

**Southwest Baptist University**  
**ATH 4123 Athletic Training Practicum IV**  
**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-P1.6 Cardiovascular Endurance
- 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

**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
- TM-CP1.2 Electrical Stimulation Modalities
- TM-CP1.3 Therapeutic Ultrasound
- TM-CP1.4 Mechanical Modalities
- TM-CP1.5 Massage and other Manual Techniques

## **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-CP1.3 Exercises to Improve Muscular Endurance
- EX-CP1.4 Exercises to Improve Muscular Speed
- EX-CP1.5 Exercises to Improve Muscular Power
- EX-CP1.6 Exercises to Improve Balance, Neuromuscular Control, and Coordination
- EX-CP1.7 Exercises to Improve Agility
- EX-CP1.8 Exercises to Improve Cardiorespiratory Endurance
- EX-CP1.9 Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening

### **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-CP2.3 Exercises to Improve Muscular Endurance
- EX-CP2.4 Exercises to Improve Muscular Speed
- EX-CP2.5 Exercises to Improve Muscular Power
- EX-CP2.6 Exercises to Improve Balance, Neuromuscular Control, and Coordination
- EX-CP2.7 Exercises to Improve Agility
- EX-CP2.8 Exercises to Improve Cardiorespiratory Endurance
- EX-CP2.9 Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening

### **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-CP3.6 Exercises to Improve Balance, Neuromuscular Control, and Coordination
- EX-CP3.7 Exercises to Improve Agility
- EX-CP3.8 Exercises to Improve Cardiorespiratory Endurance
- EX-CP3.9 Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening

**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
- EX-CP4.6 Exercises to Improve Balance, Neuromuscular Control, and Coordination
- EX-CP4.7 Exercises to Improve Agility
- EX-CP4.8 Exercises to Improve Cardiorespiratory Endurance
- EX-CP4.9 Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening

**Psychosocial**

- PS-CP1 Demonstrate the ability to conduct an intervention and make the appropriate referral of an individual with a suspected substance abuse or other mental health problem. 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 intervention and referral should be documented using standardized record-keeping methods.
- PS-CP2 Demonstrate the ability to select and integrate appropriate motivational techniques into a patient's treatment or rehabilitation program. This includes, but is not limited to, verbal motivation, visualization, imagery, and/or desensitization. Effective lines of communication should be established to elicit and convey information about the techniques. While maintaining patient confidentiality, all aspects of the program should be documented using standardized record-keeping techniques.

**Administration**

- AD-P5 Use appropriate terminology and medical documentation to record injuries and illnesses (e.g., history and examination findings, progress notes, and others).
- AD-P6 Use appropriate terminology to effectively communicate both verbally and in writing with patients, physicians, colleagues, administrators, and parents or family members.