



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR
ATHP 3310 – PATHOLOGY OF BODY SYSTEMS**

RISK MANAGEMENT AND INJURY PREVENTION

Course(s) Taught	Course(s) Evaluated	
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 3310	ATHP 3310	C6 - Describe the general principles of health maintenance and personal hygiene, including skin care, dental hygiene, sanitation, immunizations, avoidance of infectious and contagious diseases, diet, rest exercise, and weight control.
ATHP 1310 ATHP 3310 ATHP 3330	ATHP 3310	C14 - Explain the precautions and risks associated with exercise in special populations.
ATHP 3310	ATHP 3310	C15 - Describe the components for self-identification of the warning signs of cancer.
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.

PATHOLOGY OF INJURIES AND ILLNESSES

Course(s) Taught	Course(s) Evaluated	
BIOL 2321 ATHP 3310	BIOL 2321	C1 - Describe the essential components of a typical human cell. Include the normal structure and the function of each component and explain the abnormal symptoms associated with injury, illness, and disease.
ATHP 3310	ATHP 3310	C2 – Explain gross cellular adaptations in response to stress, injury, or disease (e.g. atrophy, hypertrophy, differentiation, hyperplasia, metaplasia, and tumors).
ATHP 3310	ATHP 3310	C3 - Explain normal and abnormal circulation and the physiology of fluid homeostasis.
ATHP 3310 ATHP 3320 ATHP 3330	ATHP 3310	C4 - Identify the normal acute and chronic physiological and pathological responses (e.g. inflammation, immune response, and healing process) of the human body to trauma, hypoxia, microbiologic agents, genetic derangements, nutritional deficiencies, chemicals, drugs, and aging affecting the musculoskeletal and other organ systems, and musculoskeletal system adaptation to disease.
ATHP 3310	ATHP 3310	C5 - Describe the etiology, pathogenesis, pathomechanics, signs, symptoms, and epidemiology of common orthopedic injuries, illnesses and diseases to the body's systems.

ORTHOPEDIC CLINICAL EXAMINATION AND DIAGNOSIS

Course(s) Taught	Course(s) Evaluated	
BIOL 2321 ATHP 3310	BIOL 2321	C1 - Demonstrate knowledge of the systems of the human body.
ATHP 2305 ATHP 3310	ATHP 2305	C2 - Describe the anatomical and physiological growth and development characteristics as well as gender differences across the lifespan.



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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 1310 ATHP 2310 ATHP 3310	ATHP 2310	C14 - Describe the clinical signs and symptoms of environmental stress.

MEDICAL CONDITIONS AND DISABILITIES

Course(s) Taught	Course(s) Evaluated	
ATHP 3310	ATHP 3310	C1 - Describe and know when to refer common congenital or acquired abnormalities, physical disabilities, and diseases affecting people who engage in physical activity throughout their life span (e.g. arthritis, diabetes).
ATHP 3310	ATHP 3310	C2 - Understand the effect of common illnesses and diseases in physical activity.
ATHP 3310	ATHP 3310	C3 - Describe common techniques and procedures for evaluating common medical conditions and disabilities including taking a history, inspection/observation, palpation, functional testing, special evaluation techniques (e.g. assessing heart, lung and bowel sounds), and neurological and circulatory tests.
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 3310	ATHP 3310	C7 - Describe and know when to refer common and significant respiratory infections, thoracic trauma, and lung disorders. (e.g., influenza, pneumonia, bronchitis, rhinitis, sinusitis, upper-respiratory infection (URI), pneumothorax, hemothorax, pneumomediastinum, exercise-induced bronchospasm, exercise-induced anaphylaxis, asthma).
ATHP 3310	ATHP 3310	C8 - Explain the importance and proper use of a peak flow meter or similar device in the evaluation and management of respiratory conditions.
ATHP 2301 ATHP 3310	ATHP 2301 ATHP 3310	C9 - Describe strategies for reducing the frequency and severity of asthma attacks.
ATHP 3310	ATHP 3310	C10 - Explain the possible causes of sudden death syndrome.



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ATHP 3310	ATHP 3310	C11 - Describe and know when to refer common cardiovascular and hematological medical conditions from trauma, deformity, acquired disease, conduction disorder, and drug abuse (e.g., coronary artery disease, hypertrophic cardiomyopathy, heart murmur, mitral valve prolapse, commotion cordis, Marfan's syndrome, peripheral embolism, hypertension, arrhythmogenic rightventricular dysphasia, Wolf-Parkinson-White syndrome, anemia, sickle cell anemia and sickle cell trait [including rhabdomyolysis], hemophilia, deep vein thrombosis, migraine headache, syncope).
ATHP 3310	ATHP 3310	C12 - Describe and know when to refer common medical conditions that affect the gastrointestinal and hepatic-biliary systems from trauma, chemical and drug irritation, local and systemic infections, psychological stress, and anatomic defects
ATHP 3310	ATHP 3310	C13 - Describe and know when to refer common medical conditions of the endocrine and metabolic systems from acquired disease and acute and chronic nutritional disorders (e.g., diabetes mellitus and insipidus, hypothyroidism, Cushing's syndrome, thermoregulatory disorders, gout, osteoporosis).
ATHP 3310	ATHP 3310	C14 - Describe and know when to refer common medical conditions of the renal and urogenital systems from trauma, local infection, congenital and acquired disease, nutritional imbalance, and hormone disorder (eg. Kidney stones, genital trauma, gynecomastia, monorchidism, scrotum and testicular trauma, ovarian and testicular cancer, breast cancer, testicular torsion, varicoeles, endometriosis, pregnancy, and ectopic pregnancy, female athlete triad, primary amenorrhea, oligomenorrhea, dysmenorrhea, kidney laceration or contusion, cryptorchidism).
ATHP 3310	ATHP 3310	C15 - Describe and know when to refer common and/or contagious skin lesions from trauma, infection, stress, drug reaction and immune responses (e.g., wounds, bacteria lesions, fungal lesions, viral lesions, bites, acne, eczema dermatitis, ringworm).
ATHP 3310	ATHP 3310	C16 - Describe and know when to refer common medical conditions of the immune system from infection, congenital and acquired disease, and unhealthy lifestyle. (e.g., arthritis, gout, upper respiratory tract infection [URTI], influenza, pneumonia, myocarditis, gastrointestinal infection, urinary tract infection [UTI], sexually transmitted diseases [STDs], pelvic inflammatory disease, meningitis, osteomyelitis, septic arthrosis, chronic fatigue and overtraining, infectious mononucleosis, human immunodeficiency virus (HIV) infection and AIDS, hepatitis B virus infection, allergic reaction, and anaphylaxis, childhood infectious diseases [measles, mumps, chickenpox]).
ATHP 3310	ATHP 3310	C17 - Describe and know when to refer common neurological medical disorders from trauma, anoxia, drug toxicity, infection and congenital malformation (e.g., concussion, postconcussion syndrome, subdural and epidural hematoma, epilepsy, seizure, convulsion disorder, meningitis, spinal bifida, cerebral palsy, chronic regional pain syndrome [CRPS], and cerebral aneurysm).



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ATHP 3310	ATHP 3310	C18 - Describe and know when to refer common psychological medical disorders from drug toxicity, physical and emotional stress, and acquired disorders (e.g., substance abuse, eating disorders/disordered eating, depression, bipolar disorder, seasonal affective disorder, anxiety disorders, somatoform disorders, personality disorders, abusive disorders, and addiction).
ATHP 3310 ATHP 3340	ATHP 3310 ATHP 3340	C19 – Describe a plan to access appropriate medical assistance on disease control, notify medical authorities, and prevent disease epidemics.
ATHP 3310	ATHP 3310	C20 – Describe and know when to refer common cancers (e.g., testicular, breast).
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 3310	ATHP 2301	C22 - Explain the importance and proper procedures for measuring body temperature (e.g., oral, axillary, rectal).
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 3310	ATHP 3310	P4.2 - Heart, lung, and bowel sounds
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 3310	ATHP 3310 ATHP 4170	CP1.1 – Derma
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



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ATHP 2310 ATHP 2320 ATHP 3310	ATHP 2310 ATHP 2320 ATHP 3310 ATHP 4170	CP1.7 – Ear, nose and throat
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ACUTE CARE OF INJURIES AND ILLNESSES

Course(s) Taught	Course(s) Evaluated	
ATHP 2310 ATHP 3310 ATHP 3330	ATHP 3310	C18 – Describe the signs, symptoms, and pathology of acute inflammation.
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
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.
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 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



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ATHP 2301 ATHP 3310	ATHP 2301 ATHP 3310 ATHP 2170	P4.10 - Diabetic coma
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THERAPEUTIC MODALITIES

Course(s) Taught	Course(s) Evaluated	
ATHP 3310 ATHP 3320 ATHP 3330	ATHP 3320	C1 - Describe the physiological and pathological processes of trauma, wound healing and tissue repair and their implications on the selection and application of therapeutic modalities used in a treatment and/or rehabilitation program.
ATHP 3310 ATHP 3320 ATHP 3120	ATHP 3320	C9.3 - Interpret the results of injury assessment and determine an appropriate therapeutic modality program to return the patient to physical activity

PSYCHOLOGY INTERVENTION AND REFERRAL

Course(s) Taught	Course(s) Evaluated	
ATHP 3310	ATHP 3310	C10 - Identify the symptoms and clinical signs of common eating disorders and the psychological and sociocultural factors associated with these disorders.
ATHP 3310	ATHP 3310	C12 - Describe the basic signs and symptoms of mental disorders (psychoses), emotional disorders (neuroses, depression), or personal/social conflict (family problems, academic or emotional stress, personal assault or abuse, sexual assault, sexual harassment), the contemporary personal, school, and community health service agencies, such as community-based psychological and social support services that treat these conditions and the appropriate referral procedures for accessing these health service agencies.

NUTRITIONAL ASPECTS OF INJURIES AND ILLNESSES

Course(s) Taught	Course(s) Evaluated	
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 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).

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