

**Southwest Baptist University**  
**ATH 3123 Athletic Training Practicum II**  
**Proficiencies – 4<sup>th</sup> Edition**

**Diagnosis**

- DI-CP1 Demonstrate a musculoskeletal assessment of upper extremity, lower extremity, head/face, and spine (including the ribs) for the purpose of identifying (a) common acquired or congenital risk factors that would predispose the patient to injury and (b) a musculoskeletal injury. This will include identification and recommendations for the correction of acquired or congenital risk factors for injury. At the conclusion of the assessment, the student will diagnose the patient's condition and determine and apply immediate treatment and/or referral in the management of the condition. Effective lines of communication should be established to elicit and convey information about the patient's status. While maintaining patient confidentiality, all aspects of the assessment should be documented using standardized record-keeping methods.
- DI-CP1.9 Ribs
- DI-CP1.10 Cervical Spine
- DI-CP1.11 Shoulder Girdle
- DI-CP1.12 Upper Arm
- DI-CP1.13 Elbow
- DI-CP1.14 Forearm
- DI-CP1.15 Wrist
- DI-CP1.16 Hand, Fingers & Thumb
- DI-CP1.17 Head and Face
- DI-CP1.18 Temporomandibular Joint

**Medical Conditions**

- MC-P1 Obtain a medical history of the patient that includes a previous history and a history of the present condition.
- MC-P2 Perform a visual observation of the clinical signs associated with common injuries and/or illnesses including deformity, edema/swelling, discoloration, and skin abnormalities.
- MC-P3 Palpate the bones and soft tissues, including the abdomen, to determine normal or pathological characteristics.
- MC-P4 Apply commonly used special tests and instruments (e.g., otoscope, stethoscope, ophthalmoscope, peak flowmeter, chemical "dipsticks" [or similar devices]) and document the results for the assessment of:
- MC-P4a Vital signs including respiration (including asthma), pulse and circulation, and blood pressure
- MC-P4b Heart, lung, and bowel sounds
- MC-P4c Pupil response, size and shape, and ocular motor function
- MC-P4d Body temperature
- MC-P4e Ear, nose, throat and teeth
- MC-P4f Urinalysis

- MC-CP1 Demonstrate a general and specific (e.g., head, torso and abdomen) assessment for the purpose of (a) screening and referral of common medical conditions, (b) treating those conditions as appropriate, and (c) when appropriate, determining a patient's readiness for physical activity. Effective lines of communication should be established to elicit and convey information about the patient's status and the treatment program. While maintaining confidentiality, all aspects of the assessment, treatment, and determination for activity should be documented using standardized record-keeping methods.
- MC-CP1.1 Derma
- MC-CP1.2 Head, including the Brain
- MC-CP1.3 Face, including the Maxillofacial Region
- MC-CP1.4 Thorax, including the heart and lungs
- MC-CP1.6 Eyes
- MC-CP1.7 Ear, Nose, and Throat

### **Acute Care**

- 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.

### **Nutritional Aspects**

- NU-CP1 Demonstrate the ability to counsel a patient in proper nutrition. This may include providing basic nutritional information and/or an exercise and nutrition program for weight gain or weight loss. The student will demonstrate the ability to take measurements and figure calculations for a weight control plan (e.g., measurement of body composition and BMI, calculation of energy expenditure, caloric intake, and BMR). Armed with basic nutritional data, the student will demonstrate the ability to develop and implement a preparticipation meal and an appropriate exercise and nutritional plan for an active individual. The student will develop an active listening relationship to effectively communicate with the patient and, as appropriate, refer the patient to other medical professionals (physician, nutritionist, counselor or psychologist) as needed.
- NU-CP2 Demonstrate the ability to recognize disordered eating and eating disorders, establish a professional helping relationship with the patient, interact through support and education, and encourage vocal discussion and other support through referral to the appropriate medical professionals.