

PART I

HAWAII HEALTH SYSTEMS CORPORATION
STATE OF HAWAII

6.381

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Class Specification
for the:

EXERCISE PHYSIOLOGIST II & III
SR-18; SR-20
BU:13

Series Definition:

This series includes all classes of positions the duties of which are to perform exercise physiology work in order to improve aerobic endurance, and whole body strength in order to enable those with a chronic disease (diabetes, heart disease, renal disease, pulmonary disease, etc.) to live life to the fullest and to achieve the most effective management of their disease.

Exercise Physiologists study assessment and improvement of human biomechanical movement. Unlike personal trainers, who can work without a license or degree, exercise physiologists typically need at least a bachelor's degree; professional certification is preferred. While some of these professionals create training programs for athletes, Exercise Physiologists typically need to understand nutrition and movement systems. Exercise Physiologists create exercise programs targeted for individual physical limitations and strengths. As an Exercise Physiologist; assesses the physical fitness of patients in hospitals and other medical facilities to measure strength, blood pressure, heart rate, and the amount of oxygen in the blood; develops progressive exercise regimens that are safe for patients with varied, sometimes serious conditions, in addition to monitoring small groups of patients who are exercising and documenting their progress.

Exercise Physiologists work in hospitals, outpatient clinics, physicians' offices, or hospital-based research facilities. They work as a team with other health professionals including dietitians, social workers, physicians and nurses.

EXERCISE PHYSIOLOGIST II

6.381

Duties Summary:

Performs a variety of simple to moderately complex work assignments in exercise physiology; under close supervision, carries out approved exercise physiology services in the evaluation and treatment of patients; and reports on the condition and progress of patients. May also assist in performing various exercise stress tests (Cardiopulmonary

Exercise Tests (CPET), stress echocardiograms, and treadmill) and EKG testing and performs other related duties as assigned.

Distinguishing Characteristics:

This is the entry level in the Exercise Physiologist Series. Positions in this class receive advanced training in the principles, methods, and techniques of exercise physiology; and are responsible for providing exercise physiology tasks for individuals with a range of chronic diseases. Training is conducted concurrently with the performance of work assignments. Decisions pertaining to routine aspects of patient treatment are initially made after consultation with appropriate sources. As experience is gained, such decisions are made more independently. Contacts are maintained with patients, physicians, nurses, and other healthcare professionals.

Examples of Duties:

Attends training sessions and receives on-the-job training; may prescribe a course of exercises for either fitness or rehabilitation under close supervision; assists with implementing the fitness element of the program and monitors response of each participant to the intervention to assure clinical safety; assists with exercise stress & EKG monitoring; actively participates in the development of the interdisciplinary treatment plan to ensure the quality, safety and clinical effectiveness of the Ornish program; attends and participates in weekly team meetings/case conferences; participates in the monitoring, documentation and communication of the participant's response to the interdisciplinary treatment plan; facilitates a high level of participant satisfaction; monitors exercise adherence for all participants and provides exercise counseling on an individual basis as needed; relays results to physician for treatment decisions; instructs patients and/or family on treatments provided; records test data in patient's chart or enters data into computer.

Knowledges and Abilities Required:

Knowledge of: Basic principles and practices of exercise physiology; operation of exercise physiology equipment; monitoring patients; charting observations, evaluation and testing procedures, treatment techniques including use and modifications of appropriate equipment, performing or participating in cardiopulmonary resuscitation; and methods of instructing patients and/or family members.

Ability to: Apply the principles, methods and techniques of exercise physiology; select and use evaluating and diagnostic procedures effectively; prepare treatment plans; deal effectively with patients and other individuals; operate standard exercise physiology equipment and make minor adjustments and repairs; keep records and prepare reports and instruct patients and others in the application of exercise physiology services.

EXERCISE PHYSIOLOGIST III

6.382

Duties Summary:

Performs the full range of work assigned in exercise physiology; independently develops and carries out a course of exercise physiology treatment plans; administers various stress tests; actively participates in interdisciplinary team meetings; observes, evaluates and reports on the condition and progress of patients and performs other related duties as assigned.

Distinguishing Characteristics:

This class reflects the fully independent journey worker level which performs the full range of exercise physiology services in evaluating and treating individuals with a range of chronic diseases. Incumbents of positions in this class are required to independently perform exercise physiology services in accordance with physicians' orders. The work may involve the provision of all exercise physiology services for a unit, center or facility. Considerable independent clinical judgment is exercised in the implementation of exercise physiology services for each patient.

Incumbents in this class receive general supervision from a physician or program director. Recommendations and decisions pertaining to treatment, evaluations, etc., involving the more difficult aspects of complex cases are made as part of the regular assignment.

Examples of Duties:

Develops fitness and exercise programs that help patients recover from chronic diseases and improve cardiovascular function, body composition and flexibility; administers various exercise stress tests under physician direction; administers EKG tests; responsible for implementing the fitness element of the program and monitoring the response of each participant to the intervention to assure clinical safety; actively participates in the development of the interdisciplinary treatment plan to ensure the quality, safety and clinical effectiveness of the Ornish program; attends and participates in weekly team meetings/case conferences; participates in the monitoring, documentation and communication of the participant's response to the interdisciplinary treatment plan; facilitates a high level of participant satisfaction; monitors exercise adherence for all participants and provides exercise counseling on an individual basis as needed; assists the Program Director with efforts to actively promote the Program to prospective participants and health care professionals; participates in the training of exercise physiologists; instructs patients and/or family on treatments provided; records test data in patient's chart or enters data into computer; may supervise work activities of other staff members.

Knowledge and Abilities Required:

Knowledge of: General principles and practices of exercise physiology; operation of exercise physiology equipment; current treatment techniques including use and modifications of appropriate therapy equipment; monitoring patients; charting observations, evaluation and testing procedures; performing or participating in cardiopulmonary resuscitation; and methods of instructing patients and/or family members; report and letter writing.

Ability to: Interpret, explain and apply laws, rules and regulations pertinent to exercise physiology; independently apply principles, methods and techniques of exercise physiology; administer stress & EKG tests; select and use evaluating and diagnostic procedures effectively; prepare treatment plans; deal effectively with patients and other individuals; operate standard exercise physiology equipment and make minor adjustments and repairs; keep records and prepare reports; instruct patients and others in the application of exercise physiology services; and may supervise lower level personnel.

This is an amendment for the classes, EXERCISE PHYSIOLOGIST II & III to add additional duties in the Duties Summary and Examples of Duties effective August 21, 2025.

This is the first class specifications for the classes, EXERCISE PHYSIOLOGIST II & III effective October 31, 2017.

APPROVED: Aug 21, 2025

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