

Physical Abilities

The following is a list of physical abilities expected of WC Respiratory Care students

1. Strength and Endurance
 - a. Dynamic Strength – The ability to exert muscle force repeatedly or continuously over time (including walking, standing or being upright continuously for 8-12 hours). The involves muscular endurance and resistance to muscle fatigue
 - b. Stamina – The ability to exert yourself physically over long periods of time without getting winded or out of breath
 - c. Static Strength – The ability to exert maximum muscle force to lift, push, pull, or carry objects
 - d. Trunk Strength – The ability to use your abdominal and lower back muscles to support part of the body repeatedly or continuously over time without “giving out” or fatiguing
2. Movement/Control
 - a. Arm-Hand Steadiness – The ability to keep your hand and arm steady while moving your arm or while holding your arm and hand in one position
 - b. Control Precision – The ability to quickly and repeatedly adjust the controls of a machine or a vehicle to exact positions
 - c. Dynamic Flexibility – The ability to quickly and repeatedly bend, stretch, twist or reach out with your body, arms, and/or legs
 - d. Extent Flexibility – The ability to bend, stretch, twist, or reach with your body, arms, and/or legs
 - e. Finger Dexterity – The ability to make precisely coordinated movements of the fingers of one or both hands to grasp, manipulate, or assemble very small objects
 - f. Manual Dexterity – The ability to quickly move your hand, your hand together with your arm, or your two hands to grasp, manipulate, or assemble objects
 - g. Multi-limb Coordination – The ability to coordinate two or more limbs while sitting, standing or lying down.
 - h. Reaction Time – The ability to quickly respond to a signal when it appears
 - i. Speed of Limb Movement – The ability to quickly move arms and legs
3. Auditory
 - a. Auditory Attention – The ability to focus on a single source of sound in the presence of other distracting sounds
 - b. Hearing Sensitivity – The ability to detect or tell the differences between sounds that vary in pitch and loudness
 - c. Sound Localization – The ability to tell the direction from which a sound originated
4. Visual
 - a. Near and Far Vision – The ability to see objects at both close range and at a distance
 - b. Visual Color Discrimination – The ability to match or detect differences between colors, including shades of color and brightness
5. Communication
 - a. Oral Comprehension and Expression – The ability to listen to, understand and clearly communicate information and ideas presented through spoken words and sentences.