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WELL ACCREDITED PROFESSIONAL

WELL AP OVERVIEW

ONLINE TRAINING BY KRISHNAJI PAWAR

LEED AP(BD+C),GSAS CGP,GCP,ISO 14001

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MODULE 7

Getting a Well-Accredited Professional Credential

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WELL ACCREDITED PROFESSIONAL OVERVIEW

A WELL Accredited Professional (WELL AP) possesses the knowledge and skills required to support the WELL certification process, including design and development, integrated design, application and certification management, and advocacy for the WELL Building Standard.

Learning Objectives

- Introduction
- Knowing the process of WELL credentialing
- Basic Concepts of Sustainable Design
- Organizational Fundamentals
- WELL Building Standard
- Reasons to Become WELL Accredited
- Getting a WELL AP
- Summary and Resources
- WELL AP Quiz_Test Your Knowledge!

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INTRODUCTION

- Demonstrates knowledge and skills necessary for supporting the WELL certification process.
- Participates in the design and development process, supports integrated design, manages the application and certification process, and advocates for the adoption of the WELL Building Standard.
- Contains 115 multiple choice questions, delivered in a 2.5 hour period.
- Includes scored and unscored questions, with unscored questions used for data collection.

WELL AP EXAM SPECIFICATIONS

1. Air (11 questions)
Knowledge of:

a. Types, sources, and acceptable thresholds of indoor air contaminants
b. Short- and long-term effects of indoor air quality on human health, well-being, and productivity
c. Design, construction, and operational processes that affect air quality throughout the lifecycle of buildings
d. Strategies for addressing and monitoring indoor air quality

Skill in:

a. Analyzing the air quality results from on-site monitoring and laboratory-based tests to inform decision-making
b. Recommending strategies to prohibit smoking, minimize occupant exposure to secondhand smoke, and reduce smoke pollution
c. Recommending strategies for mechanical and natural ventilation to dilute human- and product-generated air pollutants
d. Recommending strategies to mitigate the introduction of construction-related pollutants into indoor air and remediate construction-related indoor air contamination
e. Recommending strategies that limit sources of air pollution such as combustion and isolate key sources of odors, germs, pollution or humidity
f. Recommend strategies to mitigate risks from indoor contamination and pollution sources



WELL AP EXAM SPECIFICATIONS

2. Water (9 questions)
Knowledge of:

a. Impact of water quality and moisture in buildings on human health
b. Methods to prevent microbial growth
c. Health-related and aesthetic water quality thresholds
d. Causes and effects of excess moisture in buildings
e. Strategies for hygiene support

Skill in:

a. Analyzing the water quality results from on-site and laboratory testing to inform decision-making
b. Recommending treatment methods for water quality improvement
c. Promoting proper hydration and access to drinking water that meets water quality thresholds
d. Recommending protocols for water quality monitoring
e. Assessing building design strategies and operational procedures intended for effective moisture management
f. Assessing building design and operational procedures for bathroom accommodations, hand washing stations, and hygiene amenities



WELL AP EXAM SPECIFICATIONS

3. Nourishment (10 questions)
Knowledge of:

a. Impact of nourishment and food sourcing on human health
b. Strategies for encouraging healthy and mindful eating habits
c. Supportive amenities for food production
d. Dietary requirements, nutritional content, and food literacy
e. Food labeling indicating certified organic and certified sustainable foods

Skill in:

a. Recommending strategies to increase the availability and accessibility of healthy food and beverage options
b. Providing guidance for the inclusion of nutritional labeling and allergy information on foods and beverages
c. Encouraging the selection and consumption of healthier food choices through design, advertising, messaging, and policies
d. Recommending strategies to reduce overconsumption and promote healthy portion sizes
e. Recommending strategies for providing nutrition education and promoting food literacy
f. Recommending strategies to support mindful eating through design and operations
g. Assessing policies and direct actions to accommodate individuals' diverse dietary needs



WELL AP EXAM SPECIFICATIONS

4. Light (9 questions)
Knowledge of:

a. Effects of circadian photoentrainment
b. Lighting guidelines for space types and activities
c. Strategies to control glare
d. Impacts of color rendering and flicker of artificial lights

Skill in:

a. Recommending strategies for appropriate light exposure in indoor environments
b. Recommending strategies to support circadian and psychological health through artificial lighting, daylight exposure, and outdoor views
c. Analyzing reports from daylight simulations to inform decision-making
d. Recommending strategies for a visually balanced and comfortable lighting environment
e. Recommending lighting strategies that take into account occupant preferences and needs

5. Movement (7 questions)
Knowledge of:

a. Impact of physical activity and ergonomics on human health
b. Design-based and operational strategies to promote movement through building features
c. Ergonomic workstations and active furnishings
d. Factors of site selection that can promote movement and physical activity

in:

a. Recommending design strategies and amenities to support active occupants and visitors
b. Assisting decision makers in shaping policies and implementing initiatives that promote physical activity and exercise



WELL AP EXAM SPECIFICATIONS

6. Thermal Comfort (7 questions)
Knowledge of:

a. Impact of thermal comfort on productivity and satisfaction
b. Core thermal comfort parameters and their interdependencies

Skill in:

a. Recommending strategies for enhancing thermal comfort and thermal control
b. Recommending ongoing monitoring of thermal comfort parameters using sensors and displays

7. Sound (8 questions)
A. Knowledge of:

a. Impacts of sound on human health, productivity, and satisfaction
b. Space planning, design measures, and materials that manage acoustics
c. Strategies for controlling background noises
d. Thresholds for background noise levels and reverberation time

B. Skill in:

a. Recommending strategies and target thresholds to identify, plan for, and prevent issues of acoustic disturbance
b. Assessing documentation of acoustic plans and acoustic zone labels
c. Recommending strategies to increase the level of sound isolation and speech privacy between enclosed spaces
d. Recommending strategies to meet reverberation time thresholds



WELL AP EXAM SPECIFICATIONS

8. Materials (9 questions)
Knowledge of:

a. Impacts of materials and environmental contamination on human health and wellness
b. Hazardous material ingredients regulations and restrictions
c. Compounds and chemical classes

Skill in:

a. Assessing product documentation to ensure compliance with material requirements
b. Providing guidance on implementing third-party assessments of project environment and site
c. Recommending strategies for creating transparency for stakeholders in material ingredients
d. Recommending strategies for managing hazardous waste
e. Providing guidance for operational practices and policies for pesticide use, cleaning products and protocols, and other maintenance practices

9. Mind (9 questions)
Knowledge of:

a. Relationship between human health and psychological and social well-being.
b. Sources of stress and stress management strategies
c. Interventions for improving the cognitive and emotional health of occupants and employees
d. Relationship between mental and physical health
e. Relationship between nature, wellness, and productivity
f. Health effects and interventions for addictive or abused substances

Skill in:

a. Recommending strategies to promote mental well-being through the provision of policies, programs, and trainings
b. Promoting integration of natural elements and patterns throughout the project
c. Promoting connection to culture, place, art, and human delight through design
d. Recommending strategies to design restorative spaces and programming



WELL AP EXAM SPECIFICATIONS

10. Community (9 questions)
Knowledge of:

a. The relationship between community programs, policies, and public health
b. Emergency preparedness plans
c. Strategies for addressing disparities and promoting diversity, inclusion, and community well-being
d. Occupant surveys and survey implementation

Skill in:

a. Facilitating provision of education for stakeholders
b. Coordinating the creation of a health-oriented project mission
c. Facilitating a collaborative project process
d. Coordinating with the design team to integrate universal design principles



WELL AP EXAM SPECIFICATIONS

11. WELL Certification and WELL Portfolio (12 questions)
Certification
Knowledge of:

a. Registration process for WELL Certification
b. Eligibility criteria, timeline, and process for certification and performance verification
c. Roles and responsibilities of project team members, WELL AP, WELL project administrator, owner, and WELL Coaching support team
d. WELL Building Standard v2 scoring levels and point thresholds
e. Alternative adherence paths (AAP) and equivalencies
f. Precertification and recertification process
g. Synergies and/or tradeoffs between building measures and features
h. Available pathways for award of innovation

Skill in:

a. Managing the documentation process including submissions using the WELL digital platform
b. Coordinating the certification process with project stakeholders
c. Managing post-certification requirements
d. Recommending curative actions in response to non-passing performance verification results
e. Assessing project compliance with WELL features' applicability and scoring thresholds

Portfolio Program
Knowledge of:

a. WELL Portfolio scope and eligibility requirements
b. WELL Portfolio scales of documentation and review process within WELL Portfolio
c. Factors that influence the WELL Portfolio score



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