# Care of Athletes Course No. 14062 Credit: 0.5

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| --- | --- | --- | --- |
| **Student name:**  |  | **Graduation Date:** |  |

Pathways and CIP Codes:Health Science (51.9999)

Course Description: **Technical Level:** Provide students with the knowledge of therapeutic tasks that would be designated by a certified athletic trainer or fitness specialist. Topics covered will include an overview of the athletic medicine team, basic legal and ethical considerations in athletic medicine, basic anatomy terms and concepts, basic patient assessment and basic principles of assessment, management and rehabilitation as it relates to an athletic population.

Directions:The following competencies are required for full approval of this course. Check the appropriate number to indicate the level of competency reached for learner evaluation.

**RATING SCALE:**

4. Exemplary Achievement: Student possesses outstanding knowledge, skills or professional attitude.

3. Proficient Achievement:Student demonstrates good knowledge, skills or professional attitude. Requires limited supervision.

2. Limited Achievement:Student demonstrates fragmented knowledge, skills or professional attitude. Requires close supervision.

1. Inadequate Achievement:Student lacks knowledge, skills or professional attitude.

0. No Instruction/Training:Student has not received instruction or training in this area.

## Benchmark 1: Introduction

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 1.1 | Define and describe careers in the athletic medicine field (including, but not limited to, orthopedists, general practitioners, and athletic trainers). |  |
| 1.2 | Identify and describe common situations where athletic medicine is used. |  |
| 1.3 | Identify various types of clients and how health care professionals can support meeting those needs (including children, aging adults, adults, and physical disabilities). |  |
| 1.4 | Identify regional providers that offer services in athletic medicine. |  |
| 1.5 | Identify the education, certifications, and skills needed to work in various athletic medicine careers. |  |
| 1.6 | Identify the common job duties of health care providers associated with athletic medicine. |  |
| 1.7 | Identify the common impairments and disabilities health care providers may experience in the area of athletic medicine. |  |

## Benchmark 2: Legal

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 2.1 | Differentiate between Scope of Practice and Standard of Care as they pertain to athletic medicine. |  |
| 2.2 | Understand the scope and importance of confidentiality (including HIPAA). |  |
| 2.3 | Identify common ethical concerns in athletic medicine including. |  |

## Benchmark 3: Human Body

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 3.1 | Identify directional terms, anatomical planes, and body positions. |  |
| 3.2 | Identify various joint motions & actions (including but not limited to Flexion/Extension, Adduction/Abduction, Pronation/Supination, Protraction/Retraction, Elevation/Depression, Rotation, Circumduction). |  |
| 3.3 | Explain and demonstrate the basic knowledge human body systems. |  |
| 3.4 | Identify and describe key components of the skeletal system. |  |
| 3.5 | Identify and describe key components of the muscle system. |  |
| 3.6 | Identify key Mechanisms of Injury as they relate to different tissue types (including but not limited to, sprains, strains, fractures, dislocations, lacerations, contusions, neuropathy, etc.). |  |

## Benchmark 4: Patient Care

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 4.1 | Identify and demonstrate standards of professional performance.  |  |
| 4.2 | Demonstrate effective communication (verbally and non-verbally). |  |
| 4.3 | Recognize individual and cultural differences as they relate to care of athletes. |  |
| 4.4 | Recognize reaction to illness and disability as they relate to care of athletes. |  |

## Benchmark 5: Examination

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 5.1 | Describe ways to obtain a medical history from the patient/client or other interested parties (i.e. parents, coaches, bystanders). |  |
| 5.2 | Understand how accurate observations, recording, and reporting are critical to effective care (Including HIPS, HOPS, SOAP Notes). |  |
| 5.3 | Describe how to examine patients/clients by selecting and administering appropriate special tests/examination related to the injury/illness. |  |
| 5.4 | Evaluate data obtained from the examination to make initial judgment regarding the nature of the injury/illness and potential differential diagnoses. |  |

## Benchmark 6: Intervention and Rehabilitation

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 6.1 | Identify procedures to move, position, and drape a patient. |  |
| 6.2 | Identify and apply principles of posture and body mechanics. |  |
| 6.3 | Describe and demonstrate various Range of Motion (ROM) exercises. |  |
| 6.4 | Identify various types of manual therapy. |  |
| 6.5 | Identify appropriate techniques of basic injury intervention (including, but not limited to basic wound care, basic principles of P.R.I.C.E., taping, padding & bracing). |  |
| 6.6 | Define and describe basics of manual therapy (including, but not limited to, massage, mobilization, and manipulation). |  |
| 6.7 | Identify and describe stretching exercises for increased range of motion. |  |
| 6.8 | Identify and describe exercises for strength training various parts of the body for different types of clients. |  |
| 6.9 | Develop and instruct a safe progression of a rehabilitation plan for a selected fictitious client. |  |
| 6.10 | Describe balance and coordination exercises. |  |
| 6.11 | Identify various types of aerobic conditioning used in athletic medicine. |  |

## Benchmark 7: Modalities

### Competencies

| **#** | **Description** | **RATING** |
| --- | --- | --- |
| 7.1 | Describe the application of superficial heat and cold modalities. |  |
| 7.2 | Describe several forms of therapeutic massage. |  |
| 7.3 | Identify other therapeutic modalities available to the athletic medicine practitioner (including, but not limited to, traction, electrical stimulation, and ultrasound). |  |

## Benchmark 8: Patient Records

### Competencies

| **#** | **Description** | **RATING** |
| --- | --- | --- |
| 8.1 | Understand how accurate observations, recording, and reporting are critical to effective care. |  |
| 8.2 | Demonstrate mastery in recording, note booking, record completion, and visual records. |  |

## Benchmark 9: Safety

### Competencies

| **#** | **Description** | **Rating** |
| --- | --- | --- |
| 9.1 | Identify possible accident prevention and appropriate proper safety techniques. |  |
| 9.2 | Demonstrate standard safety procedures including, but not limited to, equipment and environment as it relates to athletics. |  |
| 9.3 | Research and identify local, state and nation safety requirements and recommendations. |  |
| 9.4 | Demonstrate proper personal safety techniques. |  |

## Benchmark 10: Click or tap here to enter text.

### Competencies

| **#** | **Description** | **rating** |
| --- | --- | --- |
| 10.1 | Demonstrate understanding of different types of professional publications (including, but not limited to, peer reviewed journals). |  |
| 10.2 | Demonstrate mastery in citing professional sources when writing research reports. |  |
| 10.3 | Demonstrate understanding of the importance of ethical acknowledgement of professionals’ intellectual property. |  |
| 10.4 | Demonstrate mastery of data analysis (including, but not limited to, data reports such as charts and graphs). |  |
| 10.5 | Demonstrate mastery of medical calculations (including, but not limited to measurement, conversion, percentages, fractions, decimals and formulas). |  |

I certify that the student has received training in the areas indicated.

Instructor Signature:

For more information, contact:

CTE Pathways Help Desk

(785) 296-4908

pathwayshelpdesk@ksde.org



900 S.W. Jackson Street, Suite 102

Topeka, Kansas 66612-1212

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