAY RANGE</u>
Exercise Physiologist Supervisor	44515	EX	10/04/1992	14

JOB DUTIES IN ORDER OF IMPORTANCE: (These duties are illustrative only. Incumbents may perform some or all of these duties or other job-related duties as assigned.)

Supervises exercise physiologists & exercise physiologist assistants, makes work assignments, evaluates job performance, interviews prospective staff, recommends candidates for hire, ensures exercise programs are in compliance with agency, state & federal guidelines & ensures exercise programs meet needs of clients & provide quality care, coordinates exercise program functions with functions of other disciplines (e.g., physical & occupational therapy), assists in preparation of program budget & assists in development of exercise physiology departmental policies & procedures.

Upon physician referral, evaluates clients by administering physiology tests to determine functional work capacities, assimilate test data to prescribe appropriate levels of exercise to enable client rehabilitation, develop treatment plans based on physiological data, maintains & charts client records & participates in staffing & interdisciplinary team meetings to develop treatment goals.

Requisitions supplies & equipment & represents exercise physiology department at seminars, meetings & administrative functions.

MAJOR WORKER CHARACTERISTICS:

Knowledge of exercise physiology, exercise science, sports physiology, health care administration, medical technology, physical education or recreation therapy; body composition & analysis & stress testing; exercise test technology*; exercise programming; employee training & development; supervisory principles & techniques; public relations; agency, state & federal guidelines pertaining to exercise programming & exercise physiology. Skill in operation of muscle & body composition, analysis, evaluation & testing equipment. Ability to deal with many anatomical & physiological variables & determine correct & proper course of action; interpret extensive variety of technical material in books, journals & manuals; write meaningful, concise & accurate reports; handle sensitive face-to-face contacts with clients; demonstrate proper use of complex equipment; stand & walk continuously; lift 50-100 lbs.

(*)Developed after employment.

MINIMUM CLASS QUALIFICATIONS FOR EMPLOYMENT:

Completion of graduate core program in exercise physiology, exercise science, sports physiology, health care administration, medical technology, nutrition technology, physical education or recreation therapy; 12 mos. trg. or 12 mos. exp. in operation of body composition & analysis testing equipment; 12 mos. trg. or 12 mos. exp. in exercise programming; 6 mos. trg. or 6 mos. exp. in public relations; 6 mos. trg. or 6 mos. exp. in supervisory principles & techniques; 6 mos. trg. or 6 mos. exp. in employee training & development; 6 mos. trg. or 6 mos. exp. in agency, state & federal guidelines pertaining to exercise programming & physiology.

-Or 6 mos. exp. as Exercise Physiologist, 44511.

-Or equivalent of the Minimum Class Qualifications for Employment noted above.

TRAINING AND DEVELOPMENT REQUIRED TO REMAIN IN THE CLASSIFICATION AFTER EMPLOYMENT:

Not applicable.

UNUSUAL WORKING CONDITIONS:

Exposed to gym noise & exercise equipment.