

**Southwest Baptist University**  
**ATH 3103 Sports Performance**  
**Competencies/Proficiencies – 4<sup>th</sup> Edition**

**Risk Management**

- RM-C5 Describe the basic concepts and practice of wellness screening.
- 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-C11 Explain the importance and use of standard tests, test equipment, and testing protocol for the measurement of cardiovascular and respiratory fitness, body composition, posture, flexibility, muscular strength, power, and endurance
- RM-C12 Explain the components and purpose of periodization within a physical conditioning program
- RM-C13 Identify and explain the various types of flexibility, strength training, and cardiovascular conditioning programs. This should include the expected effects (the body's anatomical and physiological adaptation), safety precautions, hazards, and contraindications of each.
- RM-C14 Explain the precautions and risks associated with exercise in special populations.
- 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-P1.5 Agility
- RM-P1.6 Cardiovascular Endurance
- RM-P1.7 Speed
- RM-P2 Develop a fitness program appropriate to the patient's needs and selected activity or activities that meet the requirements established by the appropriate governing agency and/or physician for enhancing:
- RM-P2.1 Flexibility
- RM-P2.2 Strength
- RM-P2.3 Power
- RM-P2.4 Muscular Endurance
- RM-P2.6 Agility
- RM-P2.6 Cardiovascular Endurance
- RM-P2.7 Speed

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.

### **Diagnosis**

DI-C3 Describe the physiological and psychological effects of physical activity and their impact on performance.

DI-C12 Describe strength assessment using resistive range of motion, break tests, and manual muscle testing.

### **Nutritional Aspects**

NU-C1 Describe personal health habits and their role in enhancing performance, preventing injury or illness, and maintaining a healthy lifestyle.

NU-C2 Describe the USDA's "My Pyramid" and explain how this can be used in performing a basic dietary analysis and creating a dietary plan for a patient.

NU-C3 Identify and describe primary national organizations responsible for public and professional nutritional information.

NU-C4 Identify nutritional considerations in rehabilitation, including nutrients involved in healing and nutritional risk factors (e.g., reduced activity with the same dietary regimen and others).

NU-C5 Describe common illnesses and injuries that are attributed to poor nutrition (e.g., effects of poor dietary habits on bone loss, on injury, on long-term health, and on other factors).

NU-C6 Explain energy and nutritional demands of specific activities and the nutritional demands placed on the patient.

NU-C7 Explain principles of nutrition as they relate to the dietary and nutritional needs of the patient (e.g., role of fluids, electrolytes, vitamins, minerals, carbohydrates, protein, fat, and others).

NU-C8 Explain the physiological processes and time factors involved in the digestion, absorption, and assimilation of food, fluids, and nutritional supplements. Further, relate these processes and time factors to the design and planning of preactivity and postactivity meals, menu content, scheduling, and the effect of other nonexercise stresses before activity.

NU-C9 Describe the principles, advantages, and disadvantages of ergogenic aids and dietary supplements used in an effort to improve physical performance.

NU-C10 Explain implications of FDA regulation of nutritional products.

NU-C11 Identify and interpret pertinent scientific nutritional comments or position papers (e.g., healthy weight loss, fluid replacement, pre-event meals, and others).

NU-C12 Explain principles of weight control for safe weight loss and weight gain, and explain common misconceptions regarding the use of food, fluids, and nutritional supplements in weight control.

NU-C13 Explain consequences of improper fluid replacement.

- NU-C14 Describe disordered eating and eating disorders (i.e., signs, symptoms, physical and psychological consequences, referral systems).
- NU-C15 Identify effects of macronutrients (e.g., saturated fats, incomplete proteins, and complex carbohydrates) on performance, health, and disease.
- NU-C16 Describe signs, symptoms, and physiological effects of mineral deficiency (e.g., iron, and calcium), and identify foods high in specific mineral content.
- NU-C17 Identify and explain food label Daily Value recommendations and common food sources of essential vitamins and minerals in using current USDA Dietary Guidelines.
- NU-C18 Describe the principles and methods of body composition assessment (e.g., skinfold calipers, bioelectric impedance, body mass index [BMI]) to assess a patient's health status and to monitor progress in a weight loss or weight gain program for patients of all ages and in a variety of settings.
- NU-C19 Explain the relationship between basal metabolic rate, caloric intake, and energy expenditure in the use of the Food Pyramid Guidelines.
- NU-C20 Identify the nutritional benefits and costs of popular dietary regimen for weight gain, weight loss, and performance enhancement.
- NU-P1 Assess body composition by validated technique (e.g., skinfold calipers, bioelectric impedance, BMI, etc.) to assess a patient's health status and to monitor progress during a weight loss or weight gain program.
- NU-P2 Calculate energy expenditure, caloric intake, and BMR.
- NU-P3 Provide educational information about basic nutritional concepts, facts, needs, and food labels for settings associated with physically active individuals of a wide range of ages and needs.