



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR
ATHP 3130 – THERAPEUTIC REHABILITATION LAB**

RISK MANAGEMENT AND INJURY PREVENTION

Course(s) Taught	Course(s) Evaluated	
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



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ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P2.7 – Speed
ATHP 1310 ATHP 3330 PEHP 4333	ATHP 3130 ATHP 4190	P3 - Instruct a patient regarding fitness exercises and the use of weight training equipment to include correction or modification of inappropriate, unsafe, or dangerous lifting techniques.

ORTHOPEDIC CLINICAL EXAMINATION AND DIAGNOSIS

Course(s) Taught	Course(s) Evaluated	
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.

CONDITIONING AND REHABILITATIVE EXERCISE

Course(s) Taught	Course(s) Evaluated	
ATHP 3330 ATHP 3130	ATHP 3330 ATHP 3130	C2 - Describe the mechanical principles applied to the design and use of therapeutic exercise equipment and techniques (leverage, force, kinesiology, and biomechanics).
ATHP 3330	ATHP 3330 ATHP 3130	C5 - Describe the indications, contraindications, theory, and principles for the incorporation application of various contemporary therapeutic exercise equipment and techniques, including aquatic therapy, manual therapy and mobilization.
ATHP 3330	ATHP 3330 ATHP 3130	C6 - Define the basic components of activity-specific rehabilitation goals, functional progressions, and functional outcomes in a therapeutic exercise program.
XXXXXX	XXXXXX	C7 - Describe the process/methods of assessing and reassessing the status of the patient using standard techniques and documentation strategies in order to determine appropriate treatment and rehabilitation plans and to evaluate the readiness to return to the appropriate level of activity. This includes the ability to:
ATHP 3330	ATHP 3330 ATHP 3130 ATHP 4190	C7.1 - Describe and interpret appropriate measurement and functional testing procedures as they relate to the selection and application of therapeutic exercise
ATHP 3330	ATHP 3330 ATHP 3130 ATHP 4190	C7.2 - Interpret objective measurement results (muscular strength/endurance, range of motion) as a basis for developing an individualized therapeutic exercise program
ATHP 3330 ATHP 3130	ATHP 3330 ATHP 3130 ATHP 4190	C7.4 - Determine the appropriate therapeutic exercise program and appropriate therapeutic goals and objectives based on the initial assessment and frequent reassessments
ATHP 3330 ATHP 3130	ATHP 3330 ATHP 3130 ATHP 4190	C7.6 - Describe appropriate methods of assessing progress in a therapeutic exercise program and interpret the results
ATHP 3330 ATHP 3130	ATHP 3330 ATHP 3130 ATHP 4190	C7.7 - Interpret physician notes, postoperative notes, and physician prescriptions as they pertain to a therapeutic exercise program



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ATHP 3330 ATHP 3130	ATHP 3330 ATHP 3130 ATHP 4190	C7.8 - Describe appropriate medical documentation for recording progress in a therapeutic exercise program.
ATHP 3330 ATHP 3130	ATHP 3330 ATHP 3130 ATHP 4190	P1 - Assess a patient to determine specific therapeutic exercise indications, contraindications, and precautions.
ATHP 3130	ATHP 3130 ATHP 4190	P2 - Obtain and interpret baseline and post exercise objective physical measurements to evaluate therapeutic exercise progression and interpret results.
ATHP 3130	ATHP 3130 ATHP 4190	P3 - Inspect therapeutic exercise equipment to ensure safe operating condition.
ATHP 3330 ATHP 3130	ATHP 3330 ATHP 3130 ATHP 4190	P4 - Demonstrate the appropriate application of contemporary therapeutic exercises and techniques according to evidence-based guidelines.
ATHP 3330 ATHP 3130	ATHP 3330 ATHP 3130 ATHP 4190	P5 - Instruct the patient in proper techniques of commonly prescribed therapeutic exercises.
XXXXX	XXXXX	CP1 - Synthesize information obtained in a patient interview and physical examination to determine the indications, contraindications and precautions for the selection, application, and evidence-based design of a therapeutic exercise program for injuries to the upper extremity, lower extremity, trunk, and spine. The student will formulate a progressive rehabilitation plan and appropriately demonstrate and/or instruct the exercises and/or techniques to the patient. Effective lines of communication should be established to elicit and convey information about the patient's status and the prescribed exercise(s). While maintaining patient confidentiality, all aspects of the exercise plan should be documented using standardized record-keeping methods.
XXXXX	XXXXX	CP1.1 – Program for injuries to the upper extremity.
ATHP 3130	ATHP 3130 ATHP 4190	CP1.1.1 – Exercise and techniques to improve joint range of motion
ATHP 3130	ATHP 3130 ATHP 4190	CP1.1.2 – Exercises to improve muscular strength
ATHP 3130	ATHP 3130 ATHP 4190	CP1.1.3 – Exercises to improved muscular endurance
ATHP 3130	ATHP 3130 ATHP 4190	CP1.1.4 – Exercises to improve muscular speed
ATHP 3130	ATHP 3130 ATHP 4190	CP1.1.5 – Exercises to improve muscular power
ATHP 3130	ATHP 3130 ATHP 4190	CP1.1.6 – Exercises to improve balance, neuromuscular control and coordination
ATHP 3130	ATHP 3130 ATHP 4190	CP1.1.7 – Exercises to improve agility
ATHP 3130	ATHP 3130 ATHP 4190	CP1.1.8 – Exercises to improve cardiorespiratory endurance
ATHP 3130	ATHP 3130 ATHP 4190	CP1.1.9 – Exercises to improve activity – specific skills including ergonomics and work hardening
XXXXX	XXXXX	CP1.2 – Program for injuries to the lower extremity.
ATHP 3130	ATHP 3130 ATHP 4190	CP1.2.1 – Exercise and techniques to improve joint range of motion



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ATHP 3130	ATHP 3130 ATHP 4190	CP1.2.2 – Exercises to improve muscular strength
ATHP 3130	ATHP 3130 ATHP 4190	CP1.2.3 – Exercises to improved muscular endurance
ATHP 3130	ATHP 3130 ATHP 4190	CP1.2.4 – Exercises to improve muscular speed
ATHP 3130	ATHP 3130 ATHP 4190	CP1.2.5 – Exercises to improve muscular power
ATHP 3130	ATHP 3130 ATHP 4190	CP1.2.6 – Exercises to improve balance, neuromuscular control and coordination
ATHP 3130	ATHP 3130 ATHP 4190	CP1.2.7 – Exercises to improve agility
ATHP 3130	ATHP 3130 ATHP 4190	CP1.2.8 – Exercises to improve cardiorespiratory endurance
ATHP 3130	ATHP 3130 ATHP 4190	CP1.2.9 – Exercises to improve activity – specific skills including ergonomics and work hardening
XXXXX	XXXXX	CP1.3 – Program for injuries to the trunk
ATHP 3130	ATHP 3130 ATHP 4190	CP1.3.1 – Exercise and techniques to improve joint range of motion
ATHP 3130	ATHP 3130 ATHP 4190	CP1.3.2 – Exercises to improve muscular strength
ATHP 3130	ATHP 3130 ATHP 4190	CP1.3.3 – Exercises to improved muscular endurance
ATHP 3130	ATHP 3130 ATHP 4190	CP1.3.4 – Exercises to improve muscular speed
ATHP 3130	ATHP 3130 ATHP 4190	CP1.3.5 – Exercises to improve muscular power
ATHP 3130	ATHP 3130 ATHP 4190	CP1.3.6 – Exercises to improve balance, neuromuscular control and coordination
ATHP 3130	ATHP 3130 ATHP 4190	CP1.3.7 – Exercises to improve agility
ATHP 3130	ATHP 3130 ATHP 4190	CP1.3.8 – Exercises to improve cardiorespiratory endurance
ATHP 3130	ATHP 3130 ATHP 4190	CP1.3.9 – Exercises to improve activity – specific skills including ergonomics and work hardening
XXXXX	XXXXX	CP1.4 – Program for injuries to the spine.
ATHP 3130	ATHP 3130 ATHP 4190	CP1.4.1 – Exercise and techniques to improve joint range of motion
ATHP 3130	ATHP 3130 ATHP 4190	CP1.4.2 – Exercises to improve muscular strength
ATHP 3130	ATHP 3130 ATHP 4190	CP1.4.3 – Exercises to improved muscular endurance
ATHP 3130	ATHP 3130 ATHP 4190	CP1.4.4 – Exercises to improve muscular speed
ATHP 3130	ATHP 3130 ATHP 4190	CP1.4.5 – Exercises to improve muscular power
ATHP 3130	ATHP 3130 ATHP 4190	CP1.4.6 – Exercises to improve balance, neuromuscular control and coordination
ATHP 3130	ATHP 3130 ATHP 4190	CP1.4.7 – Exercises to improve agility



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ATHP 3130	ATHP 3130 ATHP 4190	CP1.4.8 – Exercises to improve cardiorespiratory endurance
ATHP 3130	ATHP 3130 ATHP 4190	CP1.4.9 – Exercises to improve activity – specific skills including ergonomics and work hardening

PSYCHOLOGY INTERVENTION AND REFERRAL

Course(s) Taught	Course(s) Evaluated	
XXXXX	ATHP 3330 ATHP 3130 ATHP 4190	CP2 - Demonstrate the ability to select and integrate appropriate motivational techniques into a patient's treatment or rehabilitation program. This includes, but is not limited to, verbal motivation, visualization, imagery, and/or desensitization. Effective line of communication should be established to elicit and convey information about the techniques. While maintaining patient confidentiality, all aspects of the program should be documented using standardized record-keeping techniques.

UPDATED 12/16/2008