**S**atori **A**lternatives to **M**anaging **A**ggression Certification Facilitator Course Physical Requirements

**Physician Release Required:**

A Physician’s release is required for anyone currently or recently (30 days) under the care of a physician including but not limited to the following:

* Back/knee or neck injury
* Cardiac
* Pregnancy (all trimesters)
* Any recent surgery

**Communication requirements:**

Must be able to speak clearly, read and understand the English Language.

Must be able to accurately apply the Assisting Process.

**Physical Requirements**

Must be able to perform moderate physical activity including:

**Program Two:**

• Stepping backward

• Grasping

• Bending at the waist and knees

• Twisting at the waist

• Side-stepping

• Have the ability to shifting direction quickly-180 degrees

**Programs Three and Four:**

• Stepping backward

• Grasping

• Bending at the waist and knees

• Must be able to do a reverse lunge

**Reverse Lunge description**:

Using left leg (may do lunge from either side) take a large and controlled step backward with left foot. Lower your hips so that your right thigh (front leg) is parallel to the floor -right knee should be positioned directly over your ankle. Your left knee should be bent at a 90 degree angle and pointing toward the floor with your left heel lifted.

* Lower 30-50 pounds to the ground
* Must be able to get up and down from the floor

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