

Competency Code	Competency	Instructed	Evaluated
RM-C12	Explain the components and purpose of periodization within a physical conditioning program	kin1146	kin1146
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.	kin1146	kin1146

Competency Code	Competency	Instructed	Evaluated
DI-C1	Demonstrate knowledge of the systems of the human body.	kin2500	kin2500
DI-C4	Explain directional terms and cardinal planes used to describe the body and the relationship of its parts.	kin2500	kin2500
DI-C5	Describe the principles and concepts of body movement including functional classification of joints, arthrokinematics, normal ranges of joint motion, joint action terminology, and muscle groups responsible for joint actions (prime movers, synergists), skeletal muscle contraction, and kinesthesia/proprioception.	kin2500	kin2500
PA-C1	Describe the essential components of a typical human cell. Include the normal structure and the function of each component and explain the abnormal symptoms associated with injury, illness, and disease.	kin2500	kin2500
PA-C3	Explain normal and abnormal circulation and the physiology of fluid homeostasis.	kin2500	kin2500

Competency Code	Competency	Instructed	Evaluated
AD-C20	Differentiate the roles and responsibilities of the athletic trainer from those of other medical and allied health personnel who provide care to patients involved in physical activity and describe the necessary communication skills for effectively interacting with these professionals.	kin2501	kin2501
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.	kin2501	kin2501

Competency Code	Competency	Instructed	Evaluated
AC-C1	Explain the legal, moral, and ethical parameters that define the scope of first aid and emergency care and identify the proper roles and responsibilities of the certified athletic trainer.	kin2503	kin2503
AC-C13	Describe the proper management of external hemorrhage, including the location of pressure points, use of universal precautions, and proper disposal of biohazardous materials.	kin2503	kin2503
AC-C15	Describe the appropriate use of aseptic or sterile techniques, approved sanitation methods, and universal precautions for the cleansing and dressing of wounds.	kin2503	kin2503
AC-C17	Explain the application principles of rest, cold application, elevation, and compression in the treatment of acute injuries.	kin2503	kin2503
AC-C26	Identify the appropriate short-distance transportation method, including immobilization, for an injured patient.	kin2503	kin2503
AC-C3	Determine what emergency care supplies and equipment are necessary for circumstances in which the athletic trainer is the responsible first responder.	kin2503	kin2503
AC-C32	Describe the proper ambulatory aid and technique for the injury and patient.	kin2503	kin2503
AC-C4	Know and be able to use appropriately standard nomenclature of injuries and illnesses.	kin2503	kin2503
AC-C5	Describe the principles and rationale of the initial assessment including the determination of whether the accident scene is safe, what may have happened, and the assessment of airway, breathing, circulation, level of consciousness and other life-threatening conditions.	kin2503	kin2503
AC-C7	Identify the normal ranges for vital signs.	kin2503	kin2503
AC-C8	Describe pathological signs of acute/traumatic injury and illness including, but not limited to, skin temperature, skin color, skin moisture, pupil reaction, and neurovascular function.	kin2503	kin2503
AC-P4	Perform a secondary assessment and employ the appropriate management techniques for non-life-threatening situations, including but not limited to:	kin2503, kin2506, kin2601, kin3505-1	kin2503, kin2506, kin2601, kin3505-1
AC-P4a	Open and closed wounds (using universal precautions)	kin2503	kin2503
AC-P4h	Acute musculoskeletal injuries (i.e. sprains, strains, fractures, dislocations)	kin2503	kin2503

Competency Code	Competency	Instructed	Evaluated
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.	kin2504	kin2504
NU-C19	Explain the relationship between basal metabolic rate, caloric intake, and energy expenditure in the use of the Food Pyramid Guidelines.	kin2504	kin2504
RM-C14	Explain the precautions and risks associated with exercise in special populations.	kin2504	kin2504

Competency Code	Competency	Instructed	Evaluated
AC-C18	Describe the signs, symptoms, and pathology of acute inflammation.	kin2505	kin2505
AC-C22	Identify the signs and symptoms of trauma to the cervical, thoracic and lumbar spines, the spinal cord, and spinal nerve roots, including neurological signs, referred symptoms, and other symptoms that indicate underlying trauma and pathology.	kin2505	kin2505
AC-C30	Identify information obtained during the examination to determine when to refer an injury or illness for further or immediate medical attention.	kin2505	kin2505
AC-C33	Describe home care and self-treatment plans of acute injuries and illnesses.	kin2505	kin2505
AC-C6	Differentiate the components of a secondary assessment to determine the type and severity of the injury or illness sustained.	kin2505	kin2505
DI-C10	Explain the roles of special tests in injury assessment.	kin2505	kin2505
DI-C11	Explain the role of postural examination in injury assessment including gait analysis.	kin2505	kin2505
DI-C12	Describe strength assessment using resistive range of motion, break tests, and manual muscle testing.	kin2505	kin2505
DI-C13	Describe the use of diagnostic tests and imaging techniques based on their applicability in the assessment of an injury when prescribed by a physician.	kin2505	kin2505
DI-C15	Describe and identify postural deformities.	kin2505	kin2505
DI-C2	Describe the anatomical and physiological growth and development characteristics as well as gender differences across the lifespan.	kin2505	kin2505
DI-C4	Explain directional terms and cardinal planes used to describe the body and the relationship of its parts.	kin2505	kin2505
DI-C6	Describe common techniques and procedures for evaluating common injuries including taking a history, inspection/observation, palpation, functional testing, special evaluation techniques, and neurological and circulatory tests.	kin2505	kin2505
DI-C7	Explain the relationship of injury assessment to the systematic observation of the person as a whole.	kin2505	kin2505
DI-C8	Describe the nature of diagnostic tests of the neurological function of cranial nerves, spinal nerves, and peripheral nerves using myotomes, dermatomes, and reflexes.	kin2505	kin2505

DI-C9	Assess neurological status, including cranial nerve function, myotomes, dermatomes and reflexes, and circulatory status.	kin2505	kin2505
DI-CP1.1	Foot and Toes	xxxxxxxxxxxxx	kin2505
DI-CP1.2	Ankle	xxxxxxxxxxxxx	kin2505
DI-CP1.3	Lower Leg	xxxxxxxxxxxxx	kin2505
DI-CP1.4	Knee (tibiofemoral and patellofemoral)	xxxxxxxxxxxxx	kin2505
DI-CP1.5	Thigh	xxxxxxxxxxxxx	kin2505
DI-CP1.6	Hip/Pelvis/Sacroiliac Joint	xxxxxxxxxxxxx	kin2505
DI-CP1.7	Lumbar Spine	xxxxxxxxxxxxx	kin2505
DI-CP1.8	Thoracic Spine	xxxxxxxxxxxxx	kin2505
DI-P1	Obtain a medical history of the patient that includes a previous history and a history of the present injury.	kin2505	kin2505
DI-P10	Document the results of the assessment including the diagnosis.	kin2505	kin2505
DI-P2	Perform inspection/observation of the clinical signs associated with common injuries including deformity, posturing and guarding, edema/swelling, hemarthrosis, and discoloration.	kin2505	kin2505
DI-P3	Perform inspection/observation of postural, structural, and biomechanical abnormalities.	kin2505	kin2505
DI-P4	Palpate the bones and soft tissues to determine normal or pathological characteristics.	kin2505	kin2505
DI-P5	Measure the active and passive joint range of motion using commonly accepted techniques, including the use of a goniometer and inclinometer.	kin2505	kin2505
DI-P6	Grade the resisted joint range of motion/manual muscle testing and break tests.	kin2505	kin2505
DI-P7	Apply appropriate stress tests for ligamentous or capsular stability, soft tissue and muscle, and fractures.	kin2505	kin2505
DI-P8	Apply appropriate special tests for injuries to the specific areas of the body as listed above.	kin2505	kin2505
DI-P9	Assess neurological status, including cranial nerve function, myotomes, dermatomes and reflexes, and circulatory status.	kin2505	kin2505
MC-P1	Obtain a medical history of the patient that includes a previous history and a history of the present condition.	kin2505	kin2505
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.	kin2505	kin2505
RM-C19	Explain the basic principles and concepts of home, school, and workplace ergonomics and their relationship to the prevention of illness and injury.	kin2505	kin2505

RM-C3	Identify and explain the epidemiology data related to the risk of injury and illness related to participation in physical activity.	kin2505	kin2505
RM-C5	Describe the basic concepts and practice of wellness screening.	kin2505	kin2505

Competency Code	Competency	Instructed	Evaluated
AC-C19	Identify the signs and symptoms of head trauma, including loss of consciousness, changes in standardized neurological function, cranial nerve assessment, and other symptoms that indicate underlying trauma.	kin2506	kin2506
AC-C21	Define cerebral concussion, list the signs and symptoms of concussions, identify the methods for determining the neurocognitive status of a patient who sustains a concussion and describe contemporary concepts for the management and return-to-participation of a patient who sustains a concussion.	kin2506	kin2506
AC-P4	Perform a secondary assessment and employ the appropriate management techniques for non-life-threatening situations, including but not limited to:	kin2503, kin2506, kin2601, kin3505-1	kin2503, kin2506, kin2601, kin3505-1
AC-P4b	Closed-head trauma (using standard neurological tests and tests for cranial nerve function)	kin2506	kin2506
DI-C11	Explain the role of postural examination in injury assessment including gait analysis.	kin2506	kin2506
DI-C12	Describe strength assessment using resistive range of motion, break tests, and manual muscle testing.	kin2506	kin2506
DI-C13	Describe the use of diagnostic tests and imaging techniques based on their applicability in the assessment of an injury when prescribed by a physician.	kin2506	kin2506
DI-C15	Describe and identify postural deformities.	kin2506	kin2506
DI-C2	Describe the anatomical and physiological growth and development characteristics as well as gender differences across the lifespan.	kin2506	kin2506
DI-C6	Describe common techniques and procedures for evaluating common injuries including taking a history, inspection/observation, palpation, functional testing, special evaluation techniques, and neurological and circulatory tests.	kin2506	kin2506
DI-C8	Describe the nature of diagnostic tests of the neurological function of cranial nerves, spinal nerves, and peripheral nerves using myotomes, dermatomes, and reflexes.	kin2506	kin2506
DI-C9	Assess neurological status, including cranial nerve function, myotomes, dermatomes and reflexes, and circulatory status.	kin2506	kin2506

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.	xxxxxxxxxxx x	kin2505, kin2506
DI-CP1.10	Cervical Spine	xxxxxxxxxxx x	kin2506
DI-CP1.11	Shoulder Girdle	xxxxxxxxxxx x	kin2506
DI-CP1.12	Upper Arm	xxxxxxxxxxx x	kin2506
DI-CP1.13	Elbow	xxxxxxxxxxx x	kin2506
DI-CP1.14	Forearm	xxxxxxxxxxx x	kin2506
DI-CP1.15	Wrist	xxxxxxxxxxx x	kin2506
DI-CP1.16	Hand, Fingers & Thumb	xxxxxxxxxxx x	kin2506
DI-CP1.17	Head and Face	xxxxxxxxxxx x	kin2506
DI-CP1.18	Temporomandibular Joint	xxxxxxxxxxx x	kin2506
DI-CP1.9	Ribs	xxxxxxxxxxx x	kin2506
DI-P1	Obtain a medical history of the patient that includes a previous history and a history of the present injury.	kin2506	kin2506
DI-P10	Document the results of the assessment including the diagnosis.	kin2506	kin2506
DI-P2	Perform inspection/observation of the clinical signs associated with common injuries including deformity, posturing and guarding, edema/swelling, hemarthrosis, and discoloration.	kin2506	kin2506
DI-P3	Perform inspection/observation of postural, structural, and biomechanical abnormalities.	kin2506	kin2506
DI-P4	Palpate the bones and soft tissues to determine normal or pathological characteristics.	kin2506	kin2506

DI-P5	Measure the active and passive joint range of motion using commonly accepted techniques, including the use of a goniometer and inclinometer.	kin2506	kin2506
DI-P6	Grade the resisted joint range of motion/manual muscle testing and break tests.	kin2506	kin2506
DI-P7	Apply appropriate stress tests for ligamentous or capsular stability, soft tissue and muscle, and fractures.	kin2506	kin2506
DI-P8	Apply appropriate special tests for injuries to the specific areas of the body as listed above.	kin2506	kin2506
DI-P9	Assess neurological status, including cranial nerve function, myotomes, dermatomes and reflexes, and circulatory status.	kin2506	kin2506
MC-C17	Describe and know when to refer common neurological medical disorders from trauma, anoxia, drug toxicity, infection, and congenital malformation (e.g., concussion, postconcussion syndrome, second-impact syndrome, subdural and epidural hematoma, epilepsy, seizure, convulsion disorder, meningitis, spina bifida, cerebral palsy, chronic regional pain syndrome [CRPS], cerebral aneurysm).	kin2506	kin2506
MC-C21	Describe and know when to refer common injuries or conditions of the teeth (e.g., fractures, dislocations, caries).	kin2506	kin2506
MC-P1	Obtain a medical history of the patient that includes a previous history and a history of the present condition.	kin2506	kin2506
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.	kin2506	kin2506
RM-C19	Explain the basic principles and concepts of home, school, and workplace ergonomics and their relationship to the prevention of illness and injury.	kin2506	kin2506
RM-C19	Explain the basic principles and concepts of home, school, and workplace ergonomics and their relationship to the prevention of illness and injury.	kin2506	kin2506
RM-C3	Identify and explain the epidemiology data related to the risk of injury and illness related to participation in physical activity.	kin2506	kin2506

Competency Code	Competency	Instructed	Evaluated
AC-C10	Describe the role and function of an automated external defibrillator in the emergency management of acute heart failure and abnormal heart rhythms.	kin2601	kin2601
AC-C11	Describe the role and function of supplemental oxygen administration as an adjunct to cardiopulmonary resuscitation techniques.	kin2601	kin2601
AC-C12	Describe the characteristics of common life-threatening conditions that can occur either spontaneously or as the result of direct trauma to the throat, thorax and viscera, and identify the management of these conditions.	kin2601	kin2601
AC-C14	Identify the signs and symptoms associated with internal hemorrhaging.	kin2601	kin2601
AC-C15	Describe the appropriate use of aseptic or sterile techniques, approved sanitation methods, and universal precautions for the cleansing and dressing of wounds.	kin2601	kin2601
AC-C16	Describe the injuries and illnesses that require medical referral.	kin2601	kin2601
AC-C2	Describe the availability, content, purpose, and maintenance of contemporary first aid and emergency care equipment.	kin2601	kin2601
AC-C20	Explain the importance of monitoring a patient following a head injury, including obtaining clearance from a physician before further patient participation.	kin2601	kin2601
AC-C23	Describe cervical stabilization devices that are appropriate to the circumstances of an injury.	kin2601	kin2601
AC-C27	Identify the signs, symptoms, possible causes, and proper management of the following:	kin2601	kin2601
AC-C27a	Different types of shock	kin2601	kin2601
AC-C27b	Diabetic coma	kin2601	kin2601
AC-C27c	Seizures	kin2601	kin2601
AC-C27d	Toxic drug overdose	kin2601	kin2601
AC-C27e	Allergic, thermal, and chemical reactions of the skin (including infestations and insect bites)	kin2601	kin2601
AC-C28	Identify the signs and symptoms of serious communicable diseases and describe the appropriate steps to prevent disease transmission.	kin2601	kin2601
AC-C29	Identify the signs, symptoms, and treatment of patients suffering from adverse reactions to environmental conditions.	kin2601	kin2601
AC-C30	Identify information obtained during the examination to determine when to refer an injury or illness for further or immediate medical attention.	kin2601	kin2601

AC-C31	Describe the proper immobilization techniques and select appropriate splinting material to stabilize the injured joint or limb and maintain distal circulation.	kin2601	kin2601
AC-C9	Describe the current standards of first aid, emergency care, rescue breathing, and cardiopulmonary resuscitation for the professional rescuer.	kin2601	kin2601
AC-P1	Survey the scene to determine whether the area is safe and determine what may have happened.	kin2601	kin2601
AC-P2	Perform an initial assessment to assess the following, but not limited to:	kin2601	kin2601
AC-P2a	Airway	kin2601	kin2601
AC-P2b	Breathing	kin2601	kin2601
AC-P2c	Circulation	kin2601	kin2601
AC-P2d	Level of consciousness	kin2601	kin2601
AC-P2e	Other life-threatening conditions	kin2601	kin2601
AC-P3	Implement appropriate emergency treatment strategies, including but not limited to:	kin2601	kin2601
AC-P3a	Activate an emergency action plan	kin2601	kin2601
AC-P3b	Establish and maintain an airway in an infant, child, and adult	kin2601	kin2601
AC-P3c	Establish and maintain an airway in a patient wearing shoulder pads, headgear or other protective equipment and/or with a suspected spine injury	kin2601	kin2601
AC-P3d	Perform one- and two-person CPR on an infant, child, and adult	kin2601	kin2601
AC-P3e	Utilize a bag-valve mask on an infant, child, and adult	kin2601	kin2601
AC-P3f	Utilize an automated external defibrillator (AED) according to current accepted practice protocols	kin2601	kin2601
AC-P3g	Normalize body temperature in situations of severe/life-threatening heat or cold stress	kin2601	kin2601
AC-P3h	Control bleeding using universal precautions	kin2601	kin2601
AC-P3i	Administer an EpiPen for anaphylactic shock	kin2601	kin2601
AC-P4	Perform a secondary assessment and employ the appropriate management techniques for non-life-threatening situations, including but not limited to:	kin2601, kin3505-1	kin2601, kin3505-1
AC-P4c	Environmental illness	kin2601	kin2601
AC-P4d	Seizures	kin2601	kin2601
AC-P4e	Acute asthma attack	kin2601	kin2601
AC-P4f	Different types of shock	kin2601	kin2601
AC-P4g	Thoracic, respiratory, and internal abdominal injury or illness	kin2601	kin2601
AC-P4h	Acute musculoskeletal injuries (i.e. sprains, strains, fractures, dislocations)	kin2601	kin2601
AC-P4i	Spinal cord and peripheral nerve injuries	kin2601	kin2601
AC-P4j	Diabetic coma	kin2601	kin2601
AC-P4l	Allergic, thermal, and chemical reactions of the skin (including infestations and insect bites)	kin2601	kin2601

AD-C15	Explain typical administrative policies and procedures that govern first aid and emergency care (e.g., informed consent and incident reports).	kin2601	kin2601
AD-C17	Explain basic legal concepts as they apply to a medical or allied health care practitioner's responsibilities (e.g., standard of care, scope of practice, liability, negligence, informed consent and confidentiality, and others).	kin2601	kin2601
PH-P3	Activate and effectively follow locally established poison control protocols.	kin2601	kin2601
RM-C7	Explain the importance for all personnel to maintain current certification in CPR, automated external defibrillator (AED), and first aid.	kin2601	kin2601

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AC-C23	Describe cervical stabilization devices that are appropriate to the circumstances of an injury.	kin3501	kin3501
RM-P6.3	Access local weather/environmental information	kin3501	kin3501
RM-P6.2	Formulate and implement a comprehensive, proactive emergency action plan specific to lightening safety	kin3501	kin3501
RM-P6.1	Operate a sling psychrometer and/or wet bulb globe index	kin3501	kin3501
RM-P6	Obtain, interpret, and make decisions regarding environmental data. This includes, but is not limited to the ability to:	kin3501	kin3501
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.	kin3501	kin3501
RM-P4.7	Other Equipment (as appropriate)	kin3501	kin3501
RM-P4.6	Prophylactic Ankle Brace	kin3501	kin3501
RM-P4.5	Prophylactic Knee Brace	kin3501	kin3501
RM-P4.4	Mouthguard	kin3501	kin3501
RM-P4.3	Footwear	kin3501	kin3501
RM-P4.2	Helmet/Headgear	kin3501	kin3501
RM-P4.1	Shoulder Pads	kin3501	kin3501
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:	kin3501	kin3501
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.	kin3501	kin3501
RM-C20	Recognize the clinical signs and symptoms of environmental stress.	kin3501	kin3501
RM-C18	Explain the principles and concepts related to the fabrication, modification, and appropriate application or use of orthotics and other dynamic and static splints. This includes, but is not limited to, evaluating or identifying the need, selecting the appropriate manufacturing material, manufacturing the orthosis or splint, and fitting the orthosis or splint.	kin3501	kin3501
RM-C17	Explain the principles and concepts related to prophylactic taping, wrapping, bracing, and protective pad fabrication	kin3501	kin3501

RM-C16	Explain the basic principles associated with the use of protective equipment, including standards for the design, construction, fit, maintenance and reconditioning of protective equipment; and rules and regulations established by the associations that govern the use of protective equipment; and material composition.	kin3501	kin3501
RM-C10	Interpret data obtained from a wet bulb globe temperature (WGBT) or other similar device that measures heat and humidity to determine the scheduling, type, and duration of activity.	kin3501	kin3501
EX-C8	Explain the effectiveness of taping, wrapping, bracing, and other supportive/protective methods for facilitation of safe progression to advanced therapeutic exercises and functional activities.	kin3501	kin3501
DI-C14	Describe the clinical signs and symptoms of environmental stress.	kin3501	kin3501
AC-C25	Describe the effective management, positioning, and immobilization of a patient with a suspected spinal cord injury.	kin3501	kin3501
AC-C24	Describe the indications, guidelines, proper techniques and necessary supplies for removing equipment and clothing in order to evaluate and/or stabilize the involved area.	kin3501	kin3501
RM-P6.4	Assess hydration status using weight charts, urine color charts, or specific gravity measurements	kin3501	kin3501
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	kin3502	kin3502
RM-C9	Explain the accepted guidelines, recommendations, and policy and position statements of applicable governing agencies related to activity during extreme weather conditions.	kin3505-1	kin3505-1
RM-C7	Explain the importance for all personnel to maintain current certification in CPR, automated external defibrillator (AED), and first aid.	kin3505-1	kin3505-1

	A	B	C	D
1	Competency Code	Competency	Instructed	Evaluated
2	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.	kin3502	kin3502
3	PD-C13	Describe and differentiate the types of quantitative and qualitative research and describe the components and process of scientific research (including statistical decision-making) as it relates to athletic training research.	kin3502	kin3502
4	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:	kin3502	kin3502
5	RM-P1.1	Flexibility	kin3502	kin3502
6	RM-P1.2	Strength	kin3502	kin3502
7	RM-P1.3	Power	kin3502	kin3502
8	RM-P1.4	Muscular Endurance	kin3502	kin3502
9	RM-P1.5	Agility	kin3502	kin3502
10	RM-P1.6	Cardiovascular Endurance	kin3502	kin3502
11	RM-P1.7	Speed	kin3502	kin3502
12				
13				

Competency Code	Competency	Instructed	Evaluated
AC-C10	Describe the role and function of an automated external defibrillator in the emergency management of acute heart failure and abnormal heart rhythms.	kin3505-1	kin3505-1
AC-C11	Describe the role and function of supplemental oxygen administration as an adjunct to cardiopulmonary resuscitation techniques.	kin3505-1	kin3505-1
AC-C12	Describe the characteristics of common life-threatening conditions that can occur either spontaneously or as the result of direct trauma to the throat, thorax and viscera, and identify the management of these conditions.	kin3505-1	kin3505-1
AC-C14	Identify the signs and symptoms associated with internal hemorrhaging.	kin3505-1	kin3505-1
AC-C16	Describe the injuries and illnesses that require medical referral.	kin3505-1	kin3505-1
AC-C2	Describe the availability, content, purpose, and maintenance of contemporary first aid and emergency care equipment.	kin3505-1	kin3505-1
AC-C24	Describe the indications, guidelines, proper techniques and necessary supplies for removing equipment and clothing in order to evaluate and/or stabilize the involved area.	kin3505-1	kin3505-1
AC-C26	Identify the appropriate short-distance transportation method, including immobilization, for an injured patient.	kin3505-1	kin3505-1
AC-C9	Describe the current standards of first aid, emergency care, rescue breathing, and cardiopulmonary resuscitation for the professional rescuer.	kin3505-1	kin3505-1
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.	xxxxxxxxxxx x	kin3505-1
AC-P1	Survey the scene to determine whether the area is safe and determine what may have happened.	kin3505-1	kin3505-1
AC-P2	Perform an initial assessment to assess the following, but not limited to:	kin3505-1	kin3505-1
AC-P2a	Airway	kin3505-1	kin3505-1
AC-P2b	Breathing	kin3505-1	kin3505-1
AC-P2c	Circulation	kin3505-1	kin3505-1
AC-P2d	Level of consciousness	kin3505-1	kin3505-1
AC-P2e	Other life-threatening conditions	kin3505-1	kin3505-1

AC-P3	Implement appropriate emergency treatment strategies, including but not limited to:	kin3505-1	kin3505-1
AC-P3a	Activate an emergency action plan	kin3505-1	kin3505-1
AC-P3b	Establish and maintain an airway in an infant, child, and adult	kin3505-1	kin3505-1
AC-P3c	Establish and maintain an airway in a patient wearing shoulder pads, headgear or other protective equipment and/or with a suspected spine injury	kin3505-1	kin3505-1
AC-P3d	Perform one- and two-person CPR on an infant, child, and adult	kin3505-1	kin3505-1
AC-P3e	Utilize a bag-valve mask on an infant, child, and adult	kin3505-1	kin3505-1
AC-P3f	Utilize an automated external defibrillator (AED) according to current accepted practice protocols	kin3505-1	kin3505-1
AC-P3g	Normalize body temperature in situations of severe/life-threatening heat or cold stress	kin3505-1	kin3505-1
AC-P3h	Control bleeding using universal precautions	kin3505-1	kin3505-1
AC-P3i	Administer an EpiPen for anaphylactic shock	kin3505-1	kin3505-1
AC-P4	Perform a secondary assessment and employ the appropriate management techniques for non-life-threatening situations, including but not limited to:	kin2601, kin3505-1	kin2601, kin3505-1
AC-P4a	Open and closed wounds (using universal precautions)	kin3505-1	kin3505-1
AC-P4b	Closed-head trauma (using standard neurological tests and tests for cranial nerve function)	kin3505-1	kin3505-1
AC-P4c	Environmental illness	kin3505-1	kin3505-1
AC-P4d	Seizures	kin3505-1	kin3505-1
AC-P4e	Acute asthma attack	kin3505-1	kin3505-1
AC-P4f	Different types of shock	kin3505-1	kin3505-1
AC-P4g	Thoracic, respiratory, and internal abdominal injury or illness	kin3505-1	kin3505-1
AC-P4i	Spinal cord and peripheral nerve injuries	kin3505-1	kin3505-1
AC-P4j	Diabetic coma	kin3505-1	kin3505-1
AC-P4k	Toxic drug overdose	kin3505-1	kin3505-1
AC-P4l	Allergic, thermal, and chemical reactions of the skin (including infestations and insect bites)	kin3505-1	kin3505-1
AD-C7	Describe federal and state infection control regulations and guidelines, including universal precautions as mandated by the Occupational Safety and Health Administration (OSHA), for the prevention, exposure, and control of infectious diseases and discuss how they apply to the athletic trainer.	kin3505-1	kin3505-1
AD-P5	Use appropriate terminology and medical documentation to record injuries and illnesses (e.g., history and examination findings, progress notes, and others).	kin3505-1	kin3505-1
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.	kin3505-1	kin3505-1

DI-C16	Explain medical terminology and abbreviations necessary to communicate with physicians and other health professionals	kin3505-1	kin3505-1
DI-C17	Describe the components of medical documentation (e.g. SOAP, HIPS and HOPS).	kin3505-1	kin3505-1
EX-C7g	Interpret physician notes, postoperative notes, and physician prescriptions as they pertain to a therapeutic exercise program.	kin3505-1	kin3505-1
EX-C7h	Describe appropriate medical documentation for recording progress in a therapeutic exercise program.	kin3505-1	kin3505-1
PH-C1	Explain the laws, regulations, and procedures that govern storing, transporting, dispensing, and recording prescription and nonprescription medications (Controlled Substance Act, scheduled drug classification, and state statutes).	kin3505-1	kin3505-1
PH-C2	Identify appropriate pharmaceutical terminology and abbreviations used in the prescription, administration, and dispensing of medications.	kin3505-1	kin3505-1
PH-C9	Identify medications that might cause possible poisoning, and describe how to activate and follow the locally established poison control protocols.	kin3505-1	kin3505-1
PH-P1	Obtain and communicate patient education materials regarding physician-prescribed medications, over-the-counter drugs, and performance-enhancing substances using appropriate references.	kin3505-1	kin3505-1
PH-P2	Abide by federal, state, and local regulations for the proper storage, transportation, dispensing (administering where appropriate), and documentation of commonly used medications.	kin3505-1	kin3505-1
PH-P3	Activate and effectively follow locally established poison control protocols.	kin3505-1	kin3505-1
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.	xxxxxxxxxx x	kin3505-1

Competency Code	Competency	Instructed	Evaluated
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.	xxxxxxxxxxxx	kin3505-2
DI-CP1.1	Foot and Toes	xxxxxxxxxxxx	kin3505-2
DI-CP1.2	Ankle	xxxxxxxxxxxx	kin3505-2
DI-CP1.3	Lower Leg	xxxxxxxxxxxx	kin3505-2
DI-CP1.4	Knee (tibiofemoral and patellofemoral)	xxxxxxxxxxxx	kin3505-2
DI-CP1.5	Thigh	xxxxxxxxxxxx	kin3505-2
DI-CP1.6	Hip/Pelvis/Sacroiliac Joint	xxxxxxxxxxxx	kin3505-2
DI-CP1.7	Lumbar Spine	xxxxxxxxxxxx	kin3505-2
DI-CP1.8	Thoracic Spine	xxxxxxxxxxxx	kin3505-2

Competency Code	Competency	Instructed	Evaluated
AD-P5	Use appropriate terminology and medical documentation to record injuries and illnesses (e.g., history and examination findings, progress notes, and others).	kin3505-3	kin3505-3
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.	xxxxxxxxxxx x	kin3505-2, kin3505-3
DI-CP1.10	Cervical Spine	xxxxxxxxxxx x	kin3505-3
DI-CP1.11	Shoulder Girdle	xxxxxxxxxxx x	kin3505-3
DI-CP1.12	Upper Arm	xxxxxxxxxxx x	kin3505-3
DI-CP1.13	Elbow	xxxxxxxxxxx x	kin3505-3
DI-CP1.14	Forearm	xxxxxxxxxxx x	kin3505-3
DI-CP1.15	Wrist	xxxxxxxxxxx x	kin3505-3
DI-CP1.16	Hand, Fingers & Thumb	xxxxxxxxxxx x	kin3505-3
DI-CP1.17	Head and Face	xxxxxxxxxxx x	kin3505-3
DI-CP1.18	Temporomandibular Joint	xxxxxxxxxxx x	kin3505-3
DI-CP1.9	Ribs	xxxxxxxxxxx x	kin3505-3
MC-C1	Describe and know when to refer common congenital or acquired abnormalities, physical disabilities, and diseases affecting people who engage in physical activity throughout their life span (e.g., arthritis, diabetes).	kin3505-3	kin3505-4
MC-C10	Explain the possible causes of sudden death syndrome.	kin3505-3	kin3505-3

MC-C11	Describe and know when to refer common cardiovascular and hematological medical conditions from trauma, deformity, acquired disease, conduction disorder, and drug abuse (e.g., coronary artery disease, hypertrophic cardiomyopathy, heart murmur, mitral valve prolapse, commotion cordis, Marfan's syndrome, peripheral embolism, hypertension, arrhythmogenic right ventricular dysplasia, Wolf-Parkinson-White syndrome, anemias, sickle cell anemia and sickle cell trait [including rhabdomyolysis], hemophilia, deep vein thrombosis, migraine headache, syncope).	kin3505-3	kin3505-4
MC-C16	Describe and know when to refer common medical conditions of the immune system from infection, congenital and acquired disease, and unhealthy lifestyle. (e.g., arthritis, gout, upper respiratory tract infection [URTI], influenza, pneumonia, myocarditis, gastrointestinal infection, urinary tract infection [UTI], sexually transmitted diseases [STDs], pelvic inflammatory disease, meningitis, osteomyelitis, septic arthritis, chronic fatigue and overtraining, infectious mononucleosis, human immunodeficiency virus (HIV) infection and AIDS, hepatitis B virus infection, allergic reaction and anaphylaxis, childhood infectious diseases [measles, mumps, chickenpox]).	kin3505-3	kin3505-4
MC-C2	Understand the effects of common illnesses and diseases in physical activity.	kin3505-3	kin3505-4
MC-C3	Describe common techniques and procedures for evaluating common medical conditions and disabilities including taking a history, inspection/observation, palpation, functional testing, special evaluation techniques (e.g., assessing heart, lung and bowel sounds), and neurological and circulatory tests.	kin3505-3	kin3505-3
MC-C4	Describe and know when to refer common eye pathologies from trauma and/or localized infection (e.g., conjunctivitis, hyphema, corneal injury, stye, scleral trauma).	kin3505-3	kin3505-3
MC-C5	Describe and know when refer common ear pathologies from trauma and/or localized infection (e.g., otitis, ruptured tympanic membrane, impacted cerumen).	kin3505-3	kin3505-4
MC-C6	Describe and know when to refer common pathologies of the mouth, sinus, oropharynx, and nasopharynx from trauma and/or localized infection (e.g., gingivitis, sinusitis, laryngitis, tonsillitis, pharyngitis).	kin3505-3	kin3505-4

MC-C7	Describe and know when to refer common and significant respiratory infections, thoracic trauma, and lung disorders. (e.g., influenza, pneumonia, bronchitis, rhinitis, sinusitis, upper-respiratory infection (URI), pneumothorax, hemothorax, pneumomediastinum, exercise-induced bronchospasm, exercise-induced anaphylaxis, asthma).	kin3505-3	kin3505-3
MC-C8	Explain the importance and proper use of a peak flowmeter or similar device in the evaluation and management of respiratory conditions.	kin3505-3	kin3505-3
MC-C8	Explain the importance and proper use of a peak flowmeter or similar device in the evaluation and management of respiratory conditions.	kin3505-3	kin3505-3
MC-C9	Describe strategies for reducing the frequency and severity of asthma attacks.	kin3505-3	kin3505-3
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.	xxxxxxxxxxx x	kin3505-3
MC-CP1.1	Derma	xxxxxxxxxxx x	kin3505-3
MC-CP1.2	Head, including the Brain	xxxxxxxxxxx x	kin3505-3
MC-CP1.3	Face, including the Maxillofacial Region	xxxxxxxxxxx x	kin3505-3
MC-CP1.4	Thorax, including the heart and lungs	xxxxxxxxxxx x	kin3505-3
MC-CP1.5	Abdomen, including the abdominal organs, the renal and urogenital systems	xxxxxxxxxxx x	kin3505-3
MC-CP1.6	Eyes	xxxxxxxxxxx x	kin3505-3
MC-P3	Palpate the bones and soft tissues, including the abdomen, to determine normal or pathological characteristics.	kin3505-3	kin3505-3
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:	kin3505-3	kin3505-3
MC-P4a	Vital signs including respiration (including asthma), pulse and circulation, and blood pressure	kin3505-3	kin3505-3
MC-P4a	Vital signs including respiration (including asthma), pulse and circulation, and blood pressure	kin3505-3	kin3505-3
MC-P4b	Heart, lung, and bowel sounds	kin3505-3	kin3505-3

MC-P4c	Pupil response, size and shape, and ocular motor function	kin3505-3	kin3505-3
MC-P4e	Ear, nose, throat and teeth	kin3505-3	kin3505-3
MC-P4f	Urinalysis	kin3505-3	kin3505-3
PD-P4	Develop a research project (to include but not limited to case study, clinical research project, literature review) for an athletic training-related topic.	kin3505-3	kin3505-3

Competency Code	Competency	Instructed	Evaluated
MC-C1	Describe and know when to refer common congenital or acquired abnormalities, physical disabilities, and diseases affecting people who engage in physical activity throughout their life span (e.g., arthritis, diabetes).	kin3505-3	kin3505-4
MC-C11	Describe and know when to refer common cardiovascular and hematological medical conditions from trauma, deformity, acquired disease, conduction disorder, and drug abuse (e.g., coronary artery disease, hypertrophic cardiomyopathy, heart murmur, mitral valve prolapse, commotion cordis, Marfan's syndrome, peripheral embolism, hypertension, arrhythmogenic right ventricular dysplasia, Wolf-Parkinson-White syndrome, anemias, sickle cell anemia and sickle cell trait [including rhabdomyolysis], hemophilia, deep vein thrombosis, migraine headache, syncope).	kin3505-3	kin3505-4
MC-C12	Describe and know when to refer common medical conditions that affect the gastrointestinal and hepatic-biliary systems from trauma, chemical and drug irritation, local and systemic infections, psychological stress, and anatomic defects (e.g., hepatitis, pancreatitis, dyspepsia, gastroesophageal reflux, peptic ulcer, gastritis and gastroenteritis, inflammatory bowel disease, irritable bowel syndrome, appendicitis, sports hernia, hemorrhoids, splenomegaly, liver trauma).	kin3505-4	kin3505-4
MC-C13	Describe and know when to refer common medical conditions of the endocrine and metabolic systems from acquired disease and acute and chronic nutritional disorders (e.g., diabetes mellitus and insipidus, hypothyroidism, Cushing's syndrome, thermoregulatory disorders, gout, osteoporosis).	kin3505-4	kin3505-4
MC-C14	Describe and know when to refer common medical conditions of the renal and urogenital systems from trauma, local infection, congenital and acquired disease, nutritional imbalance, and hormone disorder (e.g., kidney stones, genital trauma, gynecomastia, monorchidism, scrotum and testicular trauma, ovarian and testicular cancer, breast cancer, testicular torsion, varicoceles, endometriosis, pregnancy and ectopic pregnancy, female athlete triad, primary amenorrhea, oligomenorrhea, dysmenorrhea, kidney laceration or contusion, cryptorchidism).	kin3505-4	kin3505-4
MC-C15	Describe and know when to refer common and/or contagious skin lesions from trauma, infection, stress, drug reaction, and immune responses (e.g., wounds, bacteria lesions, fungal lesions, viral lesions, bites, acne, eczema dermatitis, ringworm).	kin3505-4	kin3505-4

MC-C16	Describe and know when to refer common medical conditions of the immune system from infection, congenital and acquired disease, and unhealthy lifestyle. (e.g., arthritis, gout, upper respiratory tract infection [URTI], influenza, pneumonia, myocarditis, gastrointestinal infection, urinary tract infection [UTI], sexually transmitted diseases [STDs], pelvic inflammatory disease, meningitis, osteomyelitis, septic arthrosis, chronic fatigue and overtraining, infectious mononucleosis, human immunodeficiency virus (HIV) infection and AIDS, hepatitis B virus infection, allergic reaction and anaphylaxis, childhood infectious diseases [measles, mumps, chickenpox]).	kin3505-3	kin3505-4
MC-C2	Understand the effects of common illnesses and diseases in physical activity.	kin3505-3	kin3505-4
MC-C21	Describe and know when to refer common injuries or conditions of the teeth (e.g., fractures, dislocations, caries).	kin3505-4	kin3505-4
MC-C3	Describe common techniques and procedures for evaluating common medical conditions and disabilities including taking a history, inspection/observation, palpation, functional testing, special evaluation techniques (e.g., assessing heart, lung and bowel sounds), and neurological and circulatory tests.	kin3505-4	kin3505-4
MC-C5	Describe and know when refer common ear pathologies from trauma and/or localized infection (e.g., otitis, ruptured tympanic membrane, impacted cerumen).	kin3505-3	kin3505-4
MC-C6	Describe and know when to refer common pathologies of the mouth, sinus, oropharynx, and nasopharynx from trauma and/or localized infection (e.g., gingivitis, sinusitis, laryngitis, tonsillitis, pharyngitis).	kin3505-3	kin3505-4
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.	xxxxxxxxxx xx	kin3505-4
MC-CP1.1	Derma	xxxxxxxxxx xx	kin3505-4
MC-CP1.2	Head, including the Brain	xxxxxxxxxx xx	kin3505-4

MC-CP1.3	Face, including the Maxillofacial Region	xxxxxxxxxx xx	kin3505-4
MC-CP1.4	Thorax, including the heart and lungs	xxxxxxxxxx xx	kin3505-4
MC-CP1.5	Abdomen, including the abdominal organs, the renal and urogenital systems	xxxxxxxxxx xx	kin3505-4
MC-CP1.7	Ear, Nose, and Throat	xxxxxxxxxx xx	kin3505-4
MC-P3	Palpate the bones and soft tissues, including the abdomen, to determine normal or pathological characteristics.	kin3505-4	kin3505-4
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:	kin3505-4	kin3505-4
MC-P4b	Heart, lung, and bowel sounds	kin3505-4	kin3505-4
MC-P4c	Pupil response, size and shape, and ocular motor function	kin3505-4	kin3505-4
MC-P4e	Ear, nose, throat and teeth	kin3505-4	kin3505-4
MC-P4f	Urinalysis		kin3505-4
PA-C5	Describe the etiology, pathogenesis, pathomechanics, signs, symptoms, and epidemiology of common orthopedic injuries, illnesses and diseases to the body's systems.	kin3505-4	
PA-C6	Describe the body's responses to physical exercise during common diseases, illnesses, and the injury.	kin3505-4	
PD-C14	Interpret the current research in athletic training and other related medical and health areas and apply the results to the daily practice of athletic training.	kin3505-4	kin3505-4
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.	xxxxxxxxxx xx	kin3505-4
TM-CP1.1	Infrared Modalities	xxxxxxxxxx xx	kin3505-4
TM-CP1.2	Electrical Stimulation Modalities	xxxxxxxxxx xx	kin3505-4
TM-CP1.3	Therapeutic Ultrasound	xxxxxxxxxx xx	kin3505-4
TM-CP1.4	Mechanical Modalities	xxxxxxxxxx xx	kin3505-4

TM-CP1.5	Massage and other Manual Techniques	xxxxxxxxxx xx	kin3505-4
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Competency Code	Competency	Instructed	Evaluated
EX-CP1	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.	xxxxxxxxxxxx	kin3505-5
EX-CP1.1	Program for injuries to the upper extremity	xxxxxxxxxxxx	kin3505-5
EX-CP1.1.A	Exercises and Techniques to Improve Joint Range of Motion	xxxxxxxxxxxx	kin3505-5
EX-CP1.1.B	Exercises to Improve Muscular Strength	xxxxxxxxxxxx	kin3505-5
EX-CP1.1.C	Exercises to Improve Muscular Endurance	xxxxxxxxxxxx	kin3505-5
EX-CP1.1.D	Exercises to Improve Muscular Speed	xxxxxxxxxxxx	kin3505-5
EX-CP1.1.E	Exercises to Improve Muscular Power	xxxxxxxxxxxx	kin3505-5
EX-CP1.1.F	Exercises to Improve Balance, Neuromuscular Control, and Coordination	xxxxxxxxxxxx	kin3505-5
EX-CP1.1.G	Exercises to Improve Agility	xxxxxxxxxxxx	kin3505-5
EX-CP1.1.H	Exercises to Improve Cardiorespiratory Endurance	xxxxxxxxxxxx	kin3505-5
EX-CP1.1.I	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening	xxxxxxxxxxxx	kin3505-5
EX-CP1.2	Program for injuries to the lower extremity	xxxxxxxxxxxx	kin3505-5
EX-CP1.2.A	Exercises and Techniques to Improve Joint Range of Motion	xxxxxxxxxxxx	kin3505-5
EX-CP1.2.B	Exercises to Improve Muscular Strength	xxxxxxxxxxxx	kin3505-5
EX-CP1.2.C	Exercises to Improve Muscular Endurance	xxxxxxxxxxxx	kin3505-5
EX-CP1.2.D	Exercises to Improve Muscular Speed	xxxxxxxxxxxx	kin3505-5
EX-CP1.2.E	Exercises to Improve Muscular Power	xxxxxxxxxxxx	kin3505-5
EX-CP1.2.F	Exercises to Improve Balance, Neuromuscular Control, and Coordination	xxxxxxxxxxxx	kin3505-5
EX-CP1.2.G	Exercises to Improve Agility	xxxxxxxxxxxx	kin3505-5
EX-CP1.2.H	Exercises to Improve Cardiorespiratory Endurance	xxxxxxxxxxxx	kin3505-5
EX-CP1.2.I	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening	xxxxxxxxxxxx	kin3505-5
EX-CP1.3	Program for injuries to the trunk	xxxxxxxxxxxx	kin3505-5
EX-CP1.3.A	Exercises and Techniques to Improve Joint Range of Motion	xxxxxxxxxxxx	kin3505-5
EX-CP1.3.B	Exercises to Improve Muscular Strength	xxxxxxxxxxxx	kin3505-5
EX-CP1.3.C	Exercises to Improve Muscular Endurance	xxxxxxxxxxxx	kin3505-5
EX-CP1.3.D	Exercises to Improve Muscular Speed	xxxxxxxxxxxx	kin3505-5
EX-CP1.3.E	Exercises to Improve Muscular Power	xxxxxxxxxxxx	kin3505-5

EX-CP1.3.F	Exercises to Improve Balance, Neuromuscular Control, and Coordination	xxxxxxxxxxxxx	kin3505-5
EX-CP1.3.G	Exercises to Improve Agility	xxxxxxxxxxxxx	kin3505-5
EX-CP1.3.H	Exercises to Improve Cardiorespiratory Endurance	xxxxxxxxxxxxx	kin3505-5
EX-CP1.3.I	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening	xxxxxxxxxxxxx	kin3505-5
EX-CP1.4	Program for injuries to the spine	xxxxxxxxxxxxx	kin3505-5
EX-CP1.4.A	Exercises and Techniques to Improve Joint Range of Motion	xxxxxxxxxxxxx	kin3505-5
EX-CP1.4.B	Exercises to Improve Muscular Strength	xxxxxxxxxxxxx	kin3505-5
EX-CP1.4.C	Exercises to Improve Muscular Endurance	xxxxxxxxxxxxx	kin3505-5
EX-CP1.4.D	Exercises to Improve Muscular Speed	xxxxxxxxxxxxx	kin3505-5
EX-CP1.4.E	Exercises to Improve Muscular Power	xxxxxxxxxxxxx	kin3505-5
EX-CP1.4.F	Exercises to Improve Balance, Neuromuscular Control, and Coordination	xxxxxxxxxxxxx	kin3505-5
EX-CP1.4.G	Exercises to Improve Agility	xxxxxxxxxxxxx	kin3505-5
EX-CP1.4.H	Exercises to Improve Cardiorespiratory Endurance	xxxxxxxxxxxxx	kin3505-5
EX-CP1.4.I	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening	xxxxxxxxxxxxx	kin3505-5
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).	kin3505-5	kin3505-5
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).	kin3505-5	kin3505-5
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.	xxxxxxxxxxxxx	kin3505-5

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.	xxxxxxxxxxxx	kin3505-5
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.	kin3505-5	kin3505-5
PH-P1	Obtain and communicate patient education materials regarding physician-prescribed medications, over-the-counter drugs, and performance-enhancing substances using appropriate references.	kin3505-5	kin3505-5
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.	kin3505-5	kin3505-5
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.	kin3505-5	kin3505-5
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).	kin3505-5	kin3505-5
PS-C15	Describe the psychosocial factors that affect persistent pain perception (i.e., emotional state, locus of control, psychodynamic issues, sociocultural factors, and personal values and beliefs) and identify multidisciplinary approaches for managing patients with persistent pain.	kin3505-5	kin3505-5
PS-C4	Describe the basic principles of mental preparation, relaxation, visualization, and desensitization techniques.	kin3505-5	kin3505-5
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.	kin3505-5	kin3505-5

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.	kin3505-5	kin3505-5
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.	kin3505-5	kin3505-5
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.	xxxxxxxxxxxx	kin3505-5
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.	xxxxxxxxxxxx	kin3505-5
RM-CP1	Plan, implement, evaluate, and modify a fitness program specific to the physical status of the patient. This will include instructing the patient in proper performance of the activities and the warning signs and symptoms of potential injury that may be sustained. Effective lines of communication shall be established to elicit and convey information about the patient's status and the prescribed program. While maintaining patient confidentiality, all aspects of the fitness program shall be documented using standardized record-keeping methods.	xxxxxxxxxxxx	kin3505-5
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:	kin3505-5	kin3505-5
RM-P1.1	Flexibility	kin3505-5	kin3505-5
RM-P1.2	Strength	kin3505-5	kin3505-5
RM-P1.3	Power	kin3505-5	kin3505-5
RM-P1.4	Muscular Endurance	kin3505-5	kin3505-5

Competency Code	Competency	Instructed	Evaluated
AD-P6	Use appropriate terminology to effectively communicate both verbally and in writing with patients, physicians, colleagues, administrators, and parents or family members.	kin3505-5	kin3505-6
PD-C13	Describe and differentiate the types of quantitative and qualitative research and describe the components and process of scientific research (including statistical decision-making) as it relates to athletic training research.	kin3505-6	kin3505-6
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).	kin3505-6	kin3505-6

Competency Code	Competency	Instructed	Evaluated
AD-C1	Describe organization and administration of preparticipation physical examinations and screening including, but not limited to, developing assessment and record-keeping forms that include the minimum recommendations from recognized health and medical organizations, scheduling of appropriate health and medical personnel, and efficient site use.	kin3508	kin3508
AD-C10	Describe the various types of health insurance models (e.g., health maintenance organization [HMO], preferred provider organization [PPO], fee-for-service, cash, and Medicare) and the common benefits and exclusions identified within these models.	kin3508	kin3508
AD-C11	Describe the concepts and procedures for third-party insurance reimbursement including the use of diagnostic (ICD-9-CM) and procedural (CPT) coding.	kin3508	kin3508
AD-C12	Explain components of the budgeting process, including purchasing, requisition, bidding, and inventory.	kin3508	kin3508
AD-C13	Describe basic architectural considerations that relate to the design of safe and efficient clinical practice settings and environments.	kin3508	kin3508
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.	kin3508	kin3508
AD-C16	Identify and describe basic components of a comprehensive emergency plan for the care of acutely injured or ill patients, which include (1) emergency action plans for each setting or venue; (2) personnel education and rehearsal; (2) emergency care supplies and equipment appropriate for each venue; (3) availability of emergency care facilities; (4) communication with onsite personnel and notification of EMS; (5) the availability, capabilities, and policies of community-based emergency care facilities and community-based managed care systems; (6) transportation; (7) location of exit and evacuation routes; (8) activity or event coverage; and (9) record keeping.	kin3508	kin3508
AD-C17	Explain basic legal concepts as they apply to a medical or allied health care practitioner’s responsibilities (e.g., standard of care, scope of practice, liability, negligence, informed consent and confidentiality, and others).	kin3508	kin3508

AD-C18	Identify components of a comprehensive risk management plan that addresses the issues of security, fire, electrical and equipment safety, emergency preparedness, and hazardous chemicals.	kin3508	kin3508
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.).	kin3508	kin3508
AD-C2	Identify components of a medical record (e.g., emergency information, treatment documentation, epidemiology, release of medical information, etc.), common medical record-keeping techniques and strategies, and strengths and weaknesses of each approach and the associated implications of privacy statutes (Health Insurance Portability and Accountability Act [HIPAA] and Federal Educational Rights Privacy Act [FERPA]).	kin3508	kin3508
AD-C21	Describe role and functions of various community-based medical, paramedical, and other health care providers and protocols that govern the referral of patients to these professionals.	kin3508	kin3508
AD-C22	Describe basic components of organizing and coordinating a drug testing and screening program, and identify the sources of current banned-drug lists published by various associations.	kin3508	kin3508
AD-C3	Identify current injury/illness surveillance and reporting systems.	kin3508	kin3508
AD-C4	Identify common human resource policy and federal legislation regarding employment (e.g., The Americans with Disabilities Act, Family Medical Leave Act, FERPA, Fair Labor Standards Act, Affirmative Action, Equal Employment Opportunity Commission).	kin3508	kin3508
AD-C5	Describe duties of personnel management, including (1) recruitment and selection of employees, (2) retention of employees, (3) development of policies-and-procedures manual, (4) employment performance evaluation, 5) compliance with nondiscriminatory and unbiased employment practices.	kin3508	kin3508
AD-C6	Identify principles of recruiting, selecting, and employing physicians and other medical and allied health care personnel in the deployment of health care services.	kin3508	kin3508

AD-C7	Describe federal and state infection control regulations and guidelines, including universal precautions as mandated by the Occupational Safety and Health Administration (OSHA), for the prevention, exposure, and control of infectious diseases and discuss how they apply to the athletic trainer.	kin3508	kin3508
AD-C8	Identify key accrediting agencies for health care facilities (e.g., Joint Commission on Accreditation of Healthcare Organizations [JCAHO], Commission on Accreditation of Rehabilitation Facilities [CARF] and allied health education programs (e.g., Commission on Accreditation of Athletic Training Education [CAATE]) and describe their function in the preparation of health care professionals and the overall delivery of health care.	kin3508	kin3508
AD-C9	Identify and describe technological needs of an effective athletic training service and the commercial software and hardware that are available to meet these needs.	kin3508	kin3508
AD-P1	Develop risk management plans, including facility design, for safe and efficient health care facilities.	kin3508	kin3508
AD-P2	Develop a risk management plan that addresses issues of liability reduction; security, fire, and facility hazards; electrical and equipment safety; and emergency preparedness.	kin3508	kin3508
AD-P3	Develop policy and write procedures to guide the intended operation of athletic training services within a health care facility.	kin3508	kin3508
AD-P8	Develop operational and capital budgets based on a supply inventory and needs assessment.	kin3508	kin3508
EX-C9	Describe manufacturer's, institutional, state and federal guidelines for the inspection and maintenance of therapeutic exercise equipment.	kin3508	kin3508
MC-C19	Describe a plan to access appropriate medical assistance on disease control, notify medical authorities, and prevent disease epidemics.	kin3508	kin3508
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.	kin3508	kin3508
PD-C10	Identify the issues and concerns regarding the health care of patients (e.g., public relations, third-party payment, and managed care).	kin3508	kin3508
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).	kin3508	kin3508

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.	kin3508	kin3508
PD-C15	Identify the components of, and the techniques for constructing, a professional resume.	kin3508	kin3508
PD-C17	Describe the theories and techniques of interpersonal and cross-cultural communication among athletic trainers, patients, administrators, health care professionals, parents/guardians, and other appropriate personnel.	kin3508	kin3508
PD-C2	Describe the process of attaining and maintaining national and state athletic training professional credentials.	kin3508	kin3508
PD-C3	Describe the current professional development requirements for the continuing education of athletic trainers and how to locate available, approved continuing education opportunities.	kin3508	kin3508
PD-C4	Describe the role and function of the governing structures of the National Athletic Trainers' Association.	kin3508	kin3508
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.	kin3508	kin3508
PD-C6	Summarize the position statements regarding the practice of athletic training.	kin3508	kin3508
PD-C7	Describe the role and function of the professional organizations and credentialing agencies that impact the athletic training profession.	kin3508	kin3508
PD-C9	Identify the objectives, scope of practice and professional activities of other health and medical organizations and professions and the roles and responsibilities of these professionals in providing services to patients.	kin3508	kin3508
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).	kin3508	kin3508
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.	kin3508	kin3508

RM-C4	Identify and explain the recommended or required components of a preparticipation examination based on appropriate authorities' rules, guidelines, and/or recommendations.	kin3508	kin3508
RM-C5	Describe the basic concepts and practice of wellness screening.	kin3508	kin3508
RM-P6.2	Formulate and implement a comprehensive, proactive emergency action plan specific to lightening safety	kin3508	kin3508

Competency Code	Competency	Instructed	Evaluated
EX-C1	Describe the physiological and pathological processes of trauma, wound healing and tissue repair and their implications on the development, progression and implementation of a therapeutic exercise program.	kin3509	kin3509
EX-C2	Describe the mechanical principles applied to the design and use of therapeutic exercise equipment and techniques (leverage, force, kinesiology and biomechanics).	kin3509	kin3509
EX-C3	Describe common surgical techniques, pathology, and any subsequent anatomical alterations that may affect the implementation of a therapeutic exercise program.	kin3509	kin3509
EX-C4	Describe the appropriate selection and application of therapeutic exercises taking the following into consideration:	kin3509	kin3509
EX-C4a	The physiological responses of the human body to trauma	kin3509	kin3509
EX-C4b	The physiological effects of inactivity and immobilization on the musculoskeletal, cardiovascular, nervous, and respiratory systems of the human body	kin3509	kin3509
EX-C4c	The anatomical and/or biomechanical alterations resulting from acute and chronic injury and improper mechanics	kin3509	kin3509
EX-C4d	The physiological adaptations induced by the various forms of therapeutic exercise, such as fast- versus slow-twitch muscle fibers	kin3509	kin3509
EX-C4e	The physiological responses of additional factors, such as age and disease	kin3509	kin3509
EX-C5	Describe the indications, contraindications, theory, and principles for the incorporation and application of various contemporary therapeutic exercise equipment and techniques, including aquatic therapy, manual therapy and mobilization.	kin3509	kin3509
EX-C6	Define the basic components of activity-specific rehabilitation goals, functional progressions, and functional outcomes in a therapeutic exercise program.	kin3509	kin3509
EX-C7	Describe the process/methods of assessing and reassessing the status of the patient using standard techniques and documentation strategies in order to determine appropriate treatment and rehabilitation plans and to evaluate the readiness to return to the appropriate level of activity. This includes the ability to:	kin3509	kin3509
EX-C7a	Describe and interpret appropriate measurement and functional testing procedures as they relate to the selection and application of therapeutic exercise.	kin3509	kin3509
EX-C7b	Interpret objective measurement results (muscular strength/endurance, range of motion) as a basis for developing an individualized therapeutic exercise program.	kin3509	kin3509

EX-C7c	Interpret the results of a physical assessment and determine an appropriate therapeutic exercise program to return the patient to physical activity.	kin3509	kin3509
EX-C7d	Determine the appropriate therapeutic exercise program and appropriate therapeutic goals and objectives based on the initial assessment and frequent reassessments.	kin3509	kin3509
EX-C7e	Determine the criteria for progression and return to activity based on the level of functional outcomes.	kin3509	kin3509
EX-C7f	Describe appropriate methods of assessing progress in a therapeutic exercise program and interpret the results.	kin3509	kin3509
EX-CP1	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.	xxxxxxxxxxx	kin3509
EX-CP1.1	Program for injuries to the upper extremity	xxxxxxxxxxx	kin3509
EX-CP1.1.A	Exercises and Techniques to Improve Joint Range of Motion	xxxxxxxxxxx	kin3509
EX-CP1.1.B	Exercises to Improve Muscular Strength	xxxxxxxxxxx	kin3509
EX-CP1.1.C	Exercises to Improve Muscular Endurance	xxxxxxxxxxx	kin3509
EX-CP1.1.D	Exercises to Improve Muscular Speed	xxxxxxxxxxx	kin3509
EX-CP1.1.E	Exercises to Improve Muscular Power	xxxxxxxxxxx	kin3509
EX-CP1.1.F	Exercises to Improve Balance, Neuromuscular Control, and Coordination	xxxxxxxxxxx	kin3509
EX-CP1.1.G	Exercises to Improve Agility	xxxxxxxxxxx	kin3509
EX-CP1.1.H	Exercises to Improve Cardiorespiratory Endurance	xxxxxxxxxxx	kin3509
EX-CP1.1.I	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening	xxxxxxxxxxx	kin3509
EX-CP1.2	Program for injuries to the lower extremity	xxxxxxxxxxx	kin3509
EX-CP1.2.A	Exercises and Techniques to Improve Joint Range of Motion	xxxxxxxxxxx	kin3509
EX-CP1.2.B	Exercises to Improve Muscular Strength	xxxxxxxxxxx	kin3509
EX-CP1.2.C	Exercises to Improve Muscular Endurance	xxxxxxxxxxx	kin3509
EX-CP1.2.D	Exercises to Improve Muscular Speed	xxxxxxxxxxx	kin3509
EX-CP1.2.E	Exercises to Improve Muscular Power	xxxxxxxxxxx	kin3509
EX-CP1.2.F	Exercises to Improve Balance, Neuromuscular Control, and Coordination	xxxxxxxxxxx	kin3509
EX-CP1.2.G	Exercises to Improve Agility	xxxxxxxxxxx	kin3509
EX-CP1.2.H	Exercises to Improve Cardiorespiratory Endurance	xxxxxxxxxxx	kin3509
EX-CP1.2.I	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening	xxxxxxxxxxx	kin3509
EX-CP1.3	Program for injuries to the trunk	xxxxxxxxxxx	kin3509

EX-CP1.3.A	Exercises and Techniques to Improve Joint Range of Motion	xxxxxxxxxxx	kin3509
EX-CP1.3.B	Exercises to Improve Muscular Strength	xxxxxxxxxxx	kin3509
EX-CP1.3.C	Exercises to Improve Muscular Endurance	xxxxxxxxxxx	kin3509
EX-CP1.3.D	Exercises to Improve Muscular Speed	xxxxxxxxxxx	kin3509
EX-CP1.3.E	Exercises to Improve Muscular Power	xxxxxxxxxxx	kin3509
EX-CP1.3.F	Exercises to Improve Balance, Neuromuscular Control, and Coordination	xxxxxxxxxxx	kin3509
EX-CP1.3.G	Exercises to Improve Agility	xxxxxxxxxxx	kin3509
EX-CP1.3.H	Exercises to Improve Cardiorespiratory Endurance	xxxxxxxxxxx	kin3509
EX-CP1.3.I	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening	xxxxxxxxxxx	kin3509
EX-CP1.4	Program for injuries to the spine	xxxxxxxxxxx	kin3509
EX-CP1.4.A	Exercises and Techniques to Improve Joint Range of Motion	xxxxxxxxxxx	kin3509
EX-CP1.4.B	Exercises to Improve Muscular Strength	xxxxxxxxxxx	kin3509
EX-CP1.4.C	Exercises to Improve Muscular Endurance	xxxxxxxxxxx	kin3509
EX-CP1.4.D	Exercises to Improve Muscular Speed	xxxxxxxxxxx	kin3509
EX-CP1.4.E	Exercises to Improve Muscular Power	xxxxxxxxxxx	kin3509
EX-CP1.4.F	Exercises to Improve Balance, Neuromuscular Control, and Coordination	xxxxxxxxxxx	kin3509
EX-CP1.4.G	Exercises to Improve Agility	xxxxxxxxxxx	kin3509
EX-CP1.4.H	Exercises to Improve Cardiorespiratory Endurance	xxxxxxxxxxx	kin3509
EX-CP1.4.I	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening	xxxxxxxxxxx	kin3509
EX-P1	Assess a patient to determine specific therapeutic exercise indications, contraindications, and precautions.	kin3509	kin3509
EX-P2	Obtain and interpret baseline and postexercise objective physical measurements to evaluate therapeutic exercise progression and interpret results.	kin3509	kin3509
EX-P3	Inspect therapeutic exercise equipment to ensure safe operating condition.	kin3509	kin3509
EX-P4	Demonstrate the appropriate application of contemporary therapeutic exercises and techniques according to evidence-based guidelines.	kin3509	kin3509
EX-P5	Instruct the patient in proper techniques of commonly prescribed therapeutic exercises.	kin3509	kin3509
EX-P6	Document rehabilitation goals, progression and functional outcomes.	kin3509	kin3509
EX-P7	Perform a functional assessment for safe return to physical activity.	kin3509	kin3509
PD-P3	Develop and present material (oral, pamphlet/handout, written article, or other media type) for an athletic training-related topic.	kin3509	kin3509
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.	kin3509	kin3509
PS-C3	Describe the motivational techniques that the athletic trainer must use during injury rehabilitation and reconditioning.	kin3509	kin3509

Competency Code	Competency	Instructed	Evaluated
AC-C17	Explain the application principles of rest, cold application, elevation, and compression in the treatment of acute injuries.	kin3512	kin3512
AC-C18	Describe the signs, symptoms, and pathology of acute inflammation.	kin3512	kin3512
EX-C1	Describe the physiological and pathological processes of trauma, wound healing and tissue repair and their implications on the development, progression and implementation of a therapeutic exercise program.	kin3512	kin3512
PA-C4	Identify the normal acute and chronic physiological and pathological responses (e.g., inflammation, immune response, and healing process) of the human body to trauma, hypoxia, microbiologic agents, genetic derangements, nutritional deficiencies, chemicals, drugs, and aging affecting the musculoskeletal and other organ systems, and musculoskeletal system adaptations to disuse.	kin3512	kin3512
TM-C1	Describe the physiological and pathological processes of trauma, wound healing and tissue repair and their implications on the selection and application of therapeutic modalities used in a treatment and/or rehabilitation program.	kin3512	kin3512
TM-C10	Identify manufacturer's, institutional, state, and federal standards for the operation and safe application of therapeutic modalities.	kin3512	kin3512
TM-C11	Identify manufacturer's, institutional, state and federal guidelines for the inspection and maintenance of therapeutic modalities.	kin3512	kin3512
TM-C2	Explain the principles of physics, including basic concepts associated with the electromagnetic and acoustic spectra (e.g., frequency, wavelength) associated with therapeutic modalities.	kin3512	kin3512
TM-C3	Explain the terminology, principles, basic concepts, and properties of electric currents as they relate to therapeutic modalities.	kin3512	kin3512
TM-C4	Describe contemporary pain-control theories.	kin3512	kin3512
TM-C5	Describe the role and function of the common pharmacological agents that are used in conjunction with therapeutic modalities	kin3512	kin3512
TM-C6	Explain the body's physiological responses during and following the application of therapeutic modalities.	kin3512	kin3512
TM-C7	Describe the electrophysics, physical properties, biophysics, patient preparation and modality set-up (parameters), indications, contraindications, and specific physiological effects associated with commonly used therapeutic modalities.	kin3512	kin3512
TM-C8	Identify appropriate therapeutic modalities for the treatment and rehabilitation of injuries and illness.	kin3512	kin3512

TM-C9	Describe the process/methods of assessing and reassessing the status of the patient using standard techniques and documentation strategies to determine appropriate treatment and rehabilitation and to evaluate readiness to return to the appropriate level of activity. This includes the ability to:	kin3512	kin3512
TM-C9a	Describe and interpret appropriate measurement and assessment procedures as they relate to the selection and application of therapeutic modalities.	kin3512	kin3512
TM-C9b	Interpret objective measurement results as a basis for developing individualized therapeutic modality application and set-up (parameters).	kin3512	kin3512
TM-C9c	Interpret the results of injury assessment and determine an appropriate therapeutic modality program to return the patient to physical activity.	kin3512	kin3512
TM-C9d	Determine the appropriate therapeutic modality program and appropriate therapeutic goals and objectives based on the initial assessment and frequent reassessments.	kin3512	kin3512
TM-C9e	Determine the criteria for progression and return to activity based on the level of functional outcomes.	kin3512	kin3512
TM-C9f	Describe appropriate methods of assessing progress when using therapeutic modalities and interpret the results.	kin3512	kin3512
TM-C9g	Interpret physician notes, postoperative notes, and physician prescriptions as they pertain to a treatment plan.	kin3512	kin3512
TM-C9h	Describe appropriate medical documentation for recording progress in a therapeutic modality program.	kin3512	kin3512
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.	xxxxxxxxxx xx	kin3512
TM-CP1.1	Infrared Modalities	xxxxxxxxxx xx	kin3512
TM-CP1.2	Electrical Stimulation Modalities	xxxxxxxxxx xx	kin3512
TM-CP1.3	Therapeutic Ultrasound	xxxxxxxxxx xx	kin3512
TM-CP1.4	Mechanical Modalities	xxxxxxxxxx xx	kin3512

TM-CP1.5	Massage and other Manual Techniques	xxxxxxxxxx xx	kin3512
TM-P1	Assess patient to identify indications, contraindications, and precautions applicable to the application of therapeutic modalities.	kin3512	kin3512
TM-P2	Obtain and interpret baseline and posttreatment objective physical measurements to evaluate and interpret results.	kin3512	kin3512
TM-P3	Inspect the therapeutic modalities and treatment environment for potential safety hazards.	kin3512	kin3512
TM-P4	Position and prepare the patient for the application of therapeutic modalities.	kin3512	kin3512
TM-P5	Select and apply appropriate therapeutic modalities according to evidence-based guidelines.	kin3512	kin3512
TM-P6	Document treatment goals, expectations, and treatment outcomes.	kin3512	kin3512

Competency Code	Competency	Instructed	Evaluated
EX-C2	Describe the mechanical principles applied to the design and use of therapeutic exercise equipment and techniques (leverage, force, kinesiology and biomechanics).	kin3514	kin3514
DI-C5	Describe the principles and concepts of body movement including functional classification of joints, arthrokinematics, normal ranges of joint motion, joint action terminology, and muscle groups responsible for joint actions (prime movers, synergists), skeletal muscle contraction, and kinesthesia/proprioception.	kin3514	kin3514

Competency Code	Competency	Instructed	Evaluated
DI-C3	Describe the physiological and psychological effects of physical activity and their impact on performance.	kin3515	kin3515
RM-C14	Explain the precautions and risks associated with exercise in special populations.	kin3515	kin3515

Competency Code	Competency	Instructed	Evaluated
AC-C27e	Allergic, thermal, and chemical reactions of the skin (including infestations and insect bites)	kin3608	kin3608
AC-C28	Identify the signs and symptoms of serious communicable diseases and describe the appropriate steps to prevent disease transmission.	kin3608	kin3608
AD-P4	Demonstrate the ability to access medical and health care information through electronic media.	kin3608	kin3608
MC-C1	Describe and know when to refer common congenital or acquired abnormalities, physical disabilities, and diseases affecting people who engage in physical activity throughout their life span (e.g., arthritis, diabetes).	kin3608	kin3608
MC-C11	Describe and know when to refer common cardiovascular and hematological medical conditions from trauma, deformity, acquired disease, conduction disorder, and drug abuse (e.g., coronary artery disease, hypertrophic cardiomyopathy, heart murmur, mitral valve prolapse, commotion cordis, Marfan's syndrome, peripheral embolism, hypertension, arrhythmogenic right ventricular dysplasia, Wolf-Parkinson-White syndrome, anemias, sickle cell anemia and sickle cell trait [including rhabdomyolysis], hemophilia, deep vein thrombosis, migraine headache, syncope).	kin3608	kin3608
MC-C12	Describe and know when to refer common medical conditions that affect the gastrointestinal and hepatic-biliary systems from trauma, chemical and drug irritation, local and systemic infections, psychological stress, and anatomic defects (e.g., hepatitis, pancreatitis, dyspepsia, gastroesophageal reflux, peptic ulcer, gastritis and gastroenteritis, inflammatory bowel disease, irritable bowel syndrome, appendicitis, sports hernia, hemorrhoids, splenomegaly, liver trauma).	kin3608	kin3608
MC-C13	Describe and know when to refer common medical conditions of the endocrine and metabolic systems from acquired disease and acute and chronic nutritional disorders (e.g., diabetes mellitus and insipidus, hypothyroidism, Cushing's syndrome, thermoregulatory disorders, gout, osteoporosis).	kin3608	kin3608

MC-C14	Describe and know when to refer common medical conditions of the renal and urogenital systems from trauma, local infection, congenital and acquired disease, nutritional imbalance, and hormone disorder (e.g., kidney stones, genital trauma, gynecomastia, monorchidism, scrotum and testicular trauma, ovarian and testicular cancer, breast cancer, testicular torsion, varicoceles, endometriosis, pregnancy and ectopic pregnancy, female athlete triad, primary amenorrhea, oligomenorrhea, dysmenorrhea, kidney laceration or contusion, cryptorchidism).	kin3608	kin3608
MC-C15	Describe and know when to refer common and/or contagious skin lesions from trauma, infection, stress, drug reaction, and immune responses (e.g., wounds, bacteria lesions, fungal lesions, viral lesions, bites, acne, eczema dermatitis, ringworm).	kin3608	kin3608
MC-C16	Describe and know when to refer common medical conditions of the immune system from infection, congenital and acquired disease, and unhealthy lifestyle. (e.g., arthritis, gout, upper respiratory tract infection [URTI], influenza, pneumonia, myocarditis, gastrointestinal infection, urinary tract infection [UTI], sexually transmitted diseases [STDs], pelvic inflammatory disease, meningitis, osteomyelitis, septic arthrosis, chronic fatigue and overtraining, infectious mononucleosis, human immunodeficiency virus (HIV) infection and AIDS, hepatitis B virus infection, allergic reaction and anaphylaxis, childhood infectious diseases [measles, mumps, chickenpox]).	kin3608	kin3608
MC-C17	Describe and know when to refer common neurological medical disorders from trauma, anoxia, drug toxicity, infection, and congenital malformation (e.g., concussion, postconcussion syndrome, second-impact syndrome, subdural and epidural hematoma, epilepsy, seizure, convulsion disorder, meningitis, spina bifida, cerebral palsy, chronic regional pain syndrome [CRPS], cerebral aneurysm).	kin3608	kin3608
MC-C19	Describe a plan to access appropriate medical assistance on disease control, notify medical authorities, and prevent disease epidemics.	kin3608	kin3608
MC-C2	Understand the effects of common illnesses and diseases in physical activity.	kin3608	kin3608
MC-C20	Describe and know when to refer common cancers (e.g., testicular, breast).	kin3608	kin3608
MC-C4	Describe and know when to refer common eye pathologies from trauma and/or localized infection (e.g., conjunctivitis, hyphema, corneal injury, stye, scleral trauma).	kin3608	kin3608
MC-C5	Describe and know when refer common ear pathologies from trauma and/or localized infection (e.g., otitis, ruptured tympanic membrane, impacted cerumen).	kin3608	kin3608

MC-C6	Describe and know when to refer common pathologies of the mouth, sinus, oropharynx, and nasopharynx from trauma and/or localized infection (e.g., gingivitis, sinusitis, laryngitis, tonsillitis, pharyngitis).	kin3608	kin3608
MC-C7	Describe and know when to refer common and significant respiratory infections, thoracic trauma, and lung disorders. (e.g., influenza, pneumonia, bronchitis, rhinitis, sinusitis, upper-respiratory infection (URI), pneumothorax, hemothorax, pneumomediastinum, exercise-induced bronchospasm, exercise-induced anaphylaxis, asthma).	kin3608	kin3608
MC-C8	Explain the importance and proper use of a peak flowmeter or similar device in the evaluation and management of respiratory conditions.	kin3608	kin3608
NU-C16	Describe signs, symptoms, and physiological effects of mineral deficiency (e.g., iron, and calcium), and identify foods high in specific mineral content.	kin3608	kin3608
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).	kin3608	kin3608
PA-C2	Explain gross cellular adaptations in response to stress, injury, or disease (e.g., atrophy, hypertrophy, differentiation, hyperplasia, metaplasia, and tumors).	kin3608	kin3608
PA-C4	Identify the normal acute and chronic physiological and pathological responses (e.g., inflammation, immune response, and healing process) of the human body to trauma, hypoxia, microbiologic agents, genetic derangements, nutritional deficiencies, chemicals, drugs, and aging affecting the musculoskeletal and other organ systems, and musculoskeletal system adaptations to disuse.	kin3608	kin3608
PA-C5	Describe the etiology, pathogenesis, pathomechanics, signs, symptoms, and epidemiology of common orthopedic injuries, illnesses and diseases to the body's systems.	kin3608	kin3608
PA-C6	Describe the body's responses to physical exercise during common diseases, illnesses, and the injury.	kin3608	kin3608
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).	kin3608	kin3608
PS-C10	Identify the symptoms and clinical signs of common eating disorders and the psychological and sociocultural factors associated with these disorders.	kin3608	kin3608

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	kin3608	kin3608
RM-C15	Describe the components for self-identification of the warning signs of cancer.	kin3608	kin3608
RM-C2	Identify and explain the risk factors associated with common congenital and acquired abnormalities, disabilities, and diseases.	kin3608	kin3608
RM-C6	Describe the general principles of health maintenance and personal hygiene, including skin care, dental hygiene, sanitation, immunizations, avoidance of infectious and contagious diseases, diet, rest, exercise, and weight control.	kin3608	kin3608

Competency Code	Competency	Instructed	Evaluated
AC-C27	Identify the signs, symptoms, possible causes, and proper management of the following:	kin4605	kin4605
AC-C27d	Toxic drug overdose	kin4605	kin4605
NU-C10	Explain implications of FDA regulation of nutritional products.	kin4605	kin4605
NU-C9	Describe the principles, advantages, and disadvantages of ergogenic aids and dietary supplements used in an effort to improve physical performance.	kin4605	kin4605
PD-P3	Develop and present material (oral, pamphlet/handout, written article, or other media type) for an athletic training-related topic.	kin4605	kin4605
PD-P4	Develop a research project (to include but not limited to case study, clinical research project, literature review) for an athletic training-related topic.	kin4605	kin4605
PH-C1	Explain the laws, regulations, and procedures that govern storing, transporting, dispensing, and recording prescription and nonprescription medications (Controlled Substance Act, scheduled drug classification, and state statutes).	kin4605	kin4605
PH-C10	Explain the known usage patterns, general effects, and short- and long-term adverse effects for the commonly used performance-enhancing substances.	kin4605	kin4605
PH-C11	Identify which therapeutic drugs and nontherapeutic substances are banned by sport and/or workplace organizations in order to properly advise patients about possible disqualification and other consequences.	kin4605	kin4605
PH-C3	Identify information about the indications, contraindications, precautions, and adverse reactions for common prescription and nonprescription medications (including herbal medications) using current pharmacy resources.	kin4605	kin4605
PH-C4	Explain the concepts of pharmacokinetics (absorption, distribution, metabolism, and elimination) and the suspected influence that exercise might have on these processes.	kin4605	kin4605
PH-C5	Explain the concepts related to bioavailability, half-life, and bioequivalence.	kin4605	kin4605
PH-C6	Explain the general pharmacodynamic principles as they relate to the mechanism of drug action and therapeutic effectiveness (e.g. receptor theory, dose-response relationship, potency, and drug interactions).	kin4605	kin4605
PH-C7	Describe the common routes used to administer medications (e.g., oral, inhalation, and injection) and their advantages and disadvantages.	kin4605	kin4605
PH-C8	Explain the relationship between generic or brand name pharmaceuticals.	kin4605	kin4605
PH-C9	Identify medications that might cause possible poisoning, and describe how to activate and follow the locally established poison control protocols.	kin4605	kin4605
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	kin4605	kin4605

Competency Code	Competency	Instructed	Evaluated
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).	kin4520	kin4520
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.	kin4520	kin4520
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.	kin4520	kin4520
PS-C15	Describe the psychosocial factors that affect persistent pain perception (i.e., emotional state, locus of control, psychodynamic issues, sociocultural factors, and personal values and beliefs) and identify multidisciplinary approaches for managing patients with persistent pain.	kin4520	kin4520
PS-C2	Explain the stress-response model and the psychological and emotional responses to trauma and forced inactivity.	kin4520	kin4520
PS-C3	Describe the motivational techniques that the athletic trainer must use during injury rehabilitation and reconditioning.	kin4520	kin4520
PS-C4	Describe the basic principles of mental preparation, relaxation, visualization, and desensitization techniques.	kin4520	kin4520
PS-C5	Describe the basic principles of general personality traits, associated trait anxiety, locus of control, and patient and social environment interactions.	kin4520	kin4520

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.	kin4520	kin4520
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.	kin4520	kin4520

Competency Code	Competency	Instructed	Evaluated
DI-C1	Demonstrate knowledge of the systems of the human body.	biol2160	biol2160
PA-C3	Explain normal and abnormal circulation and the physiology of fluid homeostasis.	biol2160	biol2160
PA-C1	Describe the essential components of a typical human cell. Include the normal structure and the function of each component and explain the abnormal symptoms associated with injury, illness, and disease.	biol2160	biol2160
PA-C2	Explain gross cellular adaptations in response to stress, injury, or disease (e.g., atrophy, hypertrophy, differentiation, hyperplasia, metaplasia, and tumors).	biol2160	biol2160

Competency Code	Competency	Instructed	Evaluated
NU-C1	Describe personal health habits and their role in enhancing performance, preventing injury or illness, and maintaining a healthy lifestyle.	huec2010	huec2010
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.	huec2010	huec2010
NU-C3	Identify and describe primary national organizations responsible for public and professional nutritional information.	huec2010	huec2010
NU-C6	Explain energy and nutritional demands of specific activities and the nutritional demands placed on the patient.	huec2010	huec2010
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).	huec2010	huec2010
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.	huec2010	huec2010
NU-C9	Describe the principles, advantages, and disadvantages of ergogenic aids and dietary supplements used in an effort to improve physical performance.	huec2010	huec2010
NU-C10	Explain implications of FDA regulation of nutritional products.	huec2010	huec2010
NU-C11	Identify and interpret pertinent scientific nutritional comments or position papers (e.g., healthy weight loss, fluid replacement, pre-event meals, and others).	huec2010	huec2010
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.	huec2010	huec2010
NU-C13	Explain consequences of improper fluid replacement.	huec2010	huec2010
NU-C14	Describe disordered eating and eating disorders (i.e., signs, symptoms, physical and psychological consequences, referral systems).	huec2010	huec2010
NU-C15	Identify effects of macronutrients (e.g., saturated fats, incomplete proteins, and complex carbohydrates) on performance, health, and disease.	huec2010	huec2010
NU-C16	Describe signs, symptoms, and physiological effects of mineral deficiency (e.g., iron, and calcium), and identify foods high in specific mineral content.	huec2010	huec2010

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.	huec2010	huec2010
NU-C20	Identify the nutritional benefits and costs of popular dietary regimen for weight gain, weight loss, and performance enhancement.	huec2010	huec2010
NU-P2	Calculate energy expenditure, caloric intake, and BMR.	huec2010	huec2010
PS-C10	Identify the symptoms and clinical signs of common eating disorders and the psychological and sociocultural factors associated with these disorders.	huec2010	huec2010