WHITEWATER CAREER CENTER

2025 Technical Skills Evaluation

To Potential Employers: This document reflects a fair and thoughtful evaluation of the student listed below. We believe these skills are essential for employment in this specific industry area, and I evaluate each student upon completion of the two-year program at Whitewater Career Center.

Student: Carter Standeford **Program: Exercise Science**

HEALTH AND WELLNESS	
5 4 3 2 1	Understands the factors affecting wellness, including nutrition, lifestyle choices, heredity, and psychological/biological factors.
5 4 3 2 1	Demonstrates knowledge of body composition assessments and personal fitness evaluation techniques (BMI, body fat %, waist-to-hip ratio, and other standard assessments).
5 4 3 2 1	Designs and implements effective, goal-oriented exercise programs utilizing standard fitness center equipment.
5 4 3 2 1	Understands the major components of a balanced and effective exercise program, including strength, flexibility, warm-up, and cool-down.
5 4 3 2 1	Evaluates exercise tolerance using Borg Rating of Perceived Exertion scale.
PHYSICAL THERAPY SKILLS/ HUMAN ANATOMY & PHYSIOLOGY	
5 4 3 2 1	Uses appropriate medical terminology to describe the structures and systems of the body.
5 4 3 2 1	Demonstrates foundational knowledge of the musculoskeletal, neuromuscular, cardiovascular, and pulmonary systems.
5 4 3 2 1	Collects and interprets data on range of motion, end feels, leg length, manual muscle testing, deep tendon reflexes, posture analysis, palpation, and joint mobility.
5 4 3 2 1	Performs basic neuromuscular and cardiovascular assessments, including reflex testing, dermatomes, myotomes, manual muscle testing, blood pressure, and pulse.
5 4 3 2 1	Develops goal-oriented plans for improving strength, endurance, flexibility, balance, joint stabilization, and coordination within a variety of patients.
CPR/BASIC LIFE SUPPORT	
5 4 3 2 1	Demonstrates ability to perform 1 and 2 person adult, child, and infant CPR.
5 4 3 2 1	Demonstrates ability to operate an automated external defribrilator (AED).

Evaluation Rating Scale: 5 = Proficient, 4 = Capable, 3 = Limited, 2 = Not Proficient, 1 = Training Not Received

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Amy Frank, Instructor Date

For more information, contact:

Whitewater Career Center, 1300 Spartan Drive, Connersville, IN 47331
(765) 825-0521
WhitewaterCareerCenter.org