

**Southwest Baptist University**  
**ATH 3023 Athletic Training Practicum I**  
**Proficiencies – 4<sup>th</sup> Edition**

**Risk Management**

- RM-P1 Instruct the patient how to properly perform fitness tests to assess his or her physical status and readiness for physical activity. Interpret the results of these tests according to requirements established by appropriate governing agencies and/or a physician. These tests should assess:
- RM-P1.1 Flexibility
  - RM-P1.2 Strength
  - RM-P1.3 Power
  - RM-P1.4 Muscular Endurance
- RM-P3 Instruct a patient regarding fitness exercises and the use of weight training equipment to include correction or modification of inappropriate, unsafe, or dangerous lifting techniques.
- 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
- RM-CP2 Select, apply, evaluate, and modify appropriate standard protective equipment and other custom devices for the patient in order to prevent and/or minimize the risk of injury to the head, torso, spine and extremities for safe participation in sport and/or physical activity. Effective lines of communication shall be established to elicit and convey information about the patient's situation and the importance of protective devices to prevent and/or minimize injury.

RM-CP3 Demonstrate the ability to develop, implement, and communicate effective policies and procedures to allow safe and efficient physical activity in a variety of environmental conditions. This will include obtaining, interpreting, and recognizing potentially hazardous environmental conditions and making the appropriate recommendations for the patient and/or activity. Effective lines of communication shall be established with the patient, coaches and/or appropriate officials to elicit and convey information about the potential hazard of the environmental condition and the importance of implementing appropriate strategies to prevent injury.

### **Acute Care**

AC-P2 Perform an initial assessment to assess the following, but not limited to:

- AC-P2a Airway
- AC-P2b Breathing
- AC-P2c Circulation
- AC-P2d Level of consciousness
- AC-P2e Other life-threatening conditions
- AC-P3b Establish and maintain an airway in an infant, child, and adult
- AC-P3d Perform one- and two-person CPR on an infant, child, and adult
- AC-P3e Utilize a bag-valve mask on an infant, child, and adult
- AC-P3f Utilize an automated external defibrillator (AED) according to current accepted practice protocols

AC-P3g Normalize body temperature in situations of severe/life-threatening heat or cold stress

AC-P3h Control bleeding using universal precautions

#VALUE! Administer an EpiPen for anaphylactic shock

AC-CP1 Demonstrate the ability to manage acute injuries and illnesses. This will include surveying the scene, conducting an initial assessment, utilizing universal precautions, activating the emergency action plan, implementing appropriate emergency techniques and procedures, conducting a secondary assessment and implementing appropriate first aid techniques and procedures for non-life-threatening situations. Effective lines of communication should be established and the results of the assessment, management and treatment should be documented.

### **Therapeutic Modalities**

TM-CP1 Synthesize information obtained in a patient interview and physical examination to determine the indications, contraindications and precautions for the selection, patient set-up, and evidence-based application of therapeutic modalities for acute and chronic injuries. The student will formulate a progressive treatment and rehabilitation plan and appropriately apply the modalities. Effective lines of communication should be established to elicit and convey information about the patient's status and the prescribed modality(s). While maintaining patient confidentiality, all aspects of the treatment plan should be documented using standardized record-keeping methods.

TM-CP1.1 Infrared Modalities

**Exercise**

EX-CP Synthesize information obtained in a patient interview and physical examination to determine the indications, contraindications and precautions for the selection, application, and evidence-based design of a therapeutic exercise program for injuries to the upper extremity, lower extremity, trunk, and spine. The student will formulate a progressive rehabilitation plan and appropriately demonstrate and/or instruct the exercises and/or techniques to the patient. Effective lines of communication should be established to elicit and convey information about the patient's status and the prescribed exercise(s). While maintaining patient confidentiality, all aspects of the exercise plan should be documented using standardized record-keeping methods.

- EX-CP1 Program for injuries to the upper extremity
- EX-CP1.1 Exercises and Techniques to Improve Joint Range of Motion
- EX-CP1.2 Exercises to Improve Muscular Strength
- EX-CP1.5 Exercises to Improve Muscular Power
- EX-CP2 Program for injuries to the lower extremity
- EX-CP2.1 Exercises and Techniques to Improve Joint Range of Motion
- EX-CP2.2 Exercises to Improve Muscular Strength
- EX-CP2.5 Exercises to Improve Muscular Power
- EX-CP3 Program for injuries to the trunk
- EX-CP3.1 Exercises and Techniques to Improve Joint Range of Motion
- EX-CP3.2 Exercises to Improve Muscular Strength
- EX-CP3.3 Exercises to Improve Muscular Endurance
- EX-CP3.4 Exercises to Improve Muscular Speed
- EX-CP3.5 Exercises to Improve Muscular Power
- EX-CP4 Program for injuries to the spine
- EX-CP4.1 Exercises and Techniques to Improve Joint Range of Motion
- EX-CP4.2 Exercises to Improve Muscular Strength
- EX-CP4.3 Exercises to Improve Muscular Endurance
- EX-CP4.4 Exercises to Improve Muscular Speed
- EX-CP4.5 Exercises to Improve Muscular Power

**Administration**

AD-P7 Use a comprehensive patient-file management system that incorporates both paper and electronic media for purposes of insurance records, billing, and risk management.