

Health Assessment Record

Activity Assistant Certificate Program

Student Name:	Phone Number:
Address:	
Family Doctor:	Physician Phone Number:

Health assessment indicating physical fitness and emotional stability.

The University of the Fraser Valley's Activity Assistant program requires physical fitness and emotional stability for students during course work, practicums, and future employment in long term care homes caring for adults and seniors.

Examples of activities that students will be engaged in and commonly encounter during their practicum and future employment:

- Frequent hand washing
- Physical actions that require:
 - Mobility
 - Strength
 - Endurance
 - Manual dexterity and the ability to function in limited spaces
 - Ability to perform repetitive movements
 - Bending, reaching, walking, and carrying objects
 - Traversing rough terrain such sidewalks that do not have ramps or steep elevations when wheeling or assisting adults
- Emotionally stressful situations
- Activities that require adequate sensory perception – sight, hearing and touch
- Exposure to environmental smells and noise
- Distractions
- Unpredictable behaviour from those around you

Is this student capable of completing the physical activities above, and is mentally prepared to encounter emotional situations while attending practicum?

Yes No

Note to explain:

X

Physician Signature

Date: _____