

VALENCIA COLLEGE SCHOOLS OF ALLIED HEALTH AND NURSING
Sample Form of the Health and Physical Core Performance Requirements

Asses Ability to Meet Program Requirements	Y E S	N O	If NO, Note Limitations	Asses Ability to Meet Program Requirements	Y E S	N O	If NO, Note Limitations
General Requirements (has the ability to...)				Require Lifting (ability to lift...)			
Sit				Up to 10 lbs.			
Stand				11 to 24 lbs.			
Walk				25 to 34 lbs.			
Bend				35 to 50 lbs.			
Kneel				Up to and over 100 for some Clinical Areas			
Crouch				Pushing/Pulling (ability to push and pull...)			
Twist				Up to 10 lbs.			
Maintain Balance				11 to 24 lbs.			
Reach				25 to 34 lbs.			
Climb Stairs				35 to 50 lbs.			
Sensory Requirements (has ability for...)				Up to and over 100 for some Clinical Areas			
Far Vision				Hand Manipulation (ability with...)			
Near Vision							
Color Vision				Simple Grasping			
Depth Perception				Firm Grasping			
Seeing Fine Details				Fine Manipulation			
Hearing Norm Speech				Use of Keyboards			
Hearing Overhead Pages							
Infectious Diseases				Mental & Emotional Requirements (ability to...)			
Chemical Agents				Cope with high level of stress			
Dust, Fumes, Gases				Make decisions under high pressure			
Extremes in Temperature or Humidity				Cope with anger/fear/hostility of others in a calm way			
Hazardous or Moving Equipment				Concentrate			
Loud Noises				Handle a high degree of flexibility			
				Handle multiple priorities in stressful situations			
				Demonstrate high degree of patience			
				Work in areas that are close and crowded			
				Verbally Communicate under stress			