

Southwest Baptist University
ATH 3013 Athletic Training Techniques I
Competencies/Proficiencies – 4th Edition

Risk Management

- RM-C1 Explain the risk factors associated with physical activity.
- RM-C2 Identify and explain the risk factors associated with common congenital and acquired abnormalities, disabilities, and diseases.
- RM-C3 Identify and explain the epidemiology data related to the risk of injury and illness related to participation in physical activity.
- RM-C4 Identify and explain the recommended or required components of a preparticipation examination based on appropriate authorities' rules, guidelines, and/or recommendations.
- RM-C6 Describe the general principles of health maintenance and personal hygiene, including skin care, dental hygiene, sanitation, immunizations, avoidance of infectious and contagious diseases, diet, rest, exercise, and weight control.
- RM-C7 Explain the importance for all personnel to maintain current certification in CPR, automated external defibrillator (AED), and first aid.
- RM-C8 Explain the principles of effective heat loss and heat illness prevention programs. Principles include, but are not limited to, knowledge of the body's thermoregulatory mechanisms, acclimation and conditioning, fluid and electrolyte replacement requirements, proper practice and competition attire, and weight loss.
- RM-C9 Explain the accepted guidelines, recommendations, and policy and position statements of applicable governing agencies related to activity during extreme weather conditions.
- RM-C10 Interpret data obtained from a wet bulb globe temperature (WGBT) or other similar device that measures heat and humidity to determine the scheduling, type, and duration of activity.
- RM-C15 Describe the components for self-identification of the warning signs of cancer.
- RM-C16 Explain the basic principles associated with the use of protective equipment, including standards for the design, construction, fit, maintenance and reconditioning of protective equipment; and rules and regulations established by the associations that govern the use of protective equipment; and material composition.
- RM-C17 Explain the principles and concepts related to prophylactic taping, wrapping, bracing, and protective pad fabrication
- RM-C18 Explain the principles and concepts related to the fabrication, modification, and appropriate application or use of orthotics and other dynamic and static splints. This includes, but is not limited to, evaluating or identifying the need, selecting the appropriate manufacturing material, manufacturing the orthosis or splint, and fitting the orthosis or splint.
- RM-C20 Recognize the clinical signs and symptoms of environmental stress.

- RM-P4 Select and fit appropriate standard protective equipment on the patient for safe participation in sport and/or physical activity. This includes but is not limited to:
- RM-P4.1 Shoulder Pads
 - RM-P4.2 Helmet/Headgear
 - RM-P4.3 Footwear
 - RM-P4.4 Mouthguard
 - RM-P4.5 Prophylactic Knee Brace
 - RM-P4.6 Prophylactic Ankle Brace
 - RM-P4.7 Other Equipment (as appropriate)
- RM-P5 Select, fabricate, and apply appropriate preventive taping and wrapping procedures, splints, braces, and other special protective devices. Procedures and devices should be consistent with sound anatomical and biomechanical principles.
- RM-P6 Obtain, interpret, and make decisions regarding environmental data. This includes, but is not limited to the ability to:
- RM-P6.1 Operate a sling psychrometer and/or wet bulb globe index
 - RM-P6.2 Formulate and implement a comprehensive, proactive emergency action plan specific to lightening safety
 - RM-P6.3 Access local weather/environmental information
 - RM-P6.4 Assess hydration status using weight charts, urine color charts, or specific gravity measurements

Diagnosis

- DI-C14 Describe the clinical signs and symptoms of environmental stress.

Medical Conditions

- MC-C1 Describe and know when to refer common congenital or acquired abnormalities, physical disabilities, and diseases affecting people who engage in physical activity throughout their life span (e.g., arthritis, diabetes).
- MC-C2 Understand the effects of common illnesses and diseases in physical activity.
- MC-C6 Describe and know when to refer common pathologies of the mouth, sinus, oropharynx, and nasopharynx from trauma and/or localized infection (e.g., gingivitis, sinusitis, laryngitis, tonsillitis, pharyngitis).
- MC-C7 Describe and know when to refer common and significant respiratory infections, thoracic trauma, and lung disorders. (e.g., influenza, pneumonia, bronchitis, rhinitis, sinusitis, upper-respiratory infection (URI), pneumothorax, hemothorax, pneumomediastinum, exercise-induced bronchospasm, exercise-induced anaphylaxis, asthma).
- MC-C8 Explain the importance and proper use of a peak flowmeter or similar device in the evaluation and management of respiratory conditions.
- MC-C9 Describe strategies for reducing the frequency and severity of asthma attacks.
- MC-C10 Explain the possible causes of sudden death syndrome.

- MC-C11 Describe and know when to refer common cardiovascular and hematological medical conditions from trauma, deformity, acquired disease, conduction disorder, and drug abuse (e.g., coronary artery disease, hypertrophic cardiomyopathy, heart murmur, mitral valve prolapse, commotion cordis, Marfan's syndrome, peripheral embolism, hypertension, arrhythmogenic right ventricular dysplasia, Wolf-Parkinson-White syndrome, anemias, sickle cell anemia and sickle cell trait [including rhabdomyolysis], hemophilia, deep vein thrombosis, migraine headache, syncope).
- MC-C12 Describe and know when to refer common medical conditions that affect the gastrointestinal and hepatic-biliary systems from trauma, chemical and drug irritation, local and systemic infections, psychological stress, and anatomic defects (e.g., hepatitis, pancreatitis, dyspepsia, gastroesophageal reflux, peptic ulcer, gastritis and gastroenteritis, inflammatory bowel disease, irritable bowel syndrome, appendicitis, sports hernia, hemorrhoids, splenomegaly, liver trauma).
- MC-C13 Describe and know when to refer common medical conditions of the endocrine and metabolic systems from acquired disease and acute and chronic nutritional disorders (e.g., diabetes mellitus and insipidus, hypothyroidism, Cushing's syndrome, thermoregulatory disorders, gout, osteoporosis).
- MC-C14 Describe and know when to refer common medical conditions of the renal and urogenital systems from trauma, local infection, congenital and acquired disease, nutritional imbalance, and hormone disorder (e.g., kidney stones, genital trauma, gynecomastia, monorchidism, scrotum and testicular trauma, ovarian and testicular cancer, breast cancer, testicular torsion, varicoceles, endometriosis, pregnancy and ectopic pregnancy, female athlete triad, primary amenorrhea, oligomenorrhea, dysmenorrhea, kidney laceration or contusion, cryptorchidism).
- MC-C15 Describe and know when to refer common and/or contagious skin lesions from trauma, infection, stress, drug reaction, and immune responses (e.g., wounds, bacteria lesions, fungal lesions, viral lesions, bites, acne, eczema dermatitis, ringworm).
- MC-C16 Describe and know when to refer common medical conditions of the immune system from infection, congenital and acquired disease, and unhealthy lifestyle. (e.g., arthritis, gout, upper respiratory tract infection [URTI], influenza, pneumonia, myocarditis, gastrointestinal infection, urinary tract infection [UTI], sexually transmitted diseases [STDs], pelvic inflammatory disease, meningitis, osteomyelitis, septic arthrosis, chronic fatigue and overtraining, infectious mononucleosis, human immunodeficiency virus (HIV) infection and AIDS, hepatitis B virus infection, allergic reaction and anaphylaxis, childhood infectious diseases [measles, mumps, chickenpox]).
- MC-C19 Describe a plan to access appropriate medical assistance on disease control, notify medical authorities, and prevent disease epidemics.
- MC-C20 Describe and know when to refer common cancers (e.g., testicular, breast).

Acute Care

- AC-C1 Explain the legal, moral, and ethical parameters that define the scope of first aid and emergency care and identify the proper roles and responsibilities of the certified athletic trainer.
- AC-C2 Describe the availability, content, purpose, and maintenance of contemporary first aid and emergency care equipment.
- AC-C3 Determine what emergency care supplies and equipment are necessary for circumstances in which the athletic trainer is the responsible first responder.
- AC-C5 Describe the principles and rationale of the initial assessment including the determination of whether the accident scene is safe, what may have happened, and the assessment of airway, breathing, circulation, level of consciousness and other life-threatening conditions.
- AC-C9 Describe the current standards of first aid, emergency care, rescue breathing, and cardiopulmonary resuscitation for the professional rescuer.
- AC-C10 Describe the role and function of an automated external defibrillator in the emergency management of acute heart failure and abnormal heart rhythms.
- AC-C11 Describe the role and function of supplemental oxygen administration as an adjunct to cardiopulmonary resuscitation techniques.
- AC-C13 Describe the proper management of external hemorrhage, including the location of pressure points, use of universal precautions, and proper disposal of biohazardous materials.
- AC-C15 Describe the appropriate use of aseptic or sterile techniques, approved sanitation methods, and universal precautions for the cleansing and dressing of wounds.
- AC-C23 Describe cervical stabilization devices that are appropriate to the circumstances of an injury.
- AC-C24 Describe the indications, guidelines, proper techniques and necessary supplies for removing equipment and clothing in order to evaluate and/or stabilize the involved area.
- AC-C25 Describe the effective management, positioning, and immobilization of a patient with a suspected spinal cord injury.
- AC-C26 Identify the appropriate short-distance transportation method, including immobilization, for an injured patient.
- AC-C27 Identify the signs, symptoms, possible causes, and proper management of the following:
 - AC-C27a Different types of shock
 - AC-C27b Diabetic coma
 - AC-C27c Seizures
 - AC-C27e Allergic, thermal, and chemical reactions of the skin (including infestations and insect bites)
- AC-C28 Identify the signs and symptoms of serious communicable diseases and describe the appropriate steps to prevent disease transmission.
- AC-C29 Identify the signs, symptoms, and treatment of patients suffering from adverse reactions to environmental conditions.

- AC-C30 Identify information obtained during the examination to determine when to refer an injury or illness for further or immediate medical attention.
- AC-C31 Describe the proper immobilization techniques and select appropriate splinting material to stabilize the injured joint or limb and maintain distal circulation.
- AC-C32 Describe the proper ambulatory aid and technique for the injury and patient.
- AC-P1 Survey the scene to determine whether the area is safe and determine what may have happened.
- AC-P3 Implement appropriate emergency treatment strategies, including but not limited to:
 - AC-P3a Activate an emergency action plan
 - AC-P3c Establish and maintain an airway in a patient wearing shoulder pads, headgear or other protective equipment and/or with a suspected spine injury
 - AC-P3g Normalize body temperature in situations of severe/life-threatening heat or cold stress
 - AC-P3h Control bleeding using universal precautions
- AC-P4 Perform a secondary assessment and employ the appropriate management techniques for non-life-threatening situations, including but not limited to:
 - AC-P4a Open and closed wounds (using universal precautions)
 - AC-P4c Environmental illness
 - AC-P4d Seizures
 - AC-P4f Different types of shock
 - AC-P4j Diabetic coma

Nutritional Aspects

- NU-C13 Explain consequences of improper fluid replacement.

Administrative

- AD-C2 Identify components of a medical record (e.g., emergency information, treatment documentation, epidemiology, release of medical information, etc.), common medical record-keeping techniques and strategies, and strengths and weaknesses of each approach and the associated implications of privacy statutes (Health Insurance Portability and Accountability Act [HIPAA] and Federal Educational Rights Privacy Act [FERPA]).
- AD-C3 Identify current injury/illness surveillance and reporting systems.
- AD-C4 Identify common human resource policy and federal legislation regarding employment (e.g., The Americans with Disabilities Act, Family Medical Leave Act, FERPA, Fair Labor Standards Act, Affirmative Action, Equal Employment Opportunity Commission).
- AD-C5 Describe duties of personnel management, including (1) recruitment and selection of employees, (2) retention of employees, (3) development of policies-and-procedures manual, (4) employment performance evaluation,

5) compliance with nondiscriminatory and unbiased employment practices.

- AD-C7 Describe federal and state infection control regulations and guidelines, including universal precautions as mandated by the Occupational Safety and Health Administration (OSHA), for the prevention, exposure, and control of infectious diseases and discuss how they apply to the athletic trainer.
- AD-C8 Identify key accrediting agencies for health care facilities (e.g., Joint Commission on Accreditation of Healthcare Organizations [JCAHO], Commission on Accreditation of Rehabilitation Facilities [CARF] and allied health education programs (e.g., Commission on Accreditation of Athletic Training Education [CAATE]) and describe their function in the preparation of health care professionals and the overall delivery of health care.
- AD-C9 Identify and describe technological needs of an effective athletic training service and the commercial software and hardware that are available to meet these needs.
- AD-C15 Explain typical administrative policies and procedures that govern first aid and emergency care (e.g., informed consent and incident reports).
- AD-C16 Identify and describe basic components of a comprehensive emergency plan for the care of acutely injured or ill patients, which include (1) emergency action plans for each setting or venue; (2) personnel education and rehearsal; (2) emergency care supplies and equipment appropriate for each venue; (3) availability of emergency care facilities; (4) communication with onsite personnel and notification of EMS; (5) the availability, capabilities, and policies of community-based emergency care facilities and community-based managed care systems; (6) transportation; (7) location of exit and evacuation routes; (8) activity or event coverage; and (9) record keeping.
- AD-C18 Identify components of a comprehensive risk management plan that addresses the issues of security, fire, electrical and equipment safety, emergency preparedness, and hazardous chemicals.