



**UNIVERSITY OF THE INCARNATE WORD - ATHLETIC TRAINING EDUCATION  
COMPETENCY AND PROFICIENCY MATRIX (4<sup>TH</sup> EDITION)**

**COMPETENCIES AND PROFICIENCIES LISTED FOR  
ATHP 1310 – INTRODUCTION TO ATHLETIC TRAINING**

**RISK MANAGEMENT AND INJURY PREVENTION**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 1310 ATHP 2310	ATHP 2310	C1 - Explain the risk factors associated with physical activity
ATHP 1310 ATHP 2310	ATHP 2310	C3 - Identify and explain the epidemiology data related to the risk of injury and illness related to participation in physical activity.
ATHP 1310 ATHP 3340	ATHP 3340 ATHP 4190	C4 - Identify and explain the recommended or required components of a pre-participation examination based on appropriate authorities' rules, guidelines, and/or recommendations
ATHP 1310 ATHP 3340	ATHP 3340	C5 - Describe the basic concepts and practice of wellness screening
ATHP 1310 ATHP 2301	ATHP 2301	C7 - Explain the importance for all personnel to maintain current certification in CPR, automated external defibrillator (AED), and first aid.
ATHP 1310 ATHP 2301 ATHP 2310	ATHP 2301	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.
ATHP 1310 ATHP 2301	ATHP 2301	C9 - Explain the accepted guidelines, recommendations, and policy and position statements of applicable governing agencies related to activity during extreme weather conditions.
ATHP 1310 ATHP 2301	ATHP 2301	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
ATHP 1310 PEHP 4333	PEHP 4333	C12 - Explain the components and purpose of periodization within a physical conditioning program.
ATHP 1310 PEHP 4333	PEHP 4333	C13 - Identify and explain the various types of flexibility, strength training, and cardiovascular conditioning programs. This should include the expected efforts (the body's anatomical and physiological adaptation), safety precautions, hazards, and contraindications of each.
ATHP 1310 ATHP 3310 ATHP 3330	ATHP 3310	C14 - Explain the precautions and risks associated with exercise in special populations.
ATHP 1310 ATHP 3340	ATHP 1310 ATHP 3340 ATHP 4190	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.
ATHP 1310 ATHP 1170	ATHP 1310 ATHP 1170	C17 - Explain the principles and concepts related to prophylactic taping, wrapping, bracing, and protective pad fabrication.
ATHP 1310 ATHP 1170	ATHP 1310 ATHP 1170	C18 - Explain the principles and concepts related to 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.



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XXXXX	XXXXX	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.
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P1.1 – Flexibility
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P1.2 – Strength
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P1.3 – Power
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P1.4 – Muscular endurance
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P1.5 – Agility
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P1.6 – Cardiovascular endurance
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P1.7 – Speed
XXXXX	XXXXX	P2 - Develop a fitness program appropriate to the patient's needs and selected activity or activities that meet the requirements established by the appropriate governing agency and/or physician for enhancing:
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P2.1 – Flexibility
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P2.2 – Strength
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P2.3 – Power
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P2.4 – Muscular endurance
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P2.5 – Agility
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P2.6 – Cardiovascular endurance
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P2.7 – Speed
ATHP 1310 ATHP 3330	ATHP 3130 ATHP 4190	P3 - Instruct a patient regarding fitness exercises and the use of weight training equipment to include correction or modification of



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PEHP 4333		inappropriate, unsafe, or dangerous lifting techniques.
XXXXX	XXXXX	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:
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P4.1 – Shoulder pads
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P4.2 – Helmet and headgear
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P4.3 – Footwear
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P4.4 – Mouth guard
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P4.5 – Prophylactic knee brace
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P4.6 – Prophylactic ankle brace
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P4.7 – Other equipment (as appropriate)
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	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.
XXXXX	XXXXX	P6 - Obtain, interpret, and make decisions regarding environmental data. This includes, but is not limited to the ability to:
ATHP 1310 ATHP 2301	ATHP 2301	P6.1 - Operate a sling psychrometer and/or wet bulb globe index
ATHP 1310 ATHP 2301 ATHP 3340	ATHP 2301 ATHP 3340	P6.2 - Formulate and implement a comprehensive, proactive emergency action plan specific to lightning safety
ATHP 1310 ATHP 2301 ATHP 3340	ATHP 2301	P6.3 - Assess local weather/environmental information
ATHP 1310 ATHP 2301 ATHP 3340	ATHP 2301	P6.4 - Assess hydration status using weight charts, urine color charts, or specific gravity measurements

**ORTHOPEDIC CLINICAL EXAMINATION AND DIAGNOSIS**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 1310 ATHP 2310 ATHP 3310	ATHP 2310	C14 - Describe the clinical signs and symptoms of environmental stress.
ATHP 1310 ATHP 1170	ATHP 1170	C16 - Explain medical terminology and abbreviations necessary to communicate with physicians and other health professionals.
ATHP 1310 ATHP 1170 ATHP 2310	ATHP 1170 ATHP 2310	C17 - Describe the components of medical documentation (e.g. SOAP, HIPS, and HOPS).
ATHP 1310 ATHP 2305 ATHP 2320	ATHP 2305 ATHP 2315 ATHP 2320	P9 - Assess neurological status, including cranial nerve function, myotomes, dermatomes and reflexes, and circulatory status.



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**MEDICAL CONDITIONS AND DISABILITIES**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
XXXXXX	XXXXXX	P4 - Apply commonly used special tests and instruments (e.g. otoscope, stethoscope, ophthalmoscope, peak flow meter, chemical "dipsticks" [or similar devices]) and document the results for the assessment of:
ATHP 1310 ATHP 2301	ATHP 2301	P4.1 - Vital signs including respiration (including asthma), pulse, and circulation, and blood pressure
ATHP 1310 ATHP 2305	ATHP 2305	P4.3 - Pupil response, size and shape, and ocular motor function
ATHP 1310 ATHP 2301	ATHP 2301	P4.4 - Body temperature
ATHP 1310 ATHP 2320	ATHP 2320	P4.5 - Ear, nose, throat, and teeth
ATHP 1310 ATHP 2310	ATHP 2310	P4.6 – Urinalysis

**ACUTE CARE OF INJURIES AND ILLNESSES**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 1310 ATHP 2310	ATHP 2310	C4 - Know and be able to use appropriately standard nomenclature of injuries and illnesses.
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 2170	C8 - Describe pathological sign of acute/traumatic injury and illness including, but not limited to, skin temperature, skin color, skin moisture, pupil reaction, and neurovascular function.
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 2170	C15 - Describe the appropriate use of aseptic or sterile techniques, approved sanitation methods, and universal precautions for the cleaning and dressing of wounds.
ATHP 1310 ATHP 2301 ATHP 2310	ATHP 2301 ATHP 2310	C16 – Describe the injuries and illnesses that require medical referral.
ATHP 1310 ATHP 3320	ATHP 3320 ATHP 2170	C17 - Explain the application principles of rest, cold application, elevation, and compression in the treatment of acute injuries.
ATHP 1310 ATHP 2310 ATHP 2301 ATHP 2320	ATHP 2301 ATHP 2310 ATHP 2170	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.
ATHP 1310 ATHP 2310 ATHP 2301 ATHP 2320	ATHP 2301 ATHP 2310 ATHP 2170	C20 - Explain the importance of monitoring a patient following a head injury; including obtaining clearance from a physician before further patient participation.
ATHP 1310 ATHP 2310 ATHP 2301 ATHP 2320	ATHP 2301 ATHP 2310 ATHP 2170	C21 - Define cerebral concussion, list the signs and symptoms of concussions, identify the methods for determining the neuro-cognitive 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.
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 2310	C22 - Identify the signs and symptoms of trauma to the cervical, thoracic and lumbar spines, the spinal cord, and spinal nerve roots,



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ATHP 2310 ATHP 2315 ATHP 2320	ATHP 2170	including neurological signs, referred symptoms, and other symptoms that indicate underlying trauma and pathology.
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 2170	C25 - Describe the effective management, positioning, and immobilization of a patient with a suspected spinal cord injury.
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 2170	C26 - Identify the appropriate short-distance transportation method, including immobilization, for an injured patient.
XXXXXX	XXXXXX	C27 - Identify the signs, symptoms, possible causes, and proper management of the following:
ATHP 1310 ATHP 2301 ATHP 3310	ATHP 2301 ATHP 3310 ATHP 2170	C27.2 - Diabetic coma
ATHP 1310 ATHP 2301 ATHP 3310	ATHP 2301 ATHP 3310 ATHP 2170	C27.3 - Seizures
ATHP 1310 ATHP 2351 ATHP 2301 ATHP 3310	ATHP 2301	C27.4 - Toxic drug overdose
ATHP 1310 ATHP 2301 ATHP 3310 ATHP 3320	ATHP 2301 ATHP 3320	C27.5 - Allergic, thermal and chemical reactions of the skin (including infestations and insect bites)
ATHP 1310 ATHP 2310	ATHP 2310	C29 - Identify the signs, symptoms and treatment of patients suffering from adverse reactions to environmental conditions.
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 1170 ATHP 2170	C31 - Describe the proper immobilization techniques and select appropriate splinting material to stabilize the injured joint or limb and maintain distal circulation.
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 1170 ATHP 2170	C32 - Describe the proper ambulatory aid and technique for the injury and patient.
ATHP 1310 ATHP 2301 ATHP 3330	ATHP 2301 ATHP 3330	C33 - Describe home care and self-treatment plans of acute injuries and illnesses.
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 2170	P1 - Survey the scene to determine whether the area is safe and determine what may have happened.
XXXXXX	XXXXXX	P2 - Perform an initial assessment to assess the following, but not limited to:
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 2170	P2.1 – Airway
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 2170	P2.2 – Breathing
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 2170	P2.3 – Circulation
ATHP 1310 ATHP 2301	ATHP 2170	P2.4 – Level of consciousness
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 2170	P2.5 – Other life-threatening conditions
XXXXXX	XXXXXX	P3 - Implement appropriate emergency treatment strategies, including but not limited to:



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ATHP 1310 ATHP 2301	ATHP 2301 ATHP 1170 ATHP 2170	P3.1 - Activate an emergency action plan
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 2170	P3.7 - Normalize body temperature in situations of severe/life-threatening heat or cold stress
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 2170	P3.8 - Control bleeding using universal precautions
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 2170	P3.9 - Administer an EpiPen for anaphylactic shock

**CONDITIONING AND REHABILITATIVE EXERCISE**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 1310 ATHP 3330	ATHP 1170 ATHP 3330 ATHP 4190	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.

**NUTRITIONAL ASPECTS OF INJURIES AND ILLNESSES**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 1310 NUTR 2341 ATHP 3310	ATHP 3310	C1 - Describe personal health habits and their role in enhancing performance, preventing injury or illness, and maintaining a healthy lifestyle
ATHP 1310 NUTR 2341 NUTR 4356	NUTR 2341 NUTR 4356	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.
ATHP 1310 ATHP 3310 NUTR 2341 NUTR 4356	NUTR 2341 NUTR 4356	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).
ATHP 1310 NUTR 2341 NUTR 4356	NUTR 2341 NUTR 4356	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.
ATHP 1310 NUTR 2341 NUTR 4356	NUTR 2341 NUTR 4356	C13 - Explain consequences of improper fluid replacement.
ATHP 1310 NUTR 4356	NUTR 4356	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.



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**HEALTH CARE ADMINISTRATION**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 1310 ATHP 3340	ATHP 1310 ATHP 3340	C1 - Describe organization and administration of pre-participation 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 personal and efficient site use.
ATHP 1310 ATHP 1170 ATHP 3340	ATHP 1170 ATHP 3340	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 statues (Health Insurance Portability and Accountability Act [HIPAA] and Federal Educational Rights Privacy Act [FERPA]).
ATHP 1310 ATHP 2301 ATHP 3340	ATHP 2301 ATHP 3340	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.
ATHP 1310 ATHP 3340	ATHP 3340	C8 - Identify key accrediting agencies for health care facilities (e.g., Joint Commission on Accreditation of Healthcare Organizations [JCAHO], Commission on Accreditation on 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.
ATHP 1310 ATHP 2301	ATHP 2301	C15 - Explain typical administrative policies and procedures that govern first aid and emergency care (e.g., informed consent and incident reports).
ATHP 1310 ATHP 3340	ATHP 3340	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).
ATHP 1310 ATHP 2301 ATHP 3340	ATHP 1310 ATHP 2301 ATHP 3340	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.
ATHP 1310 ATHP 3340	ATHP 1310 ATHP 3340	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.).
ATHP 1310 ATHP 3340	ATHP 1310 ATHP 3340	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.
ATHP 1310 ATHP 3340	ATHP 1310 ATHP 3340	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.



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**PROFESSIONAL DEVELOPMENT AND RESPONSIBILITY**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 1310 ATHP 3340	ATHP 1310 ATHP 3340	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.
ATHP 1310 ATHP 3340	ATHP 1310 ATHP 3340	C2 - Describe the process of attaining and maintaining national and state athletic training professional credentials.
ATHP 1310 ATHP 3340	ATHP 3340	C3 - Describe the current professional development requirements for the continuing education of athletic trainers and how to locate available, approved continuing education opportunities.
ATHP 1310 ATHP 3340	ATHP 1310 ATHP 3340	C4 - Describe the role and function of the governing structures of the National Athletic Trainers' Association.
ATHP 1310 ATHP 3340	ATHP 1310 ATHP 3340	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.
ATHP 1310 ATHP 2301 ATHP 3340	ATHP 2301 ATHP 3340	C6 - Summarize the position statements regarding the practice of athletic training.
ATHP 1310 ATHP 3340	ATHP 1310 ATHP 3340	C7 - Describe the role and function of the professional organizations and credentialing agencies that impact the athletic training profession.
ATHP 1310 ATHP 3340	ATHP 1310 ATHP 3340	C8 - Summarize the current requirements for the professional preparation of the athletic trainer.
ATHP 1310 ATHP 3340	ATHP 1310 ATHP 3340	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.
ATHP 1310 ATHP 3340	ATHP 1310 ATHP 3340	C16 - Summarize the history and development of the athletic training profession.
ATHP 1310 ATHP 3340	ATHP 3340	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 organizations [PTO] meetings, booster club meetings, workshops, and seminars).
ATHP 1310 ATHP 3340	ATHP 3340	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).
ATHP 1310 ATHP 3340	ATHP 4170 ATHP 4190	P3 - Develop and present material (oral, pamphlet/handout, written article, or other media type) for an athletic training-related topic.

**UPDATED 12/16/2008**