



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR
ATHP 2320 – EVALUATION OF INJURIES AND CONDITIONS OF THE HEAD,
NECK & UPPER EXTREMITIES**

ORTHOPEDIC CLINICAL EXAMINATION AND DIAGNOSIS

Course(s) Taught	Course(s) Evaluated	
ATHP 2315 ATHP 2320	ATHP 2315 ATHP 2320	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.
ATHP 2315 ATHP 2320 ATHP 3310	ATHP 2315 ATHP 2320	C7 - Explain the relationship of injury assessment to the systematic observation of the person as a whole.
ATHP 2305	ATHP 2305 ATHP 2315 ATHP 2320	C9 - Assess neurological status, including cranial nerve function, myotomes, dermatomes and reflexes, and circulatory status.
ATHP 2315 ATHP 2320	ATHP 2315 ATHP 2320	C10 - Explain the roles of special tests in injury assessment.
ATHP 2315 ATHP 2320	ATHP 2315 ATHP 2320	C11 - Explain the role of postural examination in injury assessment including gait analysis.
ATHP 2305 ATHP 2315 ATHP 2320 ATHP 3330	ATHP 2305	C12 - Describe strength assessment using resistive range of motion, break tests, and manual muscle testing.
ATHP 2315 ATHP 2320	ATHP 2315 ATHP 2320	C15 - Describe and identify postural deformities.
ATHP 2315 ATHP 2320	ATHP 2315 ATHP 2320	P1 - Obtain a medical history of the patient that includes a previous history and a history of the present injury.
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.
ATHP 2315 ATHP 2320	ATHP 2315 ATHP 2320	P3 - Perform inspection/observation of postural, structural, and biomechanical abnormalities.
ATHP 2305 ATHP 2315 ATHP 2320	ATHP 2305	P4 - Palpate the bones and soft tissues to determine normal or pathological characteristics.
ATHP 2305 ATHP 2315 ATHP 2320	ATHP 2305 ATHP 3130	P5 - Measure the active and passive joint range of motion using commonly accepted techniques, including the use of a goniometer and inclinometer.
ATHP 2305 ATHP 2315 ATHP 2320	ATHP 2305	P6 - Grade the resisted joint range of motion/manual muscle testing and break tests.
ATHP 2315 ATHP 2320	ATHP 2315 ATHP 2320	P7 - Apply appropriate stress tests for ligamentous or capsular stability, soft tissue and muscle, and fractures.
ATHP 2315 ATHP 2320	ATHP 2315 ATHP 2320	P8 - Apply appropriate special tests for injuries to the specific areas of the body as listed above.
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.
ATHP 2315 ATHP 2320	ATHP 2315 ATHP 2320	P10 - Document the results of the assessment including the diagnosis.



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR
ATHP 2320 – EVALUATION OF INJURIES AND CONDITIONS OF THE HEAD,
NECK & UPPER EXTREMITIES**

XXXXXX	XXXXXX	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.
ATHP 2320	ATHP 2320 ATHP 4170 ATHP 4390	CP 1.8 – Thoracic Spine
ATHP 2320	ATHP 2320 ATHP 4170 ATHP 4390	CP 1.9 – Ribs
ATHP 2320	ATHP 2320 ATHP 4170 ATHP 4390	CP 1.10 – Cervical spine
ATHP 2320	ATHP 2320 ATHP 4170 ATHP 4390	CP 1.11 – Shoulder girdle
ATHP 2320	ATHP 2320 ATHP 4170 ATHP 4390	CP 1.12 – Upper arm
ATHP 2320	ATHP 2320 ATHP 4170 ATHP 4390	CP 1.13 – Elbow
ATHP 2320	ATHP 2320 ATHP 4170 ATHP 4390	CP 1.14 – Forearm
ATHP 2320	ATHP 2320 ATHP 4170 ATHP 4390	CP 1.15 – Wrist
ATHP 2320	ATHP 2320 ATHP 4170 ATHP 4390	CP 1.16 – Hand, fingers and thumb
ATHP 2320	ATHP 2320 ATHP 4170 ATHP 4390	CP 1.17 – Head and Face
ATHP 2320	ATHP 2320 ATHP 4170 ATHP 4390	CP 1.18 – Tempomandibular joint



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR
ATHP 2320 – EVALUATION OF INJURIES AND CONDITIONS OF THE HEAD,
NECK & UPPER EXTREMITIES**

MEDICAL CONDITIONS AND DISABILITIES

Course(s) Taught	Course(s) Evaluated	
ATHP 2320 ATHP 3310	ATHP 2320 ATHP 3310	C4 - Describe and know when to refer common eye pathologies from trauma and/or localized infection (e.g. conjunctivitis, hyphema, corneal injury, stye, sclera trauma).
ATHP 2320 ATHP 3310	ATHP 2320 ATHP 3310	C5 - Describe and know when refer common ear pathologies from trauma and/or localized infection (e.g. otitis, ruptured tympanic membrane, impacted cerumen).
ATHP 2320 ATHP 3310	ATHP 2320 ATHP 3310	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).
ATHP 2320 ATHP 3310	ATHP 2320 ATHP 3310	C21 – Describe and know when to refer common injuries or conditions of the teeth (e.g., fractures, dislocations, caries).
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.
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 2320	ATHP 2320	P4.5 - Ear, nose, throat, and teeth
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 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



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR
ATHP 2320 – EVALUATION OF INJURIES AND CONDITIONS OF THE HEAD,
NECK & UPPER EXTREMITIES**

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

Course(s) Taught	Course(s) Evaluated	
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 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 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.



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR
ATHP 2320 – EVALUATION OF INJURIES AND CONDITIONS OF THE HEAD,
NECK & UPPER EXTREMITIES**

THERAPEUTIC MODALITIES

Course(s) Taught	Course(s) Evaluated	
ATHP 2315 ATHP 2320 ATHP 3320 ATHP 3120 ATHP 3330	ATHP 3330	C9.5 - Determine the criteria for progression and return to activity based on the level of functional outcomes

CONDITIONING AND REHABILITATIVE EXERCISE

Course(s) Taught	Course(s) Evaluated	
ATHP 2315 ATHP 2320 ATHP 3320 ATHP 3330	ATHP 3330 ATHP 4190	C7.3 - . Interpret the results of a physical assessment and determine an appropriate therapeutic exercise program to return the patient to physical activity
ATHP 2315 ATHP 2320 ATHP 3330	ATHP 2315 ATHP 2320 ATHP 3330 ATHP 4190	P7 - Perform a functional assessment for safe return to physical activity.

HEALTH CARE ADMINISTRATION

Course(s) Taught	Course(s) Evaluated	
ATHP 2315 ATHP 2320 ATHP 1170	ATHP 2315 ATHP 2320	P5 - Use appropriate terminology and medical documentation to record injuries and illnesses (e.g., history and examination findings, progress notes, and others).

UPDATED 12/16/2008