Hope College
Athletic Training Program

Clinical Proficiency Concordance

This document contains all of the 748 clinical proficiencies required of students enrolled in CAAHEP-accredited athletic training programs. Clinical proficiencies are essential skills that competent entry-level athletic trainers should possess. This concordance should be used in conjunction with Knight's third edition of *Assessing Clinical Proficiencies in Athletic Training* (2001, Human Kinetics). The concordance is designed to help students and faculty understand which athletic training practicum course (KIN 198, 298, 398, 498) will contain the instruction and assessment of these proficiencies. The athletic training program will also offer instruction and assessment of the 542 competencies in athletic training (see the document, *Athletic Training Competencies Distributed by Course*). The competencies are typically taught and assessed in the didactic courses and the clinical proficiencies are usually taught in the practicum courses.

SUBJECT AREA	TEACHING OBJECTIVE	SPECIFIC OUTCOME	MODULE IN *KNIGHT*, 3RD ED.	PRACTICUM LEVEL (SEMESTER TAUGHT)	DIDACTIC COURSES
Risk Management and Injury Prevention	The student will perform anthropometric measurement techniques and other appropriate examination and screening procedures.	The student will assess the following:			
		➢ Height	D1	298a (3)	223
		➢ Weight	D1	298a (3)	223
		➢ Blood pressure	D1, E1	298a (3), 298b(4)	405
		➢ Pulse	D1, E1	298a (3), 298b(4)	405
		➢ Limb girth	D1	298a (3)	385, 386
		➢ Limb length	D1	298a (3)	385, 386
		➢ Vision using a Snellen eye chart	D1	298a (3)	405
		➢ Body composition, using a manual skinfold caliper and appropriate formulas	D1	298a (3)	223
	The student will perform fitness tests and record and interpret the data using accepted procedures and equipment.	The student will demonstrate the ability to perform and evaluate the results of the following tests:			
		➢ Flexibility tests	D3, E5	298a (3)	223
		➢ Strength (repetition) testing	E6	298a (3)	223
		➢ Agility tests	E6	298a (3)	402
		➢ Speed tests	E6	298a (3)	402
	The student will demonstrate the ability to 1) obtain and interpret	The student will:			
		➢ Use a sling psychrometer	B9	198a (1)	340

	environmental data, 2) recognize potential hazardous conditions and situations in the activity setting, and 3) make the appropriate recommendations for activity.	➢ Use a wet bulb globe index ➢ Interpret and present environmental data for the following conditions: heat; wind; humidity; potential for lightning strike; cold; poor air quality ➢ Check an activity setting for physical and/or environmental hazards ➢ Use and interpret weight charts	B9 B9 B9 B9	198a (1) 198a (1) 198a (1) 198a (1)	340 340 340 340
	The student will demonstrate the ability to select and fit standard protective equipment that provides safe and healthy participation in physical activity.	The student will select and fit the following protective equipment: ➢ Protective helmet and head gear ➢ Protective shoulder pads ➢ Footwear for physical activity ➢ Mouthguard ➢ Rib brace/guard ➢ Prophylactic ankle brace ➢ Prophylactic knee brace	 D2 D2 D2 C9 D2 C1 C2	 298b (4) 298b (4) 298b (4) 298b (4) 298b (4) 198a (1) 298b (4)	 340 340 340 340 340 340 340
	The student will operate and instruct the use of isometric, isotonic, and isokinetic weight training equipment.	The student will demonstrate the ability to establish repetition maximum tests.	E6	298a (3)	223
		The student will demonstrate the ability to perform an isokinetic test for the knee and shoulder.	E6, H8	298a (3)	402
		The student will demonstrate the ability to interpret data obtained from isokinetic testing and to use this information to	E6, H8	298a (3)	402

		determine appropriate follow-up care.			
		The student will perform isometric tests for the following parts of the body: ➢ Ankle ➢ Foot/toes ➢ Knee ➢ Hip ➢ Trunk/torso ➢ Shouler ➢ Elbow ➢ Wrist ➢ Hand/fingers	 E6, H5 E6, H5 E6, H5 E6, H5 E6, H5 E6, H5 E6, H5 E6, H5 E6, H5	 298a (3) 298a (3) 298a (3) 298a (3) 298a (3) 298a (3) 298a (3) 298a (3) 298a (3)	 386 386 386 386 386 385 385 385 385
		The student will perform the following tests: ➢ Upper body strength test ➢ Lower body strength test ➢ Upper body power test ➢ Lower body power test ➢ Upper body muscular endurance test ➢ Lower body muscular endurance test	 E6 E6 E6 E6 E6 E6	 298a (3) 298a (3) 298a (3) 298a (3) 298a (3) 298a (3)	 402 402 402 402 402 402
	The student will instruct and demonstrate for the client specific flexibility exercises and activities.	The student will select range-of-motion exercises and activities for all major muscle groups and their associated joints and instruct a client to perform these exercises. The exercises must include the following body regions and joints: ➢ Cervical region ➢ Shoulder: joint and girdle ➢ Elbow ➢ Wrist	 D3 D3 D3 D3	 298a (3) 298a (3) 298a (3) 298a (3)	 402 402 402 402

		➢ Hand and fingers ➢ Lumbar region ➢ Hip and pelvis ➢ Knee ➢ Leg ➢ Ankle ➢ Foot and toes	D3 D3 D3 D3 D3 D3 D3	298a (3) 298a (3) 298a (3) 298a (3) 298a (3) 298a (3) 298a (3)	402 402 402 402 402 402 402
	The student will demonstrate the ability to instruct and establish a safe environment for the use of strength and conditioning equipment.	The student will demonstrate the proper lifting technique for the following exercises: ➢ Parallel squat ➢ Heel raises ➢ Power clean ➢ Bench press ➢ Shoulder press ➢ Dead lift ➢ Arm curl ➢ Triceps extension ➢ Knee curl (flexion) ➢ Knee extension ➢ Leg press	 D4 D4 D4 D4 D4 D4 D4 D4 D4 D4 D4 D4	 298a (3) 298a (3) 298a (3) 298a (3) 298a (3) 298a (3) 298a (3) 298a (3) 298a (3) 298a (3) 298a (3) 298a (3)	 340 340 340 340 340 340 340 340 340 340 340 340
		The student will demonstrate the proper spotting technique for the following exercises ➢ parallel squat ➢ bench press ➢ shoulder press ➢ power clean ➢ dead lift	 D4 D4 D4 D4 D4	 298a (3) 298a (3) 298a (3) 298a (3) 298a (3)	 340 340 340 340 340
	The student will demonstrate the ability to construct custom protective devices. These devices include, but are not limited to, those that protect contusions, sprains, strains, wounds, and fractures from further injury.	The student will construct, apply, and remove the following protective devices: ➢ bony prominence pad ➢ friction pad (“doughnut” pad) ➢ muscle contusion pad ➢ checkrein device ➢ soft playing cast (e.g., silicone, thermofoam) ➢ hard, immobilization	 C6, C7 C4 C3 C6 J11 C3, C5, C8	 298b (4), 198b(2) 198b(2) 198a(1) 298b(4) 498a(7) 198a(1), 198b(2)	 198, 298 198, 298 198, 298 198, 298 298 198, 298

		splint or cast (e.g., thermoplastic, plaster, fiberglass)			
	The student will demonstrate the ability to select and apply preventative and protective taping, wrapping, splinting, bracing, and rehabilitative devices in order to prevent further injury.	The student will demonstrate the ability to tape, splint, wrap, pad or brace the following joints to limit motions: ➢ cervical spine ➢ hip and pelvis ➢ shoulder joint and girdle ➢ knee ➢ elbow ➢ leg ➢ wrist ➢ ankle ➢ hand and fingers ➢ foot and toes ➢ lumbar spine	 C9 C5 C6 C2 C7 C3 C7 C1 C8 C4 C5	 298b(4) 198a(1), 298b(4) 298b(4) 298b(4) 198a(1), 198b(2) 198a(1) 198a(1) 198a(1) 198a(1), 198b(2) 198a(1), 198b(2) 298b(4)	 205 205 205 205 205 205 205 205 205 205 205
Assessment and Evaluation	The student will conduct static and postural evaluation and screening procedures.	The student will recognize the following postural deviations and predisposing conditions: ➢ kyphosis ➢ genu valgum, varum, and recurvatum ➢ lordosis ➢ rearfoot valgus and varus ➢ scoliosis ➢ forefoot valgus and varus ➢ pelvic obliquity ➢ pes cavus and planus ➢ tibial torsion ➢ foot and toe posture ➢ hip anteversion and retroversion	 E2 E2 E2 E2 E2 E2 E2 E2 E2 E2 E2	 298a(3) 298a(3) 298a(3) 298a(3) 298a(3) 298a(3) 298a(3) 298a(3) 298a(3) 298a(3) 298a(3)	 386 386 386 386 386 386 386 386 386 386 386
		The student will perform a postural assessment of the following:			

		➢ cervical spine and head	E2	298a(3)	386
		➢ hip and pelvis	E2	298a(3)	386
		➢ shoulder	E2	298a(3)	385, 386
		➢ knee	E2	298a(3)	386
		➢ lumbo-thoracic region	E2	298a(3)	386
		➢ ankle, foot, and toes	E2	298a(3)	386
		The student will identify and classify body types as:			
		➢ endomorph	E2	298a(3)	222, 385
		➢ ectomorph	E2	298a(3)	222, 385
		➢ mesomorph	E2	298a(3)	222, 385
	The student will perform record keeping skills while maintaining patient confidentiality.	The student will:			
		➢ use standardized record keeping methods (e.g., SOAP, HIPS, HOPS)	A2	198a(1)	385, 386
		➢ select and use injury, rehabilitation, referral, and insurance documentation	A2	198a(1)	385, 386
		➢ use progress notes	A2	198a(1)	385, 386
	The student will demonstrate the ability to palpate anatomical structures	The student will identify and palpate the following:			
		➢ bony landmarks of the head, trunk, spine, scapula, and extremities	E4 (& multiple J modules)	198b(2)	385, 386
		➢ soft tissue structures of the head, trunk, spine, and extremities	E4 (& multiple J modules)	198b(2)	385, 386
		➢ abdominal and thoracic structures	E4 (& multiple J modules)	198b(2)	385, 386, 405
		➢ primary neurological and circulatory structures	E4 (& multiple J modules)	198b(2)	385, 386, 405
	The student will	The student will			

	assess neurological responses.	identify and assess the following:			
		➢ cranial nerves	E3 (& multiple J modules)	298a(3)	385
		➢ deep tendon reflexes	E3 (& multiple J modules)	298a(3)	385, 386
		➢ dermatomes	E3 (& multiple J modules)	298a(3)	385, 386
		➢ pathological reflexes	E3 (& multiple J modules)	298a(3)	385, 386
		➢ myotomes	E3 (& multiple J modules)	298a(3)	385, 386
	The student will perform proper clinical evaluation techniques, including range-of-motion testing (active, passive, assisted).	The student will qualitatively assess active, passive, resistive range of motion for the following:			
		➢ temporomandibular joint	E5 (& multiple J modules)	298a(3)	385, 405
		➢ hip	E5 (& multiple J modules)	298a(3)	386
		➢ cervical spine	E5 (& multiple J modules)	298a(3)	386
		➢ lumbar spine	E5 (& multiple J modules)	298a(3)	386
		➢ shoulder	E5 (& multiple J modules)	298a(3)	385
		➢ thoracic spine	E5 (& multiple J modules)	298a(3)	386
		➢ elbow	E5 (& multiple J modules)	298a(3)	385
		➢ knee	E5 (& multiple J modules)	298a(3)	386
		➢ wrist and hand	E5 (& multiple J modules)	298a(3)	385
		➢ ankle	E5 (& multiple J modules)	298a(3)	386
		➢ thumb and	E5 (&	298a(3)	385

		fingers ➢ foot and toes	multiple J modules) E5 (& multiple J modules)	 298a(3)	 386
	The student will perform clinical evaluations of major body areas to assess and interpret for injury and illness. (***Head and Face***)	Obtain the medical history of an ill or injured athlete or other physically active individual.	J13	498b(8)	385, 386, 405
		Observe and identify the clinical signs and symptoms associated with head injury: ➢ amnesia (retrograde or post-traumatic) ➢ pupil and eye movements ➢ levels of consciousness ➢ pulse ➢ orientation (person, time, place orientation) ➢ blood pressure ➢ intracranial hematoma ➢ facial postures ➢ balance and coordination	 J13 J13 J13 J13 J13 J13 J13 J13 J13	 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8)	 385, 405 385, 405 205, 385 205, 385, 405 385 385, 405 385 385 385
		Observe and identify the clinical signs and symptoms associated with eye injuries and illnesses: ➢ orbital blowout fracture ➢ detached retina ➢ conjunctivitis ➢ hyphema ➢ corneal abrasion ➢ stye ➢ corneal laceration	 J13 J13 J13 J13 J13 J13	 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8)	 385, 405 385, 405 405 205, 405 205, 405 405 405
		Observe and identify the clinical signs and symptoms associated with an ear injury or			

		illness: ➢ pinna hematoma ("cauliflower ear") ➢ otitis externa ➢ impacted cerumen ➢ otitis media	 J13 J13 J13 J13	 498b(8) 498b(8) 498b(8) 498b(8)	 385, 405 385, 405 385, 405 385, 405
		Observe and identify the clinical signs and symptoms associated with nose injury: ➢ deviated septum ➢ epistaxis ➢ nasal fracture	 J13 J13 J13	 498b(8) 498b(8) 498b(8)	 385, 405 385, 405 385, 405
		Observe and identify the clinical signs and symptoms associated with jaw, mouth, or tooth injury or illness: ➢ gingivitis ➢ tooth abscess ➢ mandibular fracture ➢ tooth extrusion ➢ maxilla fracture ➢ tooth fracture ➢ periodontitis ➢ tooth intrusion ➢ temporomandibular joint dislocation ➢ tooth luxation ➢ temporomandibular joint dysfunction	 J13 J13 J13 J13 J13 J13 J13 J13 J13 J13 J13	 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8)	 385, 405 385, 405 385, 405 385, 405 385, 405 385, 405 385, 405 385, 405 385, 405 385, 405 385, 405
		Administer appropriate sensory, neurological, and circulatory tests	J13	498b(8)	385, 405
		Administer functional tests and activity-specific tests	J13	498b(8)	385, 405
		Identify, palpate, and assess the integrity of bony landmarks	J13	498b(8)	385, 405
		Identify, palpate, and assess the integrity of	J13	498b(8)	385, 405

		soft tissue			
		administer commonly used special tests to make a differential assessment of the following:			
		➢ cranial nerves (e.g., eye motion, facial muscles)	J13	498b(8)	385
		➢ cognitive tests (e.g., recall, serial 7s, digit span)	J13	498b(8)	385
		➢ cerebellar function (e.g., Romberg's test, finger-to-nose test, heel-toe walking, heel-to-knee standing)	J13	498b(8)	385
		➢ Spinal nerve roots (e.g., upper quarter screen)	J13	498b(8)	385
	The student will perform clinical evaluations of major body areas to assess and interpret for injury and illness. (***Cervical Spine***)	Obtain the medical history of an ill or injured athlete or other physically active individual	J12	498b(8)	386
		Observe and identify the clinical signs and symptoms associated with common injuries, illnesses, and predisposing conditions:			
		➢ Atrophy	J12	498b(8)	386
		➢ intervertebral disc herniation	J12	498b(8)	386
		➢ dislocation or subluxation	J12	498b(8)	386
		➢ nerve root compression or stretch	J12	498b(8)	386
		➢ vertebral fracture	J12	498b(8)	386
		➢ ischemia	J12	498b(8)	386
		➢ head and neck posture	J12	498b(8)	386
		➢ torticollis	J12	498b(8)	386
		Administer active and passive range-of-	E5, J12	298a(3), 498b(8)	386

		motion tests using quantifiable techniques (e.g., tape measure, goniometer, and inclinometer)			
		Use manual muscle-testing techniques	J12	498b(8)	386
		Administer appropriate sensory, circulatory, and neurological tests	J12	498b(8)	386
		Administer functional tests and activity-specific tests	J12	498b(8)	386
		Identify, palpate, and assess the integrity of bony landmarks	J12	498b(8)	386
		Identify, palpate, and assess the integrity of soft tissue	J12	498b(8)	386
		Administer commonly used special tests to make a differential assessment of the following: ➢ nerve root compression (e.g., distraction/compression test, Spurling's test, shoulder depression test) ➢ brachial plexus neuropathy (e.g., brachial tension test, Tinel's sign) ➢ cervical disc herniation (e.g., Valsalva's maneuver) ➢ neurovascular dysfunction (e.g., vertebral artery test)	 J12 J12 J12 J12	 498b(8) 498b(8) 498b(8) 498b(8)	 386 386 386 386
	The student will perform clinical	Obtain the medical history of an ill or	J9	498a(7)	385

	evaluations of major body areas to assess and interpret for injury and illness. (***Shoulder***)	injured athlete or other physically active individual			
		Observe and identify the clinical signs and symptoms associated with common injuries, illnesses, and predisposing conditions:			
		➢ atrophy	J9	498a(7)	385
		➢ positioning (Sprengel's deformity)	J9	498a(7)	385
		➢ bursitis	J9	498a(7)	385
		➢ strain	J9	498a(7)	385
		➢ dislocation or subluxation	J9	498a(7)	385
		➢ scapulohumeral rhythm	J9	498a(7)	385
		➢ efficiency of movement	J9	498a(7)	385
		➢ scapular winging	J9	498a(7)	385
		➢ fracture	J9	498a(7)	385
		➢ step deformity	J9	498a(7)	385
		➢ sprain	J9	498a(7)	385
		➢ symmetry	J9	498a(7)	385
		➢ nerve injury	J9	498a(7)	385
		➢ tenosynovitis and tendonitis	J9	498a(7)	385
		administer active and passive range-of-motion tests using standard goniometric techniques	E5, J9	298a(3), 498a(7)	385
		use manual muscle-testing techniques	J9	498a(7)	385
		administer appropriate sensory, neurological, and circulatory tests	J9	498a(7)	385
		administer functional tests and activity-specific tests	J9	498a(7)	385
		identify and palpate bony landmarks	J9	498a(7)	385
		Identify and palpate soft tissue landmarks	J9	498a(7)	385
		Administer commonly used special tests to			

		make a differential assessment of the following			
		➢ glenohumeral instability (e.g., anterior drawer test, posterior drawer test, relocation test, apprehension test, clunk test, sulcus sign)	J9	498a(7)	385
		➢ acromioclavicular instability (e.g., shear test, compression test)	J9	498a(7)	385
		➢ rotator cuff impingement/inflammation (e.g., Speed's test, drop arm test, empty can test, impingement test, Hawkins-Kennedy impingement test, Neer impingement test, pectoralis major contracture test)	J9	498a(7)	385
		➢ biceps and biceps tendon pathology (e.g., Yergason's test, Ludington's test)	J9	498a(7)	385
		➢ thoracic outlet syndrome (e.g., Adson's maneuver, Allen test, military brace position)	J9	498a(7)	385
	The student will perform clinical evaluations of major body areas to assess and interpret for injury and illness. (***Elbow***)	Obtain the medical history of an ill or injured athlete or other physically active individual	J10	498a(7)	385
		Observe and identify the clinical signs and symptoms associated with common injuries, illnesses, and predisposing			

		conditions: ➢ symmetry ➢ epicondylitis ➢ carrying angle (cubital valgus and varus) ➢ tenosynovitis and tendonitis ➢ dislocation or subluxation ➢ osteochondritis dissecans ➢ fracture ➢ sprain ➢ atrophy ➢ strain ➢ efficiency of movement ➢ nerve injury ➢ bursitis	 J10 J10 J10 J10 J10 J10 J10 J10 J10 J10 J10 J10 J10	 498a(7) 498a(7) 498a(7) 498a(7) 498a(7) 498a(7) 498a(7) 498a(7) 498a(7) 498a(7) 498a(7) 	 385 385 385 385 385 385 385 385 385 385 385 385 385
		Administer active and passive range-of-motion tests using standard goniometric techniques	J10, E5	498a(7), 298a(3)	385
		Use manual muscle-testing techniques	J10	498a(7)	385
		Administer appropriate sensory, neurological, and circulatory tests	J10	498a(7)	385
		Administer functional tests and activity-specific tests	J10	498a(7)	385
		Identify, palpate, and interpret the integrity of bony landmarks	J10	498a(7)	385
		Identify, palpate, and interpret the integrity of soft tissue	J10	498a(7)	385
		Administer commonly used special tests to make a differential assessment of the following ➢ joint instability (e.g., valgus stress test, varus stress test) ➢ inflammatory conditions (e.g., tests for lateral epicondylitis,	 J10 J10	 498a(7) 498a(7)	 385 385

		tests for medial epicondylitis) ➢ neuropathy (e.g., Tinel's sign, pronator teres syndrome, pinch grip test)	J10	498a(7)	385
	The student will perform clinical evaluations of major body areas to assess and interpret for injury and illness. (***Forearm, Wrist, and Hand***)	Obtain the medical history of an ill or injured athlete or other physically active individual	J11	498a(7)	385
		Observe and identify the clinical signs and symptoms associated with the following:			
		➢ fracture (Colles' fracture, Bennett's fracture, carpal fracture ["boxer's fracture"], metacarpal fracture, phalanges fracture)	J11	498a(7)	385
		➢ dislocation or subluxation	J11	498a(7)	385
		➢ disease states (e.g., clubbed nails, spoon-shaped nails)	J11	498a(7)	385
		➢ soft tissue pathology (e.g., sprain, flexor tendon avulsion [jersey finger sign], extensor tendon avulsion [mallet finger], extensor tendon rupture [boutonniere deformity], volar plate rupture [pseudo-boutonniere deformity], Dupuytren's contracture, ganglion, swan	J11	498a(7)	385

		neck deformity, trigger finger) ➢ neurovascular involvement (e.g., carpal tunnel syndrome, bishop's or benediction deformity, ape hand, claw fingers, drop-wrist deformity, Volkmann's contracture)	J11	498a(7)	385
		Administer active and passive range-of-motion tests using standard goniometric techniques	J11, E5	498a(7), 298a(3)	385
		Use manual muscle-testing techniques	J11	498a(7)	385
		Administer appropriate sensory, neurological, and circulatory tests	J11	498a(7)	385
		Administer functional tests and activity-specific tests	J11	498a(7)	385
		Identify, palpate, and interpret the integrity of bony landmarks	J11	498a(7)	385
		Identify, palpate, and interpret the integrity of soft tissue	J11	498a(7)	385
		Administer commonly used special tests to make a differential assessment of the following: ➢ inflammatory conditions (e.g., Finkelstein test) ➢ joint instability (e.g., valgus stress test, varus stress test, glide tests) ➢ neurovascular pathology (e.g., Tinel's sign, Phalen's test)	J11 J11 J11	498a(7) 498a(7) 498a(7)	385 385 385

	The student will perform clinical evaluations of major body areas to assess and interpret for injury and illness. (***Thoracic/Lumbar Spine***)	Obtain the medical history of an ill or injured athlete or other physically active individual	J7	398b(6)	386
		Observe and identify the clinical signs and symptoms associated with common injuries, illnesses, and predisposing conditions:			
		➢ café au lait macules (spots)	J7	398b(6)	386
		➢ dislocation or subluxation	J7	398b(6)	386
		➢ spina bifida occulta	J7	398b(6)	386
		➢ facet syndrome	J7	398b(6)	386
		➢ intervertebral disc pathology	J7	398b(6)	386
		➢ spinal posture (kyphosis/ lordosis)	J7	398b(6)	386
		➢ leg length discrepancies	J7	398b(6)	386
		➢ nerve root compression	J7	398b(6)	386
		➢ sacroiliac dysfunction	J7	398b(6)	386
		➢ scoliosis	J7	398b(6)	386
		➢ vertebral pathology (e.g., spondylitis, spondylolysis, spondylolisthesis)	J7	398b(6)	
		➢ sprain	J7	398b(6)	386
		➢ stenosis	J7	398b(6)	386
		➢ step deformity	J7	398b(6)	386
		➢ strain	J7	398b(6)	386
		Administer active and passive range-of-motion tests using standard qualitative and quantitative techniques	J7, E5	398b(6), 298a(3)	386
		Use manual muscle-testing techniques	J7	398b(6)	386
		Administer appropriate sensory and neurological	J7	398b(6)	386

		tests			
		Administer functional tests and activity-specific tests	J7	398b(6)	386
		Identify, palpate, and interpret the integrity of bony landmarks	J7	398b(6)	386
		Identify, palpate, and interpret the integrity of soft tissue	J7	398b(6)	386
		Administer commonly used special tests to make a differential assessment of the following:			
		➢ intervertebral disc herniation (e.g., Valsalva's maneuver)	J7	398b(6)	386
		➢ neuropathy (e.g., straight leg raise test, well straight leg test, Babinski's reflex test, Oppenheim's gait test, Kernig's sign, Brudzinski sign test, bowstring test, Hoover sign test)	J7	398b(6)	386
		➢ vertebral defects (e.g., stork standing test/spondylolisthesis test**)**	J7	398b(6)	386
		➢ joint instability (e.g., spring test)	J7	398b(6)	386
	The student will perform clinical evaluations of major body areas to assess and interpret for injury and illness. (***Hip and Pelvis***)	Obtain the medical history of an ill or injured athlete or other physically active individual	J6	398b(6)	386
		Observe and identify the clinical signs and symptoms associated with common injuries, illnesses, and predisposing conditions:			

		➢ leg length discrepancies	J6	398b(6)	386
		➢ osteitis pubis	J6	398b(6)	386
		➢ hip retroversion	J6	398b(6)	386
		➢ athletic pubalgia	J6	398b(6)	386
		➢ hip anteversion	J6	398b(6)	386
		➢ bursitis	J6	398b(6)	386
		➢ Legg-Calvϑ-Perthes disease	J6	398b(6)	386
		➢ piriformis syndrome	J6	398b(6)	386
		➢ apophysitis	J6	398b(6)	386
		➢ iliotibial band syndrome	J6	398b(6)	386
		➢ slipped capital femoral epiphysis	J6	398b(6)	386
		➢ contusion	J6	398b(6)	386
		➢ dislocation or subluxation	J6	398b(6)	386
		➢ sprain	J6	398b(6)	386
		➢ fracture	J6	398b(6)	386
		➢ strain	J6	398b(6)	386
		➢ stress fracture	J6	398b(6)	386
		➢ tendonitis	J6	398b(6)	386
		Administer active and passive range-of-motion tests using standard goniometric techniques and/or a tape measure	J6	398b(6)	386
		Use manual muscle-testing techniques	J6	398b(6)	386
		Administer appropriate sensory, neurological, and circulatory tests	J6	398b(6)	386
		Administer functional tests and activity-specific tests	J6	398b(6)	386
		Identify, palpate, and interpret the integrity of bony landmarks	J6	398b(6)	386
		Identify, palpate, and interpret the integrity of soft tissue	J6	398b(6)	386
		Administer commonly used special tests to make a differential assessment of the following: ➢ sacroiliac	J6	398b(6)	386

		dysfunction (e.g., Patrick's/FABER, Gaenslen's test, pelvic compression/distraction test)			
		➢ neuropathy (e.g., femoral nerve traction test)	J6	398b(6)	386
		➢ neuromuscular pathology (e.g., Trendelenburg test, Thomas test, rectus femoris contracture test, Ober test, Noble's test, piriformis test)	J6	398b(6)	386
	The student will perform clinical evaluations of major body areas to assess and interpret for injury and illness. (***Knee***)	Obtain the medical history of an ill or injured athlete or other physically active individual	J4	398a(5)	386
		Observe and identify the clinical signs and symptoms associated with common injuries, illnesses, and predisposing conditions:			
		➢ bursitis	J4	398a(5)	386
		➢ chondromalacia patella	J4	398a(5)	386
		➢ dislocation and subluxation	J4	398a(5)	386
		➢ fat pad contusion	J4	398a(5)	386
		➢ fracture	J4	398a(5)	386
		➢ leg length	J4	398a(5)	386
		➢ meniscal tear	J4	398a(5)	386
		➢ Osgood-Schlatter disease	J4	398a(5)	386
		➢ osteochondritis dissecans	J4	398a(5)	386
		➢ patellar alignment (e.g., patella alta, patella baja, squinting patella, Q angle)	J4	398a(5)	386
		➢ patellar tendon rupture	J4	398a(5)	386
		➢ peroneal nerve	J4	398a(5)	386

		contusion or palsy ➢ popliteal cyst ➢ sprain ➢ strain ➢ tendonitis ➢ tibial torsion ➢ tibiofemoral alignment (e.g., genu recurvatum, genu valgum, genu varum)	 J4 J4 J4 J4 J4 J4	 398a(5) 398a(5) 398a(5) 398a(5) 398a(5) 398a(5)	 386 386 386 386 386 386
		Administer active and passive range-of-motion tests using standard goniometric techniques	J4, E5	398a(5), 298a(3)	386
		Use manual muscle-testing techniques	J4	398a(5)	386
		Administer appropriate sensory, neurological, and circulatory tests	J4	398a(5)	386
		Administer functional tests and activity-specific tests	J4	398a(5)	386
		Identify, palpate, and interpret the integrity of bony landmarks	J4	398a(5)	386
		Identify, palpate, and interpret the integrity of soft tissue	J4	398a(5)	386
		Administer commonly used special tests to make a differential assessment of the following: ➢ uniplanar stress tests (e.g., valgus stress test, varus stress test, Lachman test, anterior drawer test, posterior drawer test, posterior sag sign) ➢ multiplanar (rotational) stress tests (e.g., Slocum test, Hughston's test, lateral pivot shift	 J4 J4	 398a(5) 398a(5)	 386 386

		maneuver) ➢ meniscal tears (e.g., McMurray's test, Apley's test) ➢ patellofemoral dysfunction (e.g., grind test, apprehension test) ➢ intra-extracapsular swelling (e.g., sweep test, ballottable patella)	J4 J4 J4	398a(5) 398a(5) 398a(5)	386 386 386
	The student will perform clinical evaluations of major body areas to assess and interpret for injury and illness. (***Leg, Ankle, and Foot***)	Obtain the medical history of an ill or injured athlete or other physically active individual	J1, J2, J3	398a(5)	386
		Observe and identify the clinical signs and symptoms associated with the following common injuries, illnesses, and predisposing conditions: ➢ overuse injures (e.g., bursitis, exostosis, fasciitis, stress fracture, tarsal tunnel syndrome, tendonitis and/or tenosynovitis, tibial stress syndrome) ➢ Achilles tendon rupture ➢ compartment syndromes ➢ apophysitis ➢ dislocation or subluxation ➢ foot type/structure (e.g., forefoot varus/valgus, equinus deformity, pes	J1, J2, J3 J3 J3 J1 J1, J2 J1	398a(5) 398a(5) 398a(5) 398a(5) 398a(5)	386 386 386 386 386

		deformity, pes cavus/planus, plantar flexed first ray, rearfoot [hindfoot] varus/valgus) ➢ fracture ➢ deep vein thrombosis (e.g., Homans' sign) ➢ neuroma ➢ osteochondritis dissecans ➢ sprain ➢ strain ➢ toe structure/alignment (e.g., bunion, claw toes, hallux rigidus, hallux valgus, hammer toes, mallet toe, Morton's foot syndrome) ➢ weight-bearing versus non-weight-bearing alignment ➢ gait	 J1, J2, J3 J3 J1 J1 J1, J2 J1, J2, J3 J1 J1 J1	 398a(5) 398a(5) 398a(5) 398a(5) 398a(5) 398a(5) 398a(5) 398a(5)	 386 386 386 386 386 386 386 386
		Administer active and passive range-of-motion tests using standard goniometric techniques	J1, J2, J3, E5	398a(5), 298a(3)	386
		Use manual muscle-testing techniques	J1, J2, J3	398a(5)	386
		Administer appropriate sensory, neurological, and circulatory tests	J1, J2, J3	398a(5)	386
		Administer functional tests and activity-specific tests	J1, J2, J3	398a(5)	386
		Identify, palpate, and interpret the integrity of bony landmarks	J1, J2, J3	398a(5)	386
		Identify, palpate, and interpret the integrity of soft tissue	J1, J2, J3	398a(5)	386
		Administer the following commonly used special tests to make a differential assessment:			

		➢ compression test (e.g., Pott's fracture)	J1	398a(5)	386
		➢ talar tilt test	J2	398a(5)	386
		➢ percussion test	J1	398a(5)	386
		➢ Thompson test	J3	398a(5)	386
		➢ anterior drawer test	J2	398a(5)	386
		➢ Tinel's sign	J1	398a(5)	386
		➢ Kleiger's test	J2	398a(5)	386
		➢ Homans' sign	J3	398a(5)	386
Acute Care of Injury and Illness	The student will demonstrate the ability to implement an emergency action plan (EAP).	The student will demonstrate the ability to implement an EAP for an activity, setting, or event.	B1	198a(1)	404
		The student will correctly triage emergency situations.	B1	198a(1)	205
	The student will demonstrate the ability to apply first-aid techniques using universal precautions.	The student will demonstrate the ability to:			
		➢ manage open and closed wounds	B7	198a(1)	205
		➢ apply direct and indirect pressure to control bleeding	B7	198a(1)	205
		➢ clean, debride, and protect an open wound	B7	198a(1)	205
		➢ apply superficial skin closures	B7	198a(1)	205
		➢ properly apply and remove gloves and other personal protective equipment	B8	198a(1)	205
		➢ properly dispose of biohazardous waste	B8	198a(1)	205
		➢ apply appropriate dressings	B7	198a(1)	205
		➢ apply ice, compression, and elevation to an acute sprain, strain, or	B6	198a(1)	205

		contusion			
	The student will demonstrate the ability to apply immobilization devices to applicable body parts.	The student will demonstrate the ability to: ➢ select and apply an appropriate splint to a sprain, strain, fracture, subluxation, and dislocation ➢ stabilize and spine board or body splint an adult or child with a suspected spinal injury	B4 B4	198b(2) 198b(2)	205 205
	The student will recognize and manage environmentally related injuries and illnesses and, when indicated, refer the patient to the proper medical professional.	The student will evaluate and manage the following: ➢ heat exhaustion ➢ heat stroke ➢ heat syncope ➢ hypothermia	B4 B4 B4 B4	198b(2) 198b(2) 198b(2) 198b(2)	205, 340, 430 205, 340, 430 205, 340, 430 205, 340, 430
	The student will demonstrate the ability to perform basic life-support techniques.	The student will demonstrate the ability to: ➢ establish and manage an airway ➢ establish and manage an airway in an athlete wearing protective headgear ➢ perform CPR on an adult or child with or without a spinal injury ➢ use a bag-valve-mask (BVM) on an adult or child for rescue breathing ➢ use a protective pocket mask/shield on an adult or child	B2 B2 B2 B2 B2	198b(2) 198b(2) 198b(2) 198b(2) 198b(2)	205 205 205 205 205

		for rescue breathing			
	The student will demonstrate the ability to use various methods of stabilization and transportation to facilitate the movement or ambulation of the injured person.	The student will demonstrate the ability to: ➢ stabilize and transport an adult or child with a head and/or spinal injury ➢ stabilize and transport an adult or child with a fracture and/or dislocation ➢ select, fit, and instruct the patient in the use of crutches ➢ select, fit, and instruct the patient in the use of a cane ➢ transport an injured adult or child using a manual conveyance technique ➢ perform two-person CPR ➢ assist a drowning victim	B4 B4 B6 B6 B4 B2 B2	198b(2) 198b(2) 198a(1) 198a(1) 198b(2) 198b(2) 198b(2)	205 205 205 205 205 205 205

Pharmacology	The student will locate and utilize pharmaceutical products, storage, dispensing, and tracking information.	Use the PDR or another drug reference to search for information on the medications commonly prescribed to athletes and others involved in physical activity and to identify the following facts:			
		➢ generic and brand names	F1	298b(4)	405
		➢ dosing	F1	298b(4)	405
		➢ indications for use	F1	298b(4)	405
		➢ other notes (e.g., banned substance)	F1	298b(4)	405
		➢ contraindications	F1	298b(4)	405
		➢ side (adverse) effects	F1	298b(4)	405
		➢ warnings	F1	298b(4)	405
		Document, or simulate the documentation of, the tracking of medications by recording the following information about the medication:			
		➢ name	F2	298b(4)	405
		➢ dosage	F2	298b(4)	405
		➢ manufacturer	F2	298b(4)	405
		➢ lot number	F2	298b(4)	405
		➢ amount	F2	298b(4)	405
		➢ expiration date	F2	298b(4)	405
		Locate the policies-and-procedures manual, identify the section on medications, and replicate the procedures for administering medications to athletes and others involved in physical activity, which include the following:			
		➢ determine type of over-the-counter	F2	398b(4)	405

		(OTC) medication to be used according to the physical ailment and established protocols			
		➢ identify the precautions, expiration date, lot number, and dosage for the medication as provided on the package and individual dose packets	F2	398b(4)	405
		➢ administer OTC medication by providing verbal and written instruction for its use to the patient and then recording and documenting the administration	F2	398b(4)	405
	The student will activate a poison control service.	Locate the phone number and address of the nearest poison control center and replicate the reporting of a drug overdose or poisoning situation. The report should state the following information:			
		➢ name and location of person making the call	B11	198b(2)	205
		➢ name and age of person who has taken the medication	B11	198b(2)	205
		➢ name and dosage of the drug taken	B11	198b(2)	205
		➢ time the drug was taken	B11	198b(2)	205
		➢ signs and symptoms associated with overdose or poison situation, including vital	B11	198b(2)	205

		signs			
	The student will demonstrate the ability to instruct the use of and administer bronchodilators and epinephrine.	Replicate the following procedures for using an emergency epinephrine injection to prevent anaphylaxis: ➢ identify indications for an epinephrine injection ➢ demonstrate proper use through verbal and nonverbal instruction ➢ identify signs and symptoms that might indicate an allergic reaction to or overdose of epinephrine ➢ demonstrate proper storage of epinephrine injectable ➢ demonstrate proper disposal of used injection system	B10 B10 B10 B10 B10	298a(3) 298a(3) 298a(3) 298a(3) 298a(3)	205, 405 205, 405 205, 405 205, 405 205, 405
		Replicate the following procedures for using an emergency bronchodilator (inhaler) to prevent asthma attacks: ➢ identify indications for use of a bronchodilator ➢ demonstrate proper use through verbal and nonverbal instruction ➢ identify signs and symptoms that might indicate an allergic reaction to or overdose of	B10 B10 B10	298a(3) 298a(3) 298a(3)	405 405 405

		a bronchodilator ➢ demonstrate proper storage of a bronchodilator	B10	298a(3)	405
Therapeutic Modalities	The student will relate the findings of a physical examination to determine the appropriate course of treatment.	The student will perform a physical examination to identify the current inflammatory stage.	***ADD TO G1-G11***	198a(1), 198b(2), 298a(3), 298b(4), 398b(6)	401, 402
		The student will perform a physical examination and interview to identify the indications, contraindications, and precautions to various treatment protocols.	G1-G12	198a(1), 198b(2), 298a(3), 298b(4), 398b(6)	401
	The student will demonstrate the ability to apply therapeutic modalities.	**Cryotherapy** The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply the following:			
		➢ cold whirlpool treatment	G4	198b(2)	401
		➢ ice immersion	G4	198b(2)	401
		➢ controlled cold therapy unit	G4	198b(2)	401
		➢ ice massage	G4	198b(2)	401
		➢ ice pack	G4	198b(2)	401
		➢ cryokinetics	G5	198b(2)	401
		➢ vapo-coolant spray	G4	198b(2)	401
		Thermotherapy The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply the following:			
		➢ moist heat pack	G2	198a(1)	401
		➢ contrast bath	**ADD TO**	198a(1)	401
		➢ paraffin treatment	**G1**	198a(1)	401

		➢ warm whirlpool treatment	G3 G1	198a(1)	401
		Electrotherapy The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply the following:			
		➢ sensory-level pain control treatment	G10	198b(2)	401
		➢ muscle atrophy retardation treatment	G10	298a(3)	401
		➢ noxious-level pain control treatment	G10	298a(3)	401
		➢ acute edema treatment	G10	298a(3)	401
		➢ motor-level pain control treatment	G10	298a(3)	401
		➢ muscle splinting/spasm treatment	G10	198b(2)	401
		➢ muscle re-education treatment	G10	298a(3)	401
		➢ iontophoresis treatment	G10	298b(4)	401
		➢ muscle pumping treatment	G10	298a(3)	401
		Electrotherapy The student will set-up and apply the following types of electrical stimulation units:			
		➢ monophasic stimulator (e.g., high volt stimulation)	G10	198b(2)	401
		➢ biphasic stimulator (e.g., Transcutaneous Electrical Nerve Stimulation [TENS], Neuromuscular Electrical	G10	198b(2)	401

		Stimulation [NMES]) ➢ direct current (e.g., iontophoresis) ➢ alternating current (e.g., interferential, NMES) ➢ multifunction electrical stimulation devices	 G10 G10 G10	 398b(4) 198b(2) 198b(2), 298a(3)	 401 401 401
		Ultrasound The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply the following: ➢ thermal ultrasound treatment ➢ non-thermal ultrasound treatment ➢ combination electrical-stimulation/ultrasound treatment ➢ phonophoresis treatment ➢ indirect application of ultrasound treatment (underwater, bladder)	 G8 G8 G8 G8 G8	 198a(1) 198a(1) 198a(1) 198a(1) 198a(1)	 401 401 401 401 401
		Traction The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply the following: ➢ mechanical traction ➢ manual traction ➢ positional traction	 G12 G12 G12	 298b(4) 298b(4) 298b(4)	 401 401 401

		Intermittent Compression The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply intermittent compression to the upper and lower extremities.	G7	198b(2)	401
		Therapeutic Massage The student will demonstrate the ability to prepare and apply a massage treatment.	G11	298a(3)	401
		Therapeutic Massage The student will demonstrate the ability to properly perform the following therapeutic massage strokes: ➢ effleurage ➢ tapotement ➢ petrissage ➢ vibration ➢ friction (circular, transverse) ➢ myofascial release techniques	 G11 G11 G11 G11 G11 G11	 298a(3) 298a(3) 298a(3) 298a(3) 298a(3) 298a(3)	 401 401 401 401 401 401
Therapeutic Exercise	The student will demonstrate the ability to perform therapeutic exercises.	Exercise to improve the range of motion of the upper extremity, lower extremity, trunk, and cervical spine. The student will demonstrate the ability to instruct the following exercises:			

		➢ passive range-of-motion exercises	D3, H3	298a(3)	402
		➢ active range-of-motion exercises	D3, H3	298a(3)	402
		➢ active-assisted range-of-motion exercises	D3, H3	298a(3)	402
		➢ joint mobilization	H4	298a(3)	402
		➢ self-mobilizations	H4	298a(3)	402
		Exercise to improve muscular strength. The student will demonstrate the ability to instruct exercises for the following parts of the body using isometric and progressive resistance techniques:			
		➢ lower extremity	H5, H6, H7	298a(3)	402
		➢ upper extremity	H5, H6, H7	298a(3)	402
		➢ cervical spine	H5, H6, H7	298a(3)	402
		➢ trunk and torso	H5, H6, H7	298a(3)	402
		Exercise to improve muscular endurance. The student will demonstrate the ability to instruct the following exercise modalities: **<u>Upper Body</u>**			
		➢ aquatic	H9, H10	298b(4)	402
		➢ UBE/Stationary bicycle	H9, H15	298b(4)	402
		➢ Physioballs	H9	298b(4)	402
		➢ Treadmill	H15	298b(4)	402
		<u>Lower Body</u>			
		➢ Aquatic	H9, H10	298b(4)	402
		➢ Stationary bicycle	H9, H15	298b(4)	402
		➢ stair	H9, H15	298b(4)	402
		Exercise to improve muscular speed. The student will demonstrate the ability to instruct the following activities:			

		Upper Body ➢ reaction drills ➢ sprint work ➢ Fartlek training **Lower Body** ➢ Reaction drills	 H12 H12 H12 H12	 298b(4) 298b(4) 298b(4) 298b(4)	 402 402 402 402
		Exercise to improve muscular power. The student will demonstrate the ability to instruct plyometric exercises for the upper and lower extremities.	H14	298b(4)	402
		Exercise to improve neuromuscular control and coordination. The student will demonstrate the ability to instruct the following activities: **Upper Body** ➢ PNF patterns ➢ Rythmic stabilization ➢ Double and single arm balancing ➢ Wobble board or balance apparatus ➢ Weighted ball rebounding or toss **Lower Body** ➢ PNF patterns ➢ Proprioception board or balance apparatus ➢ Incline board ➢ Single leg balancing **Neck**	 H11 H11 H11 H11 H11 H11 H11 H11 H11	 298b(4) 298b(4) 298b(4) 298b(4) 298b(4) 298b(4) 298b(4) 298b(4) 298b(4)	 402 402 402 402 402 402 402 402 402

		➢ Stabilization ➢ Postural correction **Trunk** ➢ Stabilization ➢ Postural correction	H11 H11 H11 H11	298b(4) 298b(4) 298b(4) 298b(4)	402 402 402 402
		Exercise to improve agility. The student will demonstrate the ability to instruct the following activities: **Upper Body** ➢ Throwing ➢ Catching **Lower Body** ➢ Carioca ➢ Cross-over ➢ Figure eight (8)	 H13 H13 H13 H13 H13	 298b(4) 298b(4) 298b(4) 298b(4) 298b(4)	 402 402 402 402 402
		Exercise to improve cardiorespiratory endurance. The student will demonstrate the ability to instruct the following activities: **Upper Body** ➢ Upper body ergometer ➢ Stationary bicycle ➢ Aquatic ➢ Stair climber **Lower Body** ➢ Bicycle ergometer ➢ Treadmill ➢ Stair climber ➢ aquatic	 H15 H15 H15 H15 H15 H15 H15 H15 H15	 298b(4) 298b(4) 298b(4) 298b(4) 298b(4) 298b(4) 298b(4) 298b(4) 298b(4)	 402 402 402 402 402 402 402 402 402
		The student will demonstrate the ability to assess joint end point and to select and perform			

		appropriate joint mobilization techniques for the appendicular and axial skeleton, including the following: ➢ long-axis distraction ➢ appropriate glides (e.g., anterior/posterior, superior/inferior)	 H4 H4	 298a(3) 298a(3)	 402 402
		The student will demonstrate the ability to instruct and perform exercises to improve activity-specific skills (running, striking, throwing, catching, swimming, biking, climbing, etc.).	H16	298b(4)	402
General Medical Conditions and Disabilities	*(no specific teaching objectives for this section)*	Obtain a basic medical history that includes the following components: ➢ previous medical history ➢ current medication history ➢ previous surgical history ➢ relevant social history ➢ pertinent family medical history ➢ chief medical complaint	 E1 E1 E1 E1 E1 E1	 298b(4) 298b(4) 298b(4) 298b(4) 298b(4) 298b(4)	 405 405 405 405 405 405
		Ascertain body temperature via the following: ➢ oral temperature ➢ axillary temperature ➢ tympanic temperature	 E1 E1 E1	 298b(4) 298b(4) 298b(4)	 405 405 405
		Ascertain the			

		following vital signs: ➢ blood pressure ➢ pulse (rate and quality) ➢ respirations (rate and quality)	 E1 E1 E1	 298b(4) 298b(4) 298b(4)	 222, 405 205, 222, 405 205, 405
		Palpate the four abdominal quadrants to assess for the following: ➢ guarding and rigidity ➢ pain	 E1 E1	 298b(4) 298b(4)	 340, 405 340, 405
		Use a stethoscope to identify the following: ➢ normal breath sounds ➢ normal heart sounds ➢ normal bowel sounds	 E1 E1 E1	 298b(4) 298b(4) 298b(4)	 405 405 405
		Identify pathological breathing patterns to make a differential assessment for the following respiratory conditions: ➢ apnea ➢ bradypnea ➢ tachypnea ➢ dyspnea ➢ hyperventilation ➢ obstructed airway	 E1 E1 E1 E1 E1 B2, E1	 298b(4) 298b(4) 298b(4) 298b(4) 298b(4) 198b(2), 298b(4)	 205, 405 205, 405 205, 405 205, 405 205, 405 205, 405
		Demonstrate proficiency in the use of an otoscope to examine the nose and the outer and middle ear.	E1	298b(4)	405
		Measure urine values with Chemstrips (dipsticks)	E1	298b(4)	405
		Recognize the signs, symptoms, and predisposing conditions associated			

		with the following diseases and conditions: **<u>Skin</u>**			
		➢ abscesses	J14	498b(8)	405
		➢ herpes zoster	J14	498b(8)	405
		➢ acne vulgaris	J14	498b(8)	405
		➢ hives	J14	498b(8)	405
		➢ carbuncle	J14	498b(8)	405
		➢ impetigo	J14	498b(8)	405
		➢ cellulitis	J14	498b(8)	405
		➢ psoriasis	J14	498b(8)	405
		➢ molluscum contagiosum	J14	498b(8)	405
		➢ ringworm	J14	498b(8)	405
		➢ dermatitis	J14	498b(8)	405
		➢ scabies	J14	498b(8)	405
		➢ eczema	J14	498b(8)	405
		➢ sebaceous cysts	J14	498b(8)	405
		➢ folliculitis	J14	498b(8)	405
		➢ tinea cruris	J14	498b(8)	405
		➢ frostbite	J14	498b(8)	405
		➢ tinea pedis	J14	498b(8)	405
		➢ furunculosis	J14	498b(8)	405
		➢ verruca plantaris	J14	498b(8)	405
		➢ herpes simplex	J14	498b(8)	405
		➢ verruca vulgaris	J14	498b(8)	405
		➢ tinea versicolor	J14	498b(8)	405
		➢ tinea capitis	J14	498b(8)	405
		➢ pediculosis	J14	498b(8)	405
		Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions: **<u>The Eyes, Ears, Nose, and Throat</u>**			
		➢ common cold	J16	498b(8)	405
		➢ rhinitis	J16	498b(8)	405
		➢ conjunctivitis	J16	498b(8)	405
		➢ sinusitis	J16	498b(8)	405
		➢ laryngitis	J16	498b(8)	405
		➢ tetanus	J16	498b(8)	405
		➢ pharyngitis	J16	498b(8)	405
		➢ tonsillitis	J16	498b(8)	405
		Recognize the signs, symptoms, and predisposing			

		conditions associated with the following diseases and conditions: **<u>Respiratory System</u>** ➢ asthma ➢ influenza ➢ bronchitis ➢ pneumonia ➢ hyperventilation ➢ upper respiratory infection (URI) ➢ hay fever	 J16 J16 J16 J16 J16 J16 J16 J16	 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8)	 405 405 405 405 405 405 405 405
		Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions: **<u>Cardiovascular System</u>** ➢ hypertension ➢ migraine headache ➢ hypertrophic myocardiopathy ➢ shock ➢ hypotension ➢ syncope	 J17 J17 J17 B4 J17 ***<u>ADD TO J17</u>***	 498b(8) 498b(8) 498b(8) 198b(2) 498b(8) 498b(8)	 405 405 405 205, 405 405 405
		Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions: **<u>Endocrine System</u>** ➢ diabetes ➢ hypothyroidism ➢ hyperthyroidism ➢ pancreatitis	 J15 J15 J15 J15	 498b(8) 498b(8) 498b(8) 498b(8)	 205, 405 405 405 405
		Recognize the signs, symptoms, and predisposing conditions associated			

		with the following diseases and conditions: **<u>Gastrointestinal Tract</u>**			
		➢ appendicitis	J17	498b(8)	405
		➢ gastritis	J17	498b(8)	405
		➢ colitis	J17	498b(8)	405
		➢ gastroenteritis	J17	498b(8)	405
		➢ constipation	J17	498b(8)	405
		➢ indigestion	J17	498b(8)	405
		➢ diarrhea	J17	498b(8)	405
		➢ ulcer	J17	498b(8)	405
		➢ esophageal reflux	J17	498b(8)	405
		➢ irritable bowel syndrome	J17	498b(8)	405
		Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions: **<u>Eating Disorders</u>**			
		➢ anorexia	F4	398b(6)	307, 405
		➢ bulimia	F4	398b(6)	307, 405
		➢ obesity	F4	398b(6)	307, 405
		Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions: **<u>Sexually Transmitted Diseases/Diseases Transmitted by Body Fluid</u>**			
		➢ HIV/AIDS	J18	498b(8)	203, 405
		➢ genital warts	J18	498b(8)	203, 405
		➢ hepatitis	J18	498b(8)	203, 405
		➢ gonorrhea	J18	498b(8)	203, 405
		➢ chlamydia	J18	498b(8)	203, 405
		➢ syphilis	J18	498b(8)	203, 405
		Recognize the signs, symptoms, and			

		predisposing conditions associated with the following diseases and conditions: **<u>Genitourinary Tract and Organs</u>** ➢ kidney stones ➢ urinary tract infection ➢ spermatic cord torsion ➢ hydrocele ➢ candidiasis ➢ varicocele ➢ urethritis	 J18 J18 J18 J18 J18 J18 J18	 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8)	 405 405 405 405 405 405 405
		Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions: **<u>Gynecological Disorders</u>** ➢ amenorrhea ➢ pelvic inflammatory disease ➢ dysmenorrhea ➢ vaginitis ➢ oligomenorrhea	 J18 J18 J18 J18 J18 J18	 498b(8) 498b(8) 498b(8) 498b(8) 498b(8) 498b(8)	 405 405 405 405 405 405
		Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions: **<u>Viral Syndromes</u>** ➢ infectious mononucleosis ➢ measles ➢ mumps	 J15 J15 J15	 498b(8) 498b(8) 498b(8)	 405 405 405
		Recognize the signs, symptoms, and predisposing			

		conditions associated with the following diseases and conditions: **<u>Neurological Disorders</u>** ➢ epilepsy ➢ reflex sympathetic dystrophy ➢ syncope ➢ meningitis	 J15 J15 J15 J15	 498b(8) 498b(8) 498b(8) 498b(8)	 405 405 405 405
		Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions: **<u>Systemic Diseases</u>** ➢ iron-deficiency anemia (systemic) ➢ sickle cell anemia (systemic) ➢ Lyme disease	 J15 J15 J15	 498b(8) 498b(8) 498b(8)	 405 405 405
Nutritional Aspects of Injury and Illnesses	The student will demonstrate the ability to design general nutrition programs for athletes and others involved in physical activity.	The student will demonstrate the ability to access and recommend nutritional guidelines for the following: ➢ pre-participation meal ➢ weight gain ➢ weight loss ➢ fluid replacement	 F3 F3 F3 F3	 398b(6) 398b(6) 398b(6) 398b(6)	 307 307 307 307
		The student will demonstrate the ability to use the nutritional food pyramid.	F3	398b(6)	307
		The student will demonstrate the ability to access and assess the following nutritional intake			

		values: ➢ RDA or equivalency ➢ vitamin intake ➢ protein intake ➢ mineral intake ➢ fat intake ➢ fluid intake ➢ carbohydrate intake	 F3 F3 F3 F3 F3 F3 F3	 398b(6) 398b(6) 398b(6) 398b(6) 398b(6) 398b(6) 398b(6)	 307 307 307 307 307 307 307
		The student will demonstrate the ability to determine energy expenditure and caloric intake.	F3	398b(6)	307
		The student will demonstrate the ability to calculate the basal metabolic rate of energy expenditure.	F3	398b(6)	307
		Simulate intervention with an individual who has the signs and symptoms of disordered eating	F4	398b(6)	307, Psych 420
		Identify proper referral sources for disordered eating.	F4	398b(6)	307, 404, Psych 420
Psychosocial Intervention and Referral	The student will demonstrate the ability to intervene and make the referral to appropriate medical or allied medical professional.	Simulate intervention with an individual who has a substance abuse problem and recommend appropriate referral	K2	398a(5)	Psych 420
		Simulate a confidential conversation with a health care professional concerning suspected substance abuse by an athlete or other physically active individual	K2	398a(5)	Psych 420
		Locate the available community-based	K3	398a(5)	Psych 420

		resources for psychosocial intervention			
	The student will integrate motivational techniques into the rehabilitation program.	Simulate the following motivational techniques used during rehabilitation: ➢ verbal motivation ➢ imagery ➢ visualization ➢ desensitization	 H2 H2 H2 H2	 498a(7) 498a(7) 498a(7) 498a(7)	 402 402 402 402
Health Care Administration	The student will demonstrate appropriate communication skills.	The student will: ➢ calm, reassure, and explain a potentially catastrophic injury to an injured adult or child, athletic personnel, and/or family member ➢ effectively communicate and work with physicians, emergency medical technicians (EMTs), and other members of the allied health care community and sports medicine team ➢ appropriately communicate with athletic personnel and family members ➢ use ethnic and cultural sensitivity in all aspects of communication ➢ communicate with diverse community populations	 K1 K1 K1 K1 K1	 498a(7) 498a(7) 498a(7) 498a(7) 498a(7)	 404 404 404 404 404
	The student will use contemporary multimedia, computer hardware,	The student will access information and manage data using contemporary			

	and software as related to the practice of athletic training.	multimedia, computer equipment, and software. This should include, but not be limited to, use of the following:			
		➢ word processing software	L1	498b(8)	340
		➢ injury tracking software	L1	498b(8)	340
		➢ file management systems	L1	498b(8)	340
		➢ the World Wide Web	L1	498b(8)	340
		➢ spreadsheets	L1	498b(8)	340
		➢ communication (e-mail)	L1	498b(8)	340
		➢ budgeting software	L1	498b(8)	340
		➢ presentation software	M2	498a(7)	340
	The student will demonstrate the ability to perform record keeping skills with sensitivity to patient confidentiality.	The student will			
		➢ use standardized record keeping methods (e.g., SOAP, HIPS, HOPS)	A2	198a(1)	385, 386
		➢ select and use injury, rehabilitation, referral, and insurance documentation	A2	198a(1)	404
		➢ use progress notes	A2	198a(1)	385, 386
		➢ organize patient files to allow systematic storage and retrieval	A2	198a(1)	404
	The student will demonstrate the ability to develop athletic training facilities and administrative plans.	The student will demonstrate the ability to develop facility design plans that include, but are not limited to, the following components:			
		➢ basic floor plan design	L5	398a(6)	404
		➢ facility evacuation	L5	398a(6)	404

		➢ basic rehabilitation and treatment area plans	L5	398a(6)	404
		The student will demonstrate the ability to develop administrative plans that include but are not limited to, the following components:			
		➢ risk management	L4	398a(6)	404
		➢ developing policies and procedures	L4	398a(6)	404
		➢ developing budget (expendable and capital)	L4	398a(6)	404
		➢ addressing facility hazards	L4	398a(6)	404
	The student will demonstrate the ability to prepare and interpret sample design for scientific research.	The student will interpret the following basic literature:			
		➢ case study	M1	498a(7)	Math 210
		➢ outcome measurement, including statistical interpretation	M1	498a(7)	Math 210
		➢ literature review	M1	498a(7)	Math 210
Professional Development and Responsibilities	The student will demonstrate the ability to disseminate injury prevention and health care information.	The student will develop a presentation outline for an athletic training topic. The outline may include, but is not limited to, the following audiences:			
		➢ peer athletic trainers	M2	498a(7)	404
		➢ physicians	M2	498a(7)	404
		➢ parents	M2	498a(7)	404
		➢ athletic personnel	M2	498a(7)	404
		➢ general public	M2	498a(7)	404
		➢ athletes and others involved in physical activity	M2	498a(7)	404
		The student will	M3	498b(8)	404

		develop a professional resume.			