

**Southwest Baptist University**  
**ATH 4133 Professional Seminar**  
**Competencies/Proficiencies – 4<sup>th</sup> Edition**

**Risk Management**

RM-C9 Explain the accepted guidelines, recommendations, and policy and position statements of applicable governing agencies related to activity during extreme weather conditions.

**Medical Conditions**

MC-C18 Describe and know when to refer common psychological medical disorders from drug toxicity, physical and emotional stress, and acquired disorders (e.g., substance abuse, eating disorders/disordered eating, depression, bipolar disorder, seasonal affective disorder, anxiety disorders, somatoform disorders, personality disorders, abusive disorders, and addiction).

**Exercise**

EX-C9 Describe manufacturer's, institutional, state and federal guidelines for the inspection and maintenance of therapeutic exercise equipment.

**Psychosocial**

- PS-C1 Explain the psychosocial requirements (i.e., motivation and self-confidence) of various activities that relate to the readiness of the injured or ill individual to resume participation.
- PS-C2 Explain the stress-response model and the psychological and emotional responses to trauma and forced inactivity.
- PS-C4 Describe the basic principles of mental preparation, relaxation, visualization, and desensitization techniques.
- PS-C5 Describe the basic principles of general personality traits, associated trait anxiety, locus of control, and patient and social environment interactions.
- PS-C6 Explain the importance of providing health care information to patients, parents/guardians, and others regarding the psychological and emotional well being of the patient.
- PS-C7 Describe the roles and function of various community-based health care providers (to include, but not limited, to: psychologists, counselors, social workers, human resources personnel) and the accepted protocols that govern the referral of patients to these professionals.
- PS-C8 Describe the theories and techniques of interpersonal and cross-cultural communication among athletic trainers, their patients, and others involved in the health care of the patient.
- PS-C9 Explain the basic principles of counseling (discussion, active listening, and resolution) and the various strategies that certified athletic trainers may employ to avoid and resolve conflicts among superiors, peers, and subordinates.
- PS-C10 Identify the symptoms and clinical signs of common eating disorders and the psychological and sociocultural factors associated with these disorders.

- PS-C11 Identify and describe the sociological, biological and psychological influences toward substance abuse, addictive personality traits, the commonly abused substances, the signs and symptoms associated with the abuse of these substances, and their impact on an individual's health and physical performance
- PS-C12 Describe the basic signs and symptoms of mental disorders (psychoses), emotional disorders (neuroses, depression), or personal/social conflict (family problems, academic or emotional stress, personal assault or abuse, sexual assault, sexual harassment), the contemporary personal, school, and community health service agencies, such as community-based psychological and social support services that treat these conditions and the appropriate referral procedures for accessing these health service agencies.
- PS-C13 Describe the acceptance and grieving processes that follow a catastrophic event and the need for a psychological intervention and referral plan for all parties affected by the event.
- PS-C14 Explain the potential need for psychosocial intervention and referral when dealing with populations requiring special consideration (to include but not limited to those with exercise-induced asthma, diabetes, seizure disorders, drug allergies and interactions, unilateral organs, physical and/or mental disability).

### **Nutritional Aspects**

- NU-C14 Describe disordered eating and eating disorders (i.e., signs, symptoms, physical and psychological consequences, referral systems).

### **Administration**

- AD-C14 Describe vision and mission statements to focus service or program aspirations and strategic planning (e.g., "weaknesses, opportunities, threats and strengths underlying planning" [WOTS UP], "strengths, weaknesses, opportunities and threats" [SWOT]) to critically bring out organizational improvement.
- AD-C19 Describe strategic processes and effective methods for promoting the profession of athletic training and those services that athletic trainers perform in a variety of practice settings (e.g., high schools and colleges, professional and industrial settings, hospitals and community-based health care facilities, etc.).

### **Professional Development**

- PD-C1 Explain the role and function of state athletic training practice acts and registration, licensure, and certification agencies including (1) basic legislative processes for the implementation of practice acts, (2) rationale for state regulations that govern the practice of athletic training, and (3) consequences of violating federal and state regulatory acts.
- PD-C2 Describe the process of attaining and maintaining national and state athletic training professional credentials.

- PD-C3 Describe the current professional development requirements for the continuing education of athletic trainers and how to locate available, approved continuing education opportunities.
- PD-C4 Describe the role and function of the governing structures of the National Athletic Trainers' Association.
- PD-C5 Differentiate the essential documents of the national governing, certifying, and accrediting bodies, including, but not limited to, the Athletic Training Educational Competencies, Standards of Practice, Code of Ethics, Role Delineation Study, and the Standards for the Accreditation of Entry-Level Athletic Training Education Programs.
- PD-C6 Summarize the position statements regarding the practice of athletic training.
- PD-C7 Describe the role and function of the professional organizations and credentialing agencies that impact the athletic training profession.
- PD-C8 Summarize the current requirements for the professional preparation of the athletic trainer.
- PD-C10 Identify the issues and concerns regarding the health care of patients (e.g., public relations, third-party payment, and managed care).
- PD-C11 Identify and access available educational materials and programs in health-related subject matter areas (audiovisual aids, pamphlets, newsletters, computers, software, workshops, and seminars).
- PD-C12 Summarize the principles of planning and organizing workshops, seminars, and clinics in athletic training and sports medicine for health care personnel, administrators, other appropriate personnel, and the general public.
- PD-C15 Identify the components of, and the techniques for constructing, a professional resume.
- PD-P1 Collect and disseminate injury prevention and health care information to health care professionals, patients, parents/guardians, other appropriate personnel and the general public (e.g., team meetings, parents' nights, parent/teacher organization [PTO] meetings, booster club meetings, workshops, and seminars).
- PD-P2 Access by various methods the public information policy-making and governing bodies used in the guidance and regulation of the profession of athletic training (including but not limited to state regulatory boards, NATA, BOC).
- PD-P3 Develop and present material (oral, pamphlet/handout, written article, or other media type) for an athletic training-related topic.