

Sterling College Athletic Training Education Program

CLINICAL PROFICIENCY MATRIX

RISK MANAGEMENT AND INJURY PREVENTION

1: The student will assess the following:

a. height

INSTRUCTED: AT242 AT200

EVALUATED: AT242 AT200

1: The student will assess the following:

b. weight

INSTRUCTED: AT242 AT200

EVALUATED: AT242 AT200

1: The student will assess the following:

c. blood pressure

INSTRUCTED: AT242 AT200

EVALUATED: AT242 AT200

1: The student will assess the following:

d. pulse

INSTRUCTED: ES255 AT200

EVALUATED: ES255 AT200

1: The student will assess the following:

e. limb girth

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

1: The student will assess the following:

f. limb length

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

1: The student will assess the following:

g. vision using a Snellen eye chart

INSTRUCTED: AT242 AT200

EVALUATED: AT242 AT200

1: The student will assess the following:

h. body composition, using a manual skinfold caliper and appropriate formulas

INSTRUCTED: AT440 AT495

EVALUATED: AT440 AT495

2: The student will demonstrate the ability to perform and evaluate the results of the following tests: a.

flexibility tests

INSTRUCTED: AT440 AT440L

EVALUATED: AT440 AT440L

- 2: The student will demonstrate the ability to perform and evaluate the results of the following tests: b. strength (repetition) testing
INSTRUCTED: AT440 AT495
EVALUATED: AT440 AT495
- 2: The student will demonstrate the ability to perform and evaluate the results of the following tests: c. agility tests
INSTRUCTED: AT440L AT495
EVALUATED: AT440L AT495
- 2: The student will demonstrate the ability to perform and evaluate the results of the following tests: d. speed tests
INSTRUCTED: AT404 AT315
EVALUATED: AT404 AT315
- 3: a. use a sling psychrometer
b. use a wet bulb globe index
c. interpret and present environmental data for the following conditions: heat; wind; humidity; potential for lightning strike; cold; poor air quality
d. check an activity setting for physical and/or environmental hazards
e. use and interpret weight charts
INSTRUCTED: AT242 AT200
EVALUATED: AT242 AT200
- 4: The student will select and fit the following protective equipment: a. protective helmet and head gear
INSTRUCTED: AT242 AT200
EVALUATED: AT242 AT200
- 4: The student will select and fit the following protective equipment: b. protective shoulder pads
INSTRUCTED: AT242 AT200
EVALUATED: AT242 AT200
- 4: The student will select and fit the following protective equipment: c. footwear for physical activity
INSTRUCTED: AT242 AT200
EVALUATED: AT242 AT200
- 4: The student will select and fit the following protective equipment: d. mouth guard
INSTRUCTED: AT242 AT200
EVALUATED: AT242 AT200
- 4: The student will select and fit the following protective equipment: e. rib brace/guard
INSTRUCTED: AT242 AT200
EVALUATED: AT242 AT200
- 4: The student will select and fit the following protective equipment: f. prophylactic ankle brace
INSTRUCTED: AT242 AT200
EVALUATED: AT242 AT200
- 4: The student will select and fit the following protective equipment: g. prophylactic knee brace
INSTRUCTED: AT242 AT200
EVALUATED: AT242 AT200
- 5: The student will demonstrate the ability to establish repetition maximum tests.
INSTRUCTED: AT440 AT440L
EVALUATED: AT440 AT440L

5: The student will demonstrate the ability to perform an isokinetic test for the knee and shoulder.
INSTRUCTED: AT404 AT315
EVALUATED: AT404 AT315

5: The student will demonstrate the ability to interpret data obtained from isokinetic testing and to use this information to determine appropriate follow-up care.
INSTRUCTED: AT404 AT315
EVALUATED: AT404 AT315

5: The student will perform isometric tests for the following parts of the body: a. ankle; b. foot/toes;
c. knee;
d. hip;
e. trunk/torso;
f. shoulder;
g. elbow;
h. wrist;
i. hand/fingers;
INSTRUCTED: AT404 AT315
EVALUATED: AT404 AT315

5: The student will perform the following tests:
a. upper body strength test d. lower body power test
b. lower body strength test e. upper body muscular endurance test
c. upper body power test f. lower body muscular endurance test
INSTRUCTED: AT440 AT440L
EVALUATED: AT 440 AT440L

6: 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:
a. cervical region g. hip and pelvis
b. shoulder: joint and girdle h. knee
c. elbow i. leg
d. wrist j. ankle
e. hand and fingers k. foot and toes
f. lumbar region
INSTRUCTED: AT404 AT315
EVALUATED: AT404 AT315

7: The student will demonstrate the proper lifting technique for the following exercises:
a. parallel squat g. arm curl
b. heel raises h. triceps extension
c. power clean i. knee curl (flexion)
d. bench press j. knee extension
e. shoulder press k. leg press
f. dead lift
INSTRUCTED: AT440L AT495
EVALUATED: AT440L AT495

7: The student will demonstrate the proper spotting technique for the following exercises:
a. parallel squat d. bench press
b. shoulder press e. power clean
c. dead lift
INSTRUCTED: AT440 AT440L
EVALUATED: AT440 AT440L

- 8: The student will construct, apply, and remove the following protective devices:
- a. bony prominence pad
 - b. muscle contusion pad
 - c. soft playing cast (e.g., silicone, thermofoam)
 - d. hard, immobilization splint or cpst (e.g., thermoplastic, plaster, fiberglass) I
 - e. friction pad ("doughnut" pad)
 - f. checkrein device

INSTRUCTED: AT242 AT200

EVALUATED: AT242 AT200

- 9: The student will demonstrate the ability to tape, splint, wrap, pad or brace the following joints to limit motions:

- a. cervical spine
- b. lumbar spine

INSTRUCTED: AT243 AT200

EVALUATED: AT243 AT200

- 9: The student will demonstrate the ability to tape, splint, wrap, pad or brace the following joints to limit motions:

- b. shoulder joint and girdle
- c. elbow
- d. wrist
- e. hand and fingers

INSTRUCTED: AT242 AT200

EVALUATED: AT242 AT200

- 9: The student will demonstrate the ability to tape, splint, wrap, pad or brace the following joints to limit motions:

- . g. hip and pelvis
- h. knee
- i. leg
- j. ankle
- k. foot and .toes

INSTRUCTED: AT242 AT200

EVALUATED: AT242 AT200

ASSESSMENT AND EVALUATION

- 1: The student will recognize the following postural deviations and predisposing conditions:

- a. kyphosis
- b. lordosis
- c. scoliosis
- d. pelvic obliquity
- f. hip anteversion and retroversion

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 1: The student will recognize the following postural deviations and predisposing conditions:

- e. tibial torsion
- g. genu valgum, varum, and recurvatum
- h. rearfoot valgus and varus
- i. forefoot valgus and varus
- j. pes cavus and/planus /
- k. foot and toe posture

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

1: The student will perform a postural assessment of the following:

a. cervical spine and head

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

1: The student will perform a postural assessment of the following:

b. shoulder

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

1: The student will perform a postural assessment of the following:

c. lumbo-thoracic region

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

1: The student will perform a postural assessment of the following:

d. hip and pelvis

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

1: The student will perform a postural assessment of the following:

e. knee

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

1: The student will perform a postural assessment of the following:

f. ankle, foot, and toes.

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

1: The student will identify and classify body types as

a. endomorph

b. ectomorph

c. mesomorph

INSTRUCTED: ES420 AT440

EVALUATED: ES420 AT440

2: The student will

a. use standardized record keeping methods (e.g., SOAP, HIPS, HOPS)

b. select and use injury, rehabilitation, referral, and insurance documentation

c. use progress notes

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

4: The student will identify and assess the following:

a. cranial nerves

d. deep tendon reflexes

b. dermatomes

e. pathological reflexes

c. myotomes

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

4: The student will identify and assess the following:

b. dermatomes

d. deep tendon reflexes

c. myotomes

e. pathological reflexes

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

5: obtain the medical history of an ill or injured athlete or other physically active individual suffering from a head injury.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

6: observe and identify the clinical signs and symptoms associated with head injury:

- | | |
|--------------------------------------------------|----------------------------|
| a. amnesia (retrograde or post-traumatic) | f. pupil and eye movements |
| b. levels of consciousness | g. pulse |
| c. orientation (person, time, place orientation) | h. blood pressure |
| d. intracranial hematoma | i. facial postures |
| e. balance and coordination | |

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

6: observe and identify the clinical signs and symptoms associated with eye injuries and illnesses:

- | | |
|-----------------------------|--------------------|
| a. orbital blowout fracture | e. detached retina |
| b. conjunctivitis | f. hyphema |
| c. corneal abrasion | g. sty |
| d. corneal laceration | |

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

6: observe and identify the clinical signs and symptoms associated with an ear injury or illness:

- | | |
|---------------------------------------|-------------------|
| a. pinna hematoma ("cauliflower ear") | c. otitis externa |
| b. impacted cerumen | d. otitis media |

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

6: observe and identify the clinical signs and symptoms associated with nose injury:

- a. deviated septum
- b. epistaxis
- c. nasal fracture

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

6: observe and identify the clinical signs and symptoms associated with jaw, mouth, or tooth injury or illness:

- | | |
|----------------------------------------|--------------------|
| a. gingivitis | g. tooth abscess |
| b. mandibular fracture | h. tooth extrusion |
| c. maxilla fracture | i. tooth fracture |
| d. periodontitis | j. tooth intrusion |
| e. temporomandibular joint dislocation | k. tooth luxation |
| f. temporomandibular joint dysfunction | |

INSTRUCTED: AT302 AT330

EVALUATED: AT302 AT330

6: administer appropriate sensory, neurological, and circulatory tests for the head and face

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

6: administer functional tests and activity-specific tests for head and face injuries.

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

6: identify, palpate, and assess the integrity of bony landmarks of the head and face.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

6: identify, palpate, and assess the integrity of soft tissue of the head and face.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

6: administer commonly used special tests to make a differential assessment of the following:

a. cranial nerves (e.g., eye motion, facial muscles)

b. cognitive tests (e.g., recall, serial 7s, digit span)

c. cerebellar function (e.g., Romberg's test, finger-to-nose test, heel-toe walking, heel-to-knee standing)

d. spinal nerve roots (e.g., upper quarter screen)

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

6: obtain the medical history of an ill or injured athlete or other physically active individual suffering from a cervical spine injury.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

6: observe and identify the clinical signs and symptoms associated with common injuries, illnesses, and predisposing conditions:

a. atrophy

b. dislocation or subluxation

c. vertebral fracture

d. head and neck posture

e. intervertebral disc herniation

f. nerve root compression or stretch

g. ischemia

h. torticollis

INSTRUCTED: AT302 AT330

EVALUATED: AT302 AT330

6: administer active and passive range-of-motion tests using quantifiable techniques (e.g., tape measure, goniometer, and inclinometer) for the cervical spine

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

6: use manual muscle-testing techniques for the cervical spine.

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

6: administer appropriate sensory, circulatory, and neurological tests for the cervical spine.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

6: administer functional tests and activity-specific tests for the cervical spine.

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

6: identify, palpate, and assess the integrity of bony landmark of the cervical spine.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

6: identify, palpate, and assess the integrity of soft tissue of the cervical spine.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: administer commonly used special tests to make a differential assessment of the cervical spine:
- a. nerve root compression (e.g., distraction/compression test, Spurling's test, shoulder depression test)
 - b. brachial plexus neuropathy (e.g., brachial tension test, Tinel's sign)
 - c. cervical disc herniation (e.g., Valsalva's maneuver)
 - d. neurovascular dysfunction (e.g., vertebral artery test)

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: obtain the medical history of an ill or injured athlete or other physically active individual suffering from a shoulder injury.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: observe and identify the clinical signs and symptoms associated with common injuries, illnesses, and predisposing conditions:

- a. atrophy
- b. bursitis
- c. dislocation or subluxation
- d. efficiency of movement
- e. fracture
- f. sprain
- g. nerve injury
- h. positioning (Sprengel's deformity)
- i. strain
- j. scapulo humeral rhythm
- k. scapular winging
- l. step deformity
- m. symmetry
- n. tenosynovitis and tendonitis

INSTRUCTED: AT302 AT330

EVALUATED: AT302 AT330

- 6: administer active and passive range-of-motion tests using standard goniometric techniques for the shoulder.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: use manual muscle-testing techniques for the shoulder

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: administer appropriate sensory, neurological, and circulatory tests for the shoulder

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: administer functional tests and activity-specific tests for the shoulder

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

- 6: identify and palpate bony landmarks of the shoulder

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: Identify and palpate soft tissue landmarks of the shoulder.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: administer commonly used special tests to make a differential assessment of the following
- a. glenohumeral instability (e.g., anterior drawer test, posterior drawer test, relocation test, apprehension test, clunk test, sulcus sign)
 - b. acromioclavicular instability (e.g., shear test, compression test)
 - c. 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)
 - d. biceps and biceps tendon pathology (e.g., Yergason's test, Ludington's test)
 - e. thoracic outlet syndrome (e.g., Adson's maneuver, Allen test, military brace position)

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: obtain the medical history of an ill or injured athlete or other physically active individual suffering from elbow pathology.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: observe and identify the clinical signs and symptoms associated with common injuries, illnesses, and predisposing conditions:

- a. symmetry
- b. carrying angle (cubital valgus and varus)
- c. dislocation or subluxation
- d. fracture
- e. atrophy
- f. efficiency of movement
- g. bursitis
- h. epicondylitis i. tenosynovitis and tendonitis
- j. osteochondritis dissecans
- k. sprain l. strain m. nerve injury

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: administer active and passive range-of-motion tests using standard goniometric techniques of the elbow.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: use manual muscle-testing techniques of the elbow

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: administer appropriate sensory, neurological, and circulatory tests for the elbow.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: administer functional tests and activity-specific tests for the elbow.

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

- 6: identify, palpate, and interpret the integrity of bony landmarks of the elbow/

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: identify, palpate, and interpret the integrity of the soft tissue of the elbow.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: 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, tests for medial epicondylitis)
 - neuropathy (e.g., Tinel's sign, pronator teres syndrome, pinch grip test)

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: obtain the medical history of an ill or injured athlete or other physically active individual suffering a forearm, wrist, or hand pathology.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: 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)
 - dislocation -or subluxation.
 - disease states (e.g., clubbed nails, spoon-shaped nails)
 - 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 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)

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: administer active and passive range-of-motion tests using standard goniometric techniques for the forearm, wrist, and hand

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: use manual muscle-testing techniques for the forearm, wrist, and hand.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: administer appropriate sensory, neurological, and circulatory tests for the forearm, wrist, and hand.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: administer functional tests and activity-specific tests for the forearm, wrist, and hand.

INSTRUCTED: AT403 AT315

EVALUATED: AT403 AT315

- 6: identify, palpate, and interpret the integrity of bony landmarks for the forearm, wrist, and hand.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: identify, palpate, and interpret the integrity of soft tissue for the forearm, wrist, and hand.

INSTRUCTED: AT302 AT351

EVALUATED: AT302 AT351

- 6: 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, tests for medial epicondylitis)
 - neuropathy (e.g., Tinel's sign, pronator teres syndrome, pinch grip test)

INSTRUCTED: AT302 AT351
EVALUATED: AT302 AT351

6: obtain the medical history of an ill or injured athlete or other physically active individual of the thorax and lumbar spine.

INSTRUCTED: AT302 AT351
EVALUATED: AT302 AT351

6: observe and identify the clinical signs and symptoms associated with common injuries, illnesses and predisposing conditions:

- | | |
|------------------------------------------------------------------------------|---------------------------|
| a. cafe au lait macules (spots) | h. nerve root compression |
| b. dislocation or subluxation | i. sacroiliac dysfunction |
| c. spina bifida occulta | j. scoliosis |
| d. facet syndrome | l. sprain |
| e. intervertebral disc pathology | m. stenosis |
| f. spinal posture (kyphosis/ lordosis) | n. step deformity |
| g. leg length discrepancies | o. strain |
| k. vertebral pathology (e.g., spondylitis, spondylolysis, spondylolisthesis) | |

INSTRUCTED: AT302 AT352
EVALUATED: AT302 AT352

6: administer active and passive range-of-motion tests using standard qualitative and quantitative techniques for the thoracic and lumbar spine.

INSTRUCTED: AT302 AT352
EVALUATED: AT302 AT352

6: Use manual muscle-testing techniques for the thoracic and lumbar spine.

INSTRUCTED: AT302 AT352
EVALUATED: AT302 AT352

6: administer appropriate sensory and neurological tests for the thoracic and lumbar spine.

INSTRUCTED: AT302 AT352
EVALUATED: AT302 AT352

6: administer functional tests and activity-specific tests for the thoracic and lumbar spine.

INSTRUCTED: AT404 AT315
EVALUATED: AT404 AT315

6: identify, palpate, and interpret the integrity of bony landmarks of the thoracic and lumbar spine.

INSTRUCTED: AT301 AT352
EVALUATED: AT301 AT352

6: identify, palpate, and interpret the integrity of soft tissue of the thoracic and lumbar spine.

INSTRUCTED: AT301 AT352
EVALUATED: AT301 AT352

6: administer commonly used special tests to make a differential assessment of the following:

- intervertebral disc herniation (e.g., Valsalva's maneuver)
- 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)
- vertebral defects (e.g., stork standing test spondylolisthesis test)
- joint instability (e.g., spring test)

INSTRUCTED: AT301 AT352
EVALUATED: AT301 AT352

6: obtain the medical history of an ill or injured athlete or other physically active individual for hip/pelvis pathology.

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

6: observe and identify the clinical signs and symptoms associated with common injuries, illnesses, and predisposing conditions:

a. leg length discrepancies

b. hip retroversion

c. hip anteversion

d. Legg-Calve-Perthes disease

e. apophysitis

f. slipped capital femoral epiphysis

g. dislocation or subluxation

h. fracture

i. stress fracture

j. osteitis pubis k. athletic pubalgia l. bursitis m. piriformis syndrome

n. iliotibial band syndrome

o. contusion

p. sprain q. strain

r. tendonitis

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

6: administer active and passive range-of-motion tests using standard goniometric techniques and/or a tape measure for the hip/pelvis.

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

6: use manual muscle-testing techniques for the hip and pelvis.

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

6: administer appropriate sensory, neurological, and circulatory tests for the hip and pelvis.

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

6: administer functional tests and activity-specific tests for the hip/pelvis.

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

6: identify, palpate, and interpret the integrity of bony landmarks of the hip/pelvis.

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

6: identify, palpate, and interpret the integrity of soft tissue of the hip and pelvis.

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

6: administer commonly used special tests to make a differential assessment of the following:

a. sacroiliac dysfunction (e.g., Patrick's/FABER, Gaenslen's test, pelvic compression/distraction 'test)

b. neuropathy (e.g., femoral nerve traction test)

c. neuromuscular pathology (e.g., Trendelenburg test, Thomas test, rectus femoris contracture test, Ober test, Noble's test, piriformis test)

INSTRUCTED: AT301 AT352
EVALUATED: AT301 AT352

6: obtain the medical history of an ill or injured athlete or other physically active individual suffering from knee pathology.

INSTRUCTED: AT301 AT352
EVALUATED: AT301 AT352

6: observe and identify the clinical signs and symptoms associated with common injuries, illnesses, and predisposing conditions:

- a. bursitis
- b. chondromalacia patella
- c. dislocation and subluxation
- d. fat pad contusion
- e. fracture
- f. leg length
- g. meniscal tear
- h. Osgood-Schlatter disease
- i. osteochondritis dissecans
- j. patellar alignment (e.g., patella alta, patella baja, squinting patella, Q angle)
- k. patellar tendon rupture
- l. peroneal nerve contusion or palsy
- m. popliteal cyst
- n. sprain
- o. strain
- p. tendonitis
- q. tibial torsion
- r. tibiofemoral alignment (e.g.

INSTRUCTED: AT301 AT352
EVALUATED: AT301 AT352

6: administer active and passive range-of-motion tests using standard goniometric techniques for the knee

INSTRUCTED: AT301 AT352
EVALUATED: AT301 AT352

6: use manual muscle-testing techniques for the knee.

INSTRUCTED: AT301 AT352
EVALUATED: AT301 AT352

6: administer appropriate sensory, neurological, and circulatory tests for the knee.

INSTRUCTED: AT301 AT352
EVALUATED: AT301 AT352

6: administer functional tests and activity-specific tests for the knee

INSTRUCTED: AT404 AT315
EVALUATED: AT404 AT315

6: identify, palpate, and interpret the integrity of bony landmarks of the knee

INSTRUCTED: AT301 AT352
EVALUATED: AT301 AT352

6: identify, palpate, and interpret the integrity of soft tissue of the knee.

INSTRUCTED: AT301 AT352
EVALUATED: AT301 AT352

- 6: administer commonly used special tests to make a differential assessment of the following:
- a. uniplanar stress tests (e.g., valgus stress test, varus stress test, Lachman test, anterior drawer test; posterior drawer test, posterior sag sign)
 - b. multiplanar (rotational) stress tests (e.g., Slocum test, Hughston's test, lateral pivot shift maneuver) c. meniscal tears (e.g., McMurray's test, Apley's test)
 - d. patellofemoral dysfunction (e.g., grind test, apprehension test)
 - e. intra-extracapsular swelling (e.g., sweep test, ballottable patella)

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

- 6: obtain the medical history of an ill or injured athlete or other physically active individual suffering from foot, ankle, or leg pathology.

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

- 6: observe and identify the clinical signs and symptoms associated with the following common injuries, illnesses, and predisposing conditions:

- a. overuse injures;
- b. Achilles tendon rupture;
- c. compartment syndromes;
- d. apophysitis;
- e. dislocation or subluxation;
- f. foot type/structure;
- g. fracture;
- h. deep vein thrombosis;
- i. neuroma;
- j. osteochondritis dissecans;
- k. sprain;
- l. strain;
- m. toe structure/alignment;
- n. weight-bearing versus non-weight-bearing alignment;
- o. gait

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

- 6: administer active and passive range-of-motion tests using standard goniometric techniques for the foot, ankle, and lower leg.

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

- 6: use manual muscle-testing techniques for the foot, ankle, and lower leg.

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

- 6: administer appropriate sensory, neurological, and circulatory tests for the foot, ankle, and lower leg.

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

- 6: administer functional tests and activity-specific tests for the foot, ankle, and lower leg.

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

- 6: identify, palpate, and interpret the integrity of bony landmarks for the foot, ankle, and lower leg.

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

6: identify, palpate, and interpret the integrity of soft tissue of the foot, ankle, and low r leg.

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

6: administer the following commonly used special tests to make a differential assessment:

- a. compression test
- b. percussion test
- c. anterior drawer test
- d. Kleiger's test
- e. talar tilt test
- f. Thompson test
- g. Tinel's sign
- h. Homans' sign

INSTRUCTED: AT301 AT352

EVALUATED: AT301 AT352

ACUTE CARE OF INJURIES AND ILLNESSES

1: The student will demonstrate the ability to implement an EAP for an activity, setting, or event.

INSTRUCTED: AT435 AT495

EVALUATED: AT435 AT495

1: The student will correctly triage emergency situations.

INSTRUCTED: AT242 AT200

EVALUATED: AT242 AT200

2: The student will demonstrate the ability to

- a. manage open and closed wounds
- b. apply direct and indirect pressure to control bleeding
- c. clean, and protect an open wound
- d. apply superficial skin closures
- e. properly apply and remove gloves and other personal protective equipment
- f. properly dispose of biohazardous waste
- g. .apply appropriate dressings
- h. apply ice, compression, and elevation to an acute sprain, strain, or contusion

INSTRUCTED: ES255 AT200

EVALUATED: ES255 AT200

3: The student will demonstrate the ability to

- a. select and apply an appropriate splint to a sprain, strain, fracture, subluxation, and dislocation

INSTRUCTED: ES255 AT200

EVALUATED: ES255 AT200

3: The student will demonstrate the ability to

- b. stabilize and spine board or body splint an adult or child with a suspected spinal injury

INSTRUCTED: AT243 AT200

EVALUATED: AT243 AT200

4: The student will evaluate and manage the following:

- a. heat exhaustion
- b. heat syncope
- c. heat stroke
- d. hypothermia

INSTRUCTED: AT242 AT200

EVALUATED: AT242 AT200

- 5: The student will demonstrate the ability to
- a. establish and manage an airway
 - b. establish and manage an airway in an athlete wearing protective headgear
 - c. perform CPR on an adult or child with or without a spinal injury
 - d. use a bag-valve-mask (BVM) on an adult or child for rescue breathing
 - e. use a protective 'pocket mask/shield on an adult or child for rescue breathing

INSTRUCTED: ES255 AT200

EVALUATED: ES255 AT200

- 6: The student will demonstrate the ability to
- a. stabilize and transport an adult or child with a head and/or spinal injury
 - b. stabilize and transport an adult or child with a fracture and/or dislocation

INSTRUCTED: AT243 AT200

EVALUATED: AT243 AT200

- 6: The student will demonstrate the ability to
- c. select, fit, and instruct the patient in the use of crutches
 - d. select, fit, and instruct the patient in the use of a cane
 - e. transport an injured adult or child using a manual conveyance technique

INSTRUCTED: AT242 AT200

EVALUATED: AT242 AT200

- 6: The student will demonstrate the ability to
- f. perform two-person CPR

INSTRUCTED: ES255 AT200

EVALUATED: ES255 AT200

- 6: The student will demonstrate the ability to
- g. assist a drowning victim

INSTRUCTED: ES255 AT200

EVALUATED: ES255 AT200

PHARMACOLOGY

- 1: 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:

- a. generic and brand names
- e. dosing
- b. indications for use
- f. other notes (e.g., banned substance)
- c. contraindications
- g. side (adverse) effects
- d. warnings

INSTRUCTED: AT450 AT403

EVALUATED: AT450 AT403

- 1: Document, or simulate the documentation of, the tracking of medications by recording the following information about the medication:

- a. name
- d. dosage
- b. manufacturer
- e. lot number
- c. amount
- f. expiration date

INSTRUCTED: AT450 AT403

EVALUATED: AT450 AT403

- 1: 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 (GTC) 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
 - administer GTC medication by providing verbal and written instruction for its use to the patient and then recording and documenting the administration

INSTRUCTED: AT450 AT403

EVALUATED: AT450 AT403

- 2: 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
 - name and age of person who has taken the medication
 - name and dosage of the drug taken
 - time the drug was taken
 - signs and symptoms associated with overdose or poison situation, including vital signs

INSTRUCTED: AT450 AT403

EVALUATED: AT450 AT403

- 3: 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

INSTRUCTED: AT450 AT403

EVALUATED: AT450 AT403

- 3: 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 a bronchodilator
 - demonstrate proper storage of a bronchodilator

INSTRUCTED: AT450 AT403

EVALUATED: AT450 AT403

THERAPEUTIC MODALITIES

- 1: The student will perform a physical examination to identify the current inflammatory stage.

INSTRUCTED: AT403 AT430

EVALUATED: AT403 AT430

- 1: The student will perform a physical examination and interview to identify the indications, contraindications, and precautions to various treatment protocols.

INSTRUCTED: AT403 AT430

EVALUATED: AT403 AT430

2: The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply the following:

- a. cold whirlpool treatment
- b. controlled cold therapy unit
- c. ice pack
- d. vapo-coolant spray
- e. ice immersion
- f. ice massage
- g. cryokinetics

INSTRUCTED: AT242 AT200

EVALUATED: AT242 AT200

2: The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply the following:

- a. moist heat pack,
- b. paraffin treatment
- c. contrast bath
- d. warm whirlpool treatment

INSTRUCTED: AT242 AT200

EVALUATED: AT242 AT200

2: The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply the following:

- a. sensory-level pain control treatment
- b. noxious-level pain control treatment
- c. motor-level pain control treatment
- d. muscle re-education treatment
- e. muscle pumping treatment
- f. muscle atrophy retardation treatment
- g. acute edema treatment
- h. muscle splinting/spasm treatment
- i. iontophoresis treatment

INSTRUCTED: AT403 AT430

EVALUATED: AT403 AT430

2: The student will set-up and apply the following types of electrical stimulation units:

- a. monophasic stimulator (e.g., high volt stimulation)
- b. biphasic stimulator (e.g., Transcutaneous Electrical Nerve Stimulation [TENS], Neuromuscular Electrical Stimulation [NMES])
- c. direct current (e.g., iontophoresis)
- d. alternating current (e.g., interferential, NMES)
- e. multifunction electrical stimulation devices

INSTRUCTED: AT403 AT430

EVALUATED: AT403 AT430

3: The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply the following:

- a. thermal ultrasound treatment
- b. non-thermal ultrasound treatment
- c. combination electrical-stimulation/ultrasound treatment
- d. phonophoresis treatment
- e. indirect application of ultrasound treatment (underwater, bladder)

INSTRUCTED: AT403 AT430

EVALUATED: AT403 AT430

2: The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply the following:

- a. mechanical traction
- b. manual traction
- c. positional traction

INSTRUCTED: AT403 AT430

EVALUATED: AT403 AT430

2: 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.

INSTRUCTED: AT403 AT430

EVALUATED: AT403 AT430

2: The student will demonstrate the ability to prepare and apply a massage treatment.

INSTRUCTED: AT403 AT430

EVALUATED: ATAO3 AT430

2: The student will demonstrate the ability to properly perform the following therapeutic massage strokes

- a. effleurage
- b. petrissage
- c. friction (circular, transverse)
- d. tapotement
- e. vibration

INSTRUCTED: AT403 AT430

EVALUATED: AT403 AT430

2: The student will demonstrate the ability to properly perform the following therapeutic massage strokes f. myofascial release techniques

INSTRUCTED: AT403 AT430

EVALUATED: AT403 AT430

THERAPEUTIC EXERCISE

1: 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:

- a. passive range-of-motion exercises
- b. active range-of-motion exercises
- c. active-assisted range-of-motion exercises

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

1: 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.

- d. joint mobilization
- e. self-mobilizations

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

1: 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:

- a. lower extremity
- b. upper extremity
- c. cervical spine

d. trunk and torso

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

1: Exercise to improve muscular endurance.

The student will demonstrate the ability to instruct the following exercise modalities: Upper body

a. aquatic

b. UBE/stationary bicycle

c. physioballs

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

1: Exercise to improve muscular endurance.

The student will demonstrate the ability to instruct the following exercise modalities: Lower Body

a. aquatic

b. stationary bicycle

c. stair

d. physioballs

e. treadmill

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

1: Exercise to improve muscular speed.

The student will demonstrate the ability to instruct the following activities: Upper body

a. reaction drills

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

1: Exercise to improve muscular speed.

The student will demonstrate the ability to instruct the following activities: Lower Body

a. reaction drills

b. sprint work

c. Fartlek training

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

1: Exercise to improve muscular power.

The student will demonstrate the ability to instruct plyometric exercises for the upper and lower extremities.

INSTRUCTED: AT404 AT345

EVALUATED: AT404 AT315

1: Exercise to improve neuromuscular control and coordination.

The student will demonstrate the ability to instruct the following activities: Upper body

a. PNF patterns

b. rhythmic stabilization

c. double- and single-arm balancing

d. wobble board or balance apparatus

e. weighted-ball rebounding or toss

INSTRUCTED: AT404 AT315

EVALUATED: AT404 AT315

- 1: Exercise to improve neuromuscular control and coordination.
The student will demonstrate the ability to instruct the following activities: Lower Body
- a. PNF patterns
 - b. proprioception board or balance apparatus
 - c. incline board
 - d. Single-leg balancing
- INSTRUCTED: AT404 AT315**
EVALUATED: AT404 AT315
- 1: Exercise to improve neuromuscular control and coordination.
The student will demonstrate the ability to instruct the following activities: Neck
- a. stabilization
 - b. postural correction
- INSTRUCTED: AT404 AT315**
EVALUATED: AT404 AT315
- 1: Exercise to improve neuromuscular control and coordination.
The student will demonstrate the ability to instruct the following activities: Trunk
- a. stabilization
 - b. postural correction
- INSTRUCTED: AT404 AT315**
EVALUATED: AT404 AT315
- 1: Exercise to improve agility.
The student will demonstrate the ability to instruct the following activities:
Upper body a. throwing b. catching
- INSTRUCTED: AT404 AT315**
EVALUATED: AT404 AT315
- 1: Exercise to improve agility.
The student will demonstrate the ability to instruct the following activities:
Lower Body
- a. Carioca
 - b. cross-over
 - c. figure eight (8)
- INSTRUCTED: AT404 AT315**
EVALUATED: AT404 AT315
- 1: Exercise to improve cardiorespiratory endurance.
The student will demonstrate the ability to instruct the following activities: Upper body
- a. upper-body ergometer
 - b. stationary bicycle
 - c. aquatic
 - d. stair climber
- INSTRUCTED: AT404 AT315**
EVALUATED: AT404 AT315
- 1: Exercise to improve cardiorespiratory endurance.
The student will demonstrate the ability to instruct the following activities: Lower Body
- a. bicycle ergometer
 - b. treadmill
 - c. stair climber
 - d. aquatic

INSTRUCTED: AT404 AT315
EVALUATED: AT404 AT315

1: 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:

- a. long-axis distraction
- b. appropriate glides (e.g., anterior/posterior, superior/inferior)

INSTRUCTED: AT404 AT315
EVALUATED: AT404 AT315

1: The student will demonstrate the ability to instruct and perform exercises to improve activity-specific skills (running, striking, throwing, catching, swimming, biking, climbing, etc.).

INSTRUCTED: AT404 AT315
EVALUATED: AT404 AT315

GENERAL MEDICAL CONDITIONS AND DISABILITIES

1: Obtain a basic medical history that includes the following components:

- a. previous medical history
- b. previous surgical history
- c. pertinent family medical history
- d. current medication history
- e. relevant social history
- f. chief medical complaint

INSTRUCTED: AT301 AT352
EVALUATED: AT301 AT352

1: Ascertain body temperature via the following:

- a. oral temperature
- b. axillary temperature
- c. tympanic temperature

INSTRUCTED: AT403 AT330
EVALUATED: AT403 AT330

1: Ascertain the following vital signs:

- a. blood pressure
- b. pulse (rate and quality)
- c. respirations (rate and quality)

INSTRUCTED: AT243 AT200
EVALUATED: AT243 AT200

1: Palpate the four abdominal quadrants to assess for the following:

- a. guarding and rigidity
- b. pain

INSTRUCTED: AT403 AT351
EVALUATED: AT403 AT351

1: Use a stethoscope to identify the following: a. normal breath sounds

INSTRUCTED: AT403 AT330
EVALUATED: AT403 AT330

1: Use a stethoscope to identify the following: b. normal heart sounds

INSTRUCTED: AT403 AT330
EVALUATED: AT403 AT330

1: Use a stethoscope to identify the following: c. normal bowel sounds

INSTRUCTED: AT403 AT330
EVALUATED: AT403 AT330

1: Identify pathological breathing patterns to make a differential assessment for the following respiratory condition

- a. apnea
- b. tachypnea
- c. hyperventilation
- d. bradypnea
- e. dyspnea
- f. obstructed airway

INSTRUCTED: AT403 AT330

EVALUATED: AT403 AT330

1: Demonstrate proficiency in the use of an otoscope to examine the nose and the outer and middle ear.

INSTRUCTED: AT403 AT330

EVALUATED: AT403 AT330

1: Measure urine values with Chemstrips (dipsticks)

INSTRUCTED: AT403 AT330

EVALUATED: AT403 AT330

1: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

The Skin

[See List]

INSTRUCTED: AT403 AT330

EVALUATED: AT403 AT330

1: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

The Eyes, Ears, Nose; and Throat

- a. common cold
- b. conjunctivitis
- c. laryngitis
- d. pharyngitis
- e. rhinitis
- f. sinusitis
- g. tetanus
- h. tonsillitis

INSTRUCTED: AT403 AT330

EVALUATED: AT403 AT330

1: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Respiratory System

- a. asthma
- b. bronchitis
- c. hyperventilation
- d. hay fever
- e. influenza
- f. pneumonia
- g. upper respiratory infection (URI)

INSTRUCTED: AT403 AT330

EVALUATED: AT403 AT330

1: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Cardiovascular System

- a. hypertension
- b. hypertrophic cardiomyopathy
- c. hypotension
- d. migraine headache e. shock
- f. syncope

INSTRUCTED: AT403 AT330

EVALUATED: AT403 AT330

1: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Endocrine System

- a. diabetes
- b. hyperthyroidism
- c. hypothyroidism
- d. pancreatitis

INSTRUCTED: AT403 AT330

EVALUATED: AT403 AT330

1: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions.

Gastrointestinal Tract

- a. appendicitis
- b. colitis
- c. constipation
- d. diarrhea
- e. esophageal reflux
- f. gastritis
- g. gastroenteritis
- h. indigestion
- i. ulcer
- j. irritable bowel syndrome

INSTRUCTED: AT403 AT330

EVALUATED: AT403 AT330

1: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Eating Disorders

- a. anorexia
- b. bulimia
- c. obesity

INSTRUCTED: ES360 AT495

EVALUATED: ES360 AT495

1: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Sexually Transmitted Diseases/Diseases Transmitted by Body Fluid

- a. HIV/AIDS
- b. hepatitis
- c. chlamydia
- d. genital warts
- e. gonorrhea
- f. syphilis

INSTRUCTED: AT403 AT330
EVALUATED: AT403 AT330

- 1: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Genitourinary Tract and Organs

- a. kidney stones
- b. spermatic cord torsion
- c. candidiasis
- d. urethritis
- e. urinary tract infection
- f. hydrocele.
- g. varicocele

INSTRUCTED: AT403 AT330
EVALUATED: AT403 AT330

- 1: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Gynecological Disorders

- a. amenorrhea
- b. dysmenorrhea
- c. oligomenorrhea
- d. pelvic inflammatory disease
- e. vaginitis

INSTRUCTED: AT403 AT330
EVALUATED: AT403 AT330

- 1: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Viral Syndromes

- a. infectious mononucleosis
- b. measles
- c. mumps

INSTRUCTED: AT403 AT330
EVALUATED: AT403 AT330

- 1: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Neurological Disorders

- a. epilepsy
- b. syncope
- c. reflex sympathetic dystrophy
- d. meningitis

INSTRUCTED: AT403 AT330
EVALUATED: AT403 AT330

- 1: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Systemic Diseases

- a. iron-deficiency anemia
- b. sickle cell anemia
- c. Lyme disease

INSTRUCTED: AT403 AT330
EVALUATED: AT403 AT330

NUTRITIONAL ASPECTS

- 1: The student will demonstrate the ability to access and recommend nutritional guidelines for the following: a. pre-participation meal'
INSTRUCTED: ES360 AT495
EVALUATED: ES360 AT495
- 1: The student will demonstrate the ability to access and recommend nutritional guidelines for the following:
b. weight loss
c. weight gain
INSTRUCTED: ES221 AT404
EVALUATED: ES221 AT404
- 1: The student will demonstrate the ability to access and recommend nutritional guidelines for the following: d. fluid replacement
INSTRUCTED: ES360 ATA40
EVALUATED: ES360 AT440
- 1: The student will demonstrate the ability to use the nutritional food pyramid.
INSTRUCTED: ES360 AT440
EVALUATED: ES360 AT440
- 1: The student will demonstrate the ability to access and assess the following nutritional intake values:
a. RDA or equivalency e. vitamin intake
b. protein intake f. mineral intake.
c. fat intake g. fluid intake
d. carbohydrate intake
INSTRUCTED: ES360 AT440
EVALUATED: ES360 AT440
- 1: The student will demonstrate the ability to determine energy expenditure and caloric intake. **INSTRUCTED:**
ES360 AT440
EVALUATED: ES360 AT440
- 1: The student will demonstrate the ability to calculate the basal metabolic rate of energy expenditure.
INSTRUCTED: ES360 AT440
EVALUATED: ES360 AT440
- 1 : Simulate intervention with an individual who has the signs and symptoms of disordered eating.
INSTRUCTED: ES360 AT495
EVALUATED: ES360 AT495
- 1: Identify proper referral sources for disordered eating.
INSTRUCTED: ES360 AT440
EVALUATED: ES360 AT440

EVALUATED: AT435 AT495

- 4: The student will demonstrate the ability to develop facility design plans that include, but are not limited to, the following components:
- a. basic floor plan design
 - b. facility evacuation
 - c. basic rehabilitation and treatment area plans

INSTRUCTED: AT435 AT440

EVALUATED: AT435 AT440

- 4: The student will demonstrate the ability to develop administrative plans that include but are not limited to, the following components:
- a. risk management
 - b. developing policies and procedures
 - d. addressing facility hazards

INSTRUCTED: AT435 AT440

EVALUATED: AT435 AT440

- 5: The student will demonstrate the ability to prepare and interpret sample design for scientific research. 1. The student will interpret the following basic literature:
- a. case study
 - b. outcome measurement, including statistical interpretation;
 - c. literature review

INSTRUCTED: MA240 AT435

EVALUATED: MA240 AT435

PROFESSIONAL DEVELOPMENT AND RESPONSIBILITIES

- 1: 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:
- a. peer athletic trainers
 - b. physicians
 - c. parents
 - d. athletic personnel
 - e. general public
 - f. athletes and others involved in physical activity

INSTRUCTED: AT435 AT495

EVALUATED: AT435 AT495

- 1: The student will develop a professional resume.

INSTRUCTED: AT435 AT445

EVALUATED: AT435 AT445