

## Fitness to Practise Statement

1. **Programme Name(s):** BSc Sport and Exercise Sciences

### 2. Professional Fitness to Practise Requirements

Sport and exercise scientists are expected to be fit to practise within their domain of expertise. The British Association for Sport and Exercise Sciences (BASES) has determined a number of professional competencies and behaviours (BASES accreditation competencies) required for accreditation as a sport and exercise scientist to ensure the health and safety of service users (BASES Code of Conduct).

### 3. Professional Competencies

| Competency                        | Description/justification of how the competency applies to the programme(s) listed above (add bullets as required)   |
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| a) Protection of the service user | <ul style="list-style-type: none"><li>• Be able to practise within the legal and ethical boundaries of their profession</li><li>• Be able to practise in a non-discriminatory manner</li><li>• Understand the importance of and be able to maintain confidentiality</li><li>• Understand the importance of and be able to obtain informed consent</li><li>• Be able to exercise a professional duty of care and act in the best interests of service users at all times</li><li>• Be able to work, where appropriate, in partnership with other professionals, support staff, service users and their relatives and carers</li><li>• Be aware of applicable health and safety legislation and any relevant safety policies and procedures in force in the workplace, such as incident reporting; be able to act in accordance with these<ul style="list-style-type: none"><li>• Know the limits of their practice and when to seek advice or refer to another professional</li></ul></li></ul> |
| b) Communication skills           | <ul style="list-style-type: none"><li>• Be able to demonstrate effective and appropriate skills in communicating information, advice, instruction and professional opinion to colleagues and clients</li><li>• Understand the need to provide service users (or people acting on their behalf) with the information necessary to enable them to make informed decisions</li><li>• Recognise the need to use interpersonal skills to encourage active participation of service users</li><li>• Be able to discuss and explain the rationale for and</li></ul>   |

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|  | <p>the use of sport and exercise science interventions</p> <p>Be aware of the characteristics and consequences of non-verbal communication and how this can be affected by culture, age, ethnicity, gender, religious beliefs, nationality, sexuality and socio-economic status</p>  |
| c) Working within the scope of practice  | <ul style="list-style-type: none"> <li>• Recognise their limitations in qualifications, experience, expertise and competence and operate within these limits, restricting the interpretation of results to those they are qualified to give and in employing any equipment and techniques they are qualified to use</li> <li>• Refer to an appropriate professional within such a field any matter whose essence appears to lie within another specialist field, such as medicine or physiotherapy</li> <li>• Do not misrepresent their qualifications, experience or expertise in any way or exaggerate or mislead clients in respect of the effectiveness of any techniques they undertake</li> <li>• Seek to become accredited where and when appropriate</li> <li>• Be knowledgeable in respect of contemporary research and practice</li> </ul> |
| d) Confidentiality                       | <ul style="list-style-type: none"> <li>• Preserve the confidentiality of the information acquired in their work, which must not be devolved without the prior written consent of the client</li> <li>• Inform all clients that they have a right to a copy of such information relating to them, and supply a copy if so requested</li> </ul>  |
| e) Managing risks and reporting concerns | <ul style="list-style-type: none"> <li>• Know and be able to apply the key concepts that are relevant to safe and effective practice within their domain of expertise</li> </ul>   |
| f) Honesty and trustworthiness           | <ul style="list-style-type: none"> <li>• Recognise that relationships with service users should be based on mutual respect and trust, and be able to maintain high standards of care in all situations</li> <li>• Do not exploit relationships with clients for personal gain or gratification</li> <li>• Be totally unbiased and objective in practices and actions</li> </ul>  |
| g) Behaviour on and off campus           | <ul style="list-style-type: none"> <li>• Adhere to the University of Limerick student code of conduct</li> </ul>   |
| h) Keeping appropriate records           | <ul style="list-style-type: none"> <li>• Be able to maintain records appropriately</li> <li>• Store and use individually identifiable data in accordance with the provisions of the Data</li> </ul>  |

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|  | <p>Protection Act</p> <ul style="list-style-type: none"> <li>• Obtain, present and publish data in an unbiased and responsible manner</li> <li>• Seek to maximise the accessibility of research findings and, wherever appropriate, publish them in the interest of science</li> <li>• Do not disclose the identity of any individual client in published data unless the prior written consent of the individual is obtained</li> </ul>   |
| <p>i) Include any additional competencies (i.e. profession-specific)</p> | <ul style="list-style-type: none"> <li>• Understand the key concepts of the bodies of knowledge that are relevant to their specific professional practice</li> <li>• Relevant to their practice, understand the structure and function of the human body and have knowledge of health, disease, disorder and dysfunction</li> <li>• Understand and be able to apply the theoretical concepts underpinning sport and exercise science delivery within their domain of expertise</li> <li>• Understand the theoretical basis of, and the variety of approaches to, assessment and intervention</li> <li>• Understand how sport and physical activity affect and influence the structure and function of the human body</li> <li>• Be able to gather appropriate information by undertaking or arranging investigations as appropriate</li> <li>• Be able to select, undertake and record a thorough, sensitive and detailed assessment using appropriate techniques and equipment</li> <li>• Be able to analyse and critically evaluate the information collected</li> <li>• Be able to demonstrate a basic level of skill in the use of information technology appropriate to their practice</li> <li>• Be able to conduct safely and skilfully appropriate diagnostic or monitoring procedures, treatment, therapy or other actions relevant to the domain of expertise</li> <li>• Be able to evaluate intervention plans using recognised outcome measures, and be able to revise the plans, as necessary, in conjunction with the service user</li> <li>• Be able to draw on appropriate knowledge and skills in order to make professional judgements</li> <li>• Be able to select, plan, implement and manage the</li> </ul> |

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|  | <p>appropriate sport and exercise science interventions aimed at helping the service user achieve the agreed goal</p> <ul style="list-style-type: none"> <li>• Be able to set goals and construct specific individual and group sport and exercise science development programmes</li> </ul> |
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#### 4. Health Requirements

*Professional settings and practice will generally require the student to maintain a level of good health to ensure the student and service users are not adversely affected by any health condition that may arise. As part of a general health protection, the University and/or the external placement provider may require students to undergo health screening or other forms of health assessment.*

*Students undertaking programmes with a vaccine and/or health requirement will be required to comply with the vaccination and/or health requirements of the University, as may be updated from time to time.*

*In addition, students undertaking programmes with an external placement will be required to comply with the vaccination and/or health requirements of the external placement provider, as may be updated from time to time.*

*All requirements are listed in the Table below.*

*Any restriction and supporting justification on students with disabilities enrolling on this programme and seeking to avail of accommodations provide by Disability Support Services should also be listed below in the table below.*

| <i>Vaccination and/or health requirements of the University in relation to this programme of study</i>   | <i>Vaccination and/or health requirements of the external placement provider in relation to this programme of study</i> | <i>Restriction and supporting justification on students with disabilities enrolling on this programme</i> |
|--|---|---|
| <p>Hepatitis B. The BSc Sport and Exercise Sciences programme involves the routine sampling of blood for measuring analytes such as glucose, insulin and lactate and measuring gaseous exchange through the mouth and nose (direct contact with saliva). For the safety and fitness to practise of our students and for the safety of service users during cooperative education placements, students entering the programme must be vaccinated against Hepatitis B as per Health Service Executive and World Health Organisation recommendations.</p> |   |   |

## References

- Health Service Executive, "Who should get Hepatitis B vaccine?" (<http://www.hse.ie/eng/health/immunisation/pubinfo/adult/hepb/>)
- World Health Organisation position statement on Hepatitis B vaccination (<http://www.irishhealth.com/article.html?con=255>)

Signed: \_\_\_\_\_ *Tom Conyns* \_\_\_\_\_ or \_\_\_\_\_

Course Director(s)

Associate Dean Academic Affairs