



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR
ATHP 3330 – THERAPEUTIC REHABILITATION**

RISK MANAGEMENT AND INJURY PREVENTION

Course(s) Taught	Course(s) Evaluated	
ATHP 1310 ATHP 3310 ATHP 3330	ATHP 3310	C14 - Explain the precautions and risks associated with exercise in special populations.
ATHP 3330	ATHP 3330	C19 - Explain the basic principles and concepts of home, school, and workplace ergonomics and their relationship to the prevention of illness and injury.
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



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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
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.

PATHOLOGY OF INJURIES AND ILLNESSES

Course(s) Taught	Course(s) Evaluated	
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.
ATHP 3330	ATHP 3330	C6 - Describe the body's responses to physical exercise during common diseases, illnesses, and the injury.

ORTHOPEDIC CLINICAL EXAMINATION AND DIAGNOSIS

Course(s) Taught	Course(s) Evaluated	
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.

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.
ATHP 1310 ATHP 2301 ATHP 3330	ATHP 2301 ATHP 3330	C33 - Describe home care and self-treatment plans of acute injuries and illnesses.



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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 3120 ATHP 3320 ATHP 3330	ATHP 3120 ATHP 3320	C8 - Identify appropriate therapeutic modalities for the treatment and rehabilitation of injuries and illness.
XXXXXX	XXXXXX	C9 - Describe the process/methods of assessing and reassessing the status of the patient using standard techniques and documentation strategies to determine appropriate treatment and rehabilitation and to evaluate readiness to return to the appropriate level of activity. This includes the ability to:
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
ATHP 3320 ATHP 3120	ATHP 3320 ATHP 3120	C9.6 - Describe appropriate methods of assessing progress when using therapeutic modalities and interpret the results
ATHP 3320 ATHP 3330	ATHP 3320 ATHP 3330	C9.7 - Interpret physician notes, postoperative notes, and physician prescriptions as they pertain to a treatment plan

CONDITIONING AND REHABILITATIVE EXERCISE

Course(s) Taught	Course(s) Evaluated	
ATHP 3320 ATHP 3330	ATHP 3330	C1 - Describe the physiological and pathological processes of trauma, wound healing and tissue repair and their implications on the development, progression and implementation of a therapeutic exercise program.
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	C3 - Describe common surgical techniques, pathology, and any subsequent anatomical alterations that may affect the implementation of a therapeutic exercise program.
XXXXXX	XXXXXX	C4 - Describe the appropriate selection and application of therapeutic exercises taking the following into consideration:
ATHP 3330	ATHP 3330	C4.1 - The physiological responses of the human body to trauma
ATHP 3330	ATHP 3330	C4.2 - The physiological effects of inactivity and immobilization on the musculoskeletal, cardiovascular, nervous, and respiratory systems of the human body
ATHP 3330	ATHP 3330	C4.3 - The anatomical and/or biomechanical alterations resulting from acute and chronic injury and improper mechanics
ATHP 3330	ATHP 3330	C4.4 - the physiological adaptations induced by the various forms of therapeutic exercise, such as fast- versus slow-twitch muscle fibers



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ATHP 3330	ATHP 3330	C4.5 - The physiological responses of additional factors, such as age and disease
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 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 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 3330 ATHP 4190	C7.5 - Determine the criteria for progression and return to activity based on the level of functional outcomes
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
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 1310 ATHP 3330	ATHP 1170 ATHP 3330 ATHP 4190	C8 - Explain the effectiveness of taping, wrapping, bracing, and other supportive/protective methods for facilitation of safe progression to advanced therapeutic exercises and functional activities.
ATHP 3330 ATHP 3130	ATHP 3330 ATHP 3130 ATHP 4190	P1 - Assess a patient to determine specific therapeutic exercise indications, contraindications, and precautions.
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.



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ATHP 3330	ATHP 3330 ATHP 4190	P6 - Document rehabilitation goals, progression and functional outcomes.
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.

PSYCHOLOGY INTERVENTION AND REFERRAL

Course(s) Taught	Course(s) Evaluated	
ATHP 3330	ATHP 3330	C1 - Explain the psychosocial requirements (i.e., motivation and self-confidence) of various activities that relate to the readiness of the injured or ill individual to resume participation.
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 3330	ATHP 3330	C3 - Describe the motivational techniques that the athletic trainer must use during injury rehabilitation and reconditioning.
ATHP 3330	ATHP 3330	C4 - Describe the basic principles of mental preparation, relaxation, visualization, and desensitization techniques.
ATHP 3330	ATHP 3330	C5 - Describe the basic principles of general personality traits, associated trait anxiety, locus of control, and patient and social environment interactions.
ATHP 2310 ATHP 3330	ATHP 3330	C6 - Explain the importance of providing health care information to patients, parents/guardians, and others regarding the psychological and emotional well being of the patient.
ATHP 3330 ATHP 3340	ATHP 3340	C7 - Describe the roles and function of various community-based health care providers (to include, but not limited, to: psychologists, counselors, social workers, human resources personnel) and the accepted protocols that govern the referral of patients to these professionals.
ATHP 3330 ATHP 3340	ATHP 3340	C8 - Describe the theories and techniques of interpersonal and cross-cultural communication among athletic trainers, their patients, and other involved in the health care of the patient.
ATHP 3330 ATHP 3340	ATHP 3340	C9 - Explain the basic principles of counseling (discussion, active listening, and resolution) and the various strategies that certified athletic trainers may employ to avoid and resolve conflicts among superiors, peers, and subordinates.
ATHP 3330 ATHP 3340	ATHP 3340	C13 - Describe the acceptance and grieving processes that follow a catastrophic event and the need for a psychological intervention and referral plan for all parties affected by the event.
ATHP 3330	ATHP 3330	C15 - Describe the psychosocial factors that affect persistent pain perception (i.e., emotional state, locus of control, psychodynamic issues, sociocultural factors, and personal values and beliefs) and identify multidisciplinary approaches for managing patients with persistent pain.



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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.
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NUTRITIONAL ASPECTS OF INJURIES AND ILLNESSES

Course(s) Taught	Course(s) Evaluated	
ATHP 3330	ATHP 3330	C4 - Identify nutritional considerations in rehabilitation, including nutrients involved in healing and nutritional risk factors (e.g., reduced activity with the same dietary regimen and others).

PROFESSIONAL DEVELOPMENT AND RESPONSIBILITY

Course(s) Taught	Course(s) Evaluated	
PSYC 3384	ATHP 3320 ATHP 3330	C13 - Describe and differentiate the types of quantitative and qualitative research and describe the components and process of scientific research (including statistical decision-making) as it relates to athletic training research.
ATHP 3320 ATHP 3330	ATHP 3320 ATHP 3330	C14 - Interpret the current research in athletic training and other related medical and health areas and apply the results to the daily practice of athletic training.

UPDATED 12/16/2008