



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR  
ATHP 2301- EMERGENCY AND MEDICAL ASPECTS IN ATHLETIC TRAINING**

**RISK MANAGEMENT AND INJURY PREVENTION**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
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
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

**MEDICAL CONDITIONS AND DISABILITIES**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 2301 ATHP 3310	ATHP 2301 ATHP 3310	C9 - Describe strategies for reducing the frequency and severity of asthma attacks.
ATHP 2301 ATHP 3310	ATHP 2301	C22 - Explain the importance and proper procedures for measuring body temperature (e.g., oral, axillary, rectal).
ATHP 2301 ATHP 2310 ATHP 2315 ATHP 2320	ATHP 2301 ATHP 2315 ATHP 2320	P1 - Obtain a medical history of the patient that includes a previous history and a history of the present condition.
ATHP 2301 ATHP 2310 ATHP 2315 ATHP 2320	ATHP 2301 ATHP 2315 ATHP 2320	P2 - Perform a visual observation of the clinical signs associated with common injuries and/or illnesses including deformity edema/swelling, discoloration, and skin abnormalities.
ATHP 2301 ATHP 2315 ATHP 2320	ATHP 2301 ATHP 2315 ATHP 2320	P3 - Palpate the bones and soft tissues, including the abdomen, to determine normal or pathological characteristics.



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR  
ATHP 2301- EMERGENCY AND MEDICAL ASPECTS IN ATHLETIC TRAINING**

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 2301	ATHP 2301	P4.4 - Body temperature

**ACUTE CARE OF INJURIES AND ILLNESSES**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 2301	ATHP 2301	C1 - Explain the legal, moral, and ethical parameters that define the scope of the first aid and emergency care and identify the proper roles and responsibilities of the certified athletic trainer.
ATHP 2301	ATHP 2301 ATHP 1170	C2 - Describe the availability, content, purpose, and maintenance of contemporary first aid and emergency care equipment.
ATHP 2301	ATHP 2301 ATHP 1170	C3 - Determine what emergency care supplies and equipment are necessary for circumstances in which the athletic trainer is the responsible first responder.
ATHP 2301	ATHP 2301	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.
ATHP 2301 ATHP 2320	ATHP 2301 ATHP 2170	C6 - Differentiate the components of a secondary assessment to determine the type and severity of the injury or illness sustained.
ATHP 2301	ATHP 2301 ATHP 2170	C7 - Identify the normal ranges for vital signs.
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 2301	ATHP 2301	C9 - Describe the current standards of first aid, emergency care, rescue breathing, and cardiopulmonary resuscitation for the professional rescuer.
ATHP 2301	ATHP 2301	C10 - Describe the role and function of an automated external defibrillator in the emergency management of acute heart failure and abnormal heart rhythms.
ATHP 2301	ATHP 2301	C11 - Describe the role and function of supplemental oxygen administration as an adjunct to cardiopulmonary resuscitation techniques.
ATHP 2301 ATHP 2310	ATHP 2301 ATHP 2310	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.
ATHP 2301	ATHP 2301 ATHP 2170	C13 - Describe the proper management of external hemorrhage, including the location of pressure point, use of universal precautions, and proper disposal of biohazardous materials.



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR  
ATHP 2301- EMERGENCY AND MEDICAL ASPECTS IN ATHLETIC TRAINING**

ATHP 2301 ATHP 2310	ATHP 2301 ATHP 2310 ATHP 2170	C14 - Identify the signs and symptoms associated with internal hemorrhaging.
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 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 2310 ATHP 2315 ATHP 2320	ATHP 2301 ATHP 2310 ATHP 2170	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.
ATHP 2301 ATHP 2320	ATHP 2301 ATHP 2170	C23 - Describe cervical stabilization devices that are appropriate to the circumstances of an injury.
ATHP 2301	ATHP 2301 ATHP 2170	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.
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 2301 ATHP 3310	ATHP 2301 ATHP 2170	C27.1 - Different types of shock,
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



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR  
ATHP 2301- EMERGENCY AND MEDICAL ASPECTS IN ATHLETIC TRAINING**

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 2301 ATHP 3310	ATHP 2301	C28 - Identify the signs and symptoms of serious communicable diseases and describe the appropriate steps to prevent disease transmission.
ATHP 2301 ATHP 2310 ATHP 2315 ATHP 2320	ATHP 2301 ATHP 2170	C30 - Identify information obtained during the examination to determine when to refer an injury or illness for further or immediate medical attention.
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:
ATHP 1310 ATHP 2301	ATHP 2301 ATHP 1170 ATHP 2170	P3.1 - Activate an emergency action plan
ATHP 2301	ATHP 2301 ATHP 2170	P3.2 - Establish and maintain an airway in an infant, child, and adult
ATHP 2301	ATHP 2301 ATHP 2170	P3.3 - Establish and maintain an airway in a patient wearing shoulder pads, headgear or other protective equipment and/or with a suspected spine injury
ATHP 2301	ATHP 2301 ATHP 2170	P3.4 - Perform one- and two-person CPR on an infant, child, and adult
ATHP 2301	ATHP 2301 ATHP 2170	P3.5 - Utilize a bag-valve mask on an infant, child, and adult
ATHP 2301	ATHP 2301 ATHP 2170	P3.6 - Utilize an automated external defibrillator (AED) according to current accepted practice protocols



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR  
ATHP 2301- EMERGENCY AND MEDICAL ASPECTS IN ATHLETIC TRAINING**

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
XXXXXX	XXXXXX	P4 - Perform a secondary assessment and employ the appropriate management techniques. Open and closed wounds (using universal precautions) ques for non-life-threatening situations, including but not limited to:
ATHP 2301	ATHP 2301 ATHP 2170	P4.1 - Open and closed wounds (using universal precautions)
ATHP 2301	ATHP 2301 ATHP 2170	P4.2 - Closed-head trauma (using standard neurological tests and tests for cranial nerve function)
ATHP 2301 ATHP 2310	ATHP 2301 ATHP 2170	P4.3 - Environmental illness
ATHP 2301 ATHP 3310	ATHP 2301 ATHP 3310 ATHP 2170	P4.4 – Seizures
ATHP 2301 ATHP 3310	ATHP 2301 ATHP 3310 ATHP 2170	P4.5 - Acute asthma attack
ATHP 2301 ATHP 3310	ATHP 2301 ATHP 3310 ATHP 2170	P4.6 - Different types of shock
ATHP 2301 ATHP 3310 ATHP 2315	ATHP 2301 ATHP 3310 ATHP 2170	P4.7 - Thoracic, respiratory, and internal abdominal injury or illness
ATHP 2301	ATHP 2301 ATHP 2170	P4.8 - Acute musculoskeletal injuries (i.e. sprains, strains, fractures, dislocations)
ATHP 2301	ATHP 2301 ATHP 2170	P4.9 - Spine cord and peripheral nerve injuries
ATHP 2301 ATHP 3310	ATHP 2301 ATHP 3310 ATHP 2170	P4.10 - Diabetic coma
ATHP 2301 ATHP 2341	ATHP 2301 ATHP 2341 ATHP 2170	P4.11 - Toxic drug overdose
ATHP 2301	ATHP 2301 ATHP 2170	P4.12 - Allergic, thermal, and chemical reactions of the skin (including infestations and insect bites)

**HEALTH CARE ADMINISTRATION**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
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.



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR  
ATHP 2301- EMERGENCY AND MEDICAL ASPECTS IN ATHLETIC TRAINING**

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 2301	ATHP 2301 ATHP 3340	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.
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.

**PROFESSIONAL DEVELOPMENT AND RESPONSIBILITY**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 1310 ATHP 2301 ATHP 3340	ATHP 2301 ATHP 3340	C6 - Summarize the position statements regarding the practice of athletic training.

**UPDATED 12/16/2008**