



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR  
ATHP 2310 – ORTHOPEDIC INJURIES AND ATHLETIC CONDITIONS**

**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 2310 ATHP 3310	ATHP 2310 ATHP 3310	C2 - Identify and explain the risk factors associated with common congenital and acquired abnormalities, disabilities, and diseases.
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 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 2310	ATHP 2310	C20 - Recognize the clinical signs and symptoms of environmental stress.

**ORTHOPEDIC CLINICAL EXAMINATION AND DIAGNOSIS**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 2310	ATHP 2310	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.
ATHP 1310 ATHP 2310 ATHP 3310	ATHP 2310	C14 - Describe the clinical signs and symptoms of environmental stress.
ATHP 1310 ATHP 1170 ATHP 2310	ATHP 1170 ATHP 2310	C17 - Describe the components of medical documentation (e.g. SOAP, HIPS, and HOPS).
ATHP 2310 ATHP 2315 ATHP 2320	ATHP 2315 ATHP 2320	P2 - Perform inspection/observation of the clinical signs associated with common injuries including deformity, posturing and guarding, edema/swelling, hemarthrosis, and discoloration.

**MEDICAL CONDITIONS AND DISABILITIES**

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



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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 2310	ATHP 2310	P4.6 – Urinalysis
XXXXXX	XXXXXX	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.
ATHP 2310 ATHP 3310	ATHP 2310 ATHP 3310 ATHP 4170	CP1.2 – Head, including the brain
ATHP 2310 ATHP 2320 ATHP 3310	ATHP 2310 ATHP 2320 ATHP 3310 ATHP 4170	CP1.3 – Face, including the maxillofacial region
ATHP 2310 ATHP 2320 ATHP 3310	ATHP 2310 ATHP 2320 ATHP 3310 ATHP 4170	CP1.4 – Thorax, including the heart and lungs
ATHP 2310 ATHP 2320 ATHP 3310	ATHP 2310 ATHP 2320 ATHP 3310 ATHP 4170	CP1.5 – Abdomen, including the abdominal organs, renal and urogenital systems
ATHP 2310 ATHP 2320 ATHP 3310	ATHP 2310 ATHP 2320 ATHP 3310 ATHP 4170	CP1.6 – Eyes
ATHP 2310 ATHP 2320 ATHP 3310	ATHP 2310 ATHP 2320 ATHP 3310 ATHP 4170	CP1.7 – Ear, nose and throat

**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 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.



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ATHP 2310 – ORTHOPEDIC INJURIES AND ATHLETIC CONDITIONS**

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 2310	ATHP 2301 ATHP 2310	C16 – Describe the injuries and illnesses that require medical referral.
ATHP 2310 ATHP 3310 ATHP 3330	ATHP 3310	C18 – Describe the signs, symptoms, and pathology of acute inflammation.
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 1310 ATHP 2310	ATHP 2310	C29 - Identify the signs, symptoms and treatment of patients suffering from adverse reactions to environmental conditions.
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.
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 2310	ATHP 2301 ATHP 2170	P4.3 - Environmental illness

**PSYCHOLOGY INTERVENTION AND REFERRAL**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 2310 ATHP 3330	ATHP 2310 ATHP 3330	C2 - Explain the stress-response model and the psychological and emotional responses to trauma and forced inactivity.
ATHP 2310 ATHP 3330	ATHP 3330	C6 - Explain the importance of providing health care information to patients, parents/guadians, and others regarding the psychological and emotional well being of the patient.

**UPDATED 12/16/2008**