



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR  
ATHP 4190 – ATHLETIC TRAINING CLINICAL EXPERIENCE V**

**RISK MANAGEMENT AND INJURY PREVENTION**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 1310 ATHP 3340	ATHP 3340 ATHP 4190	C4 - Identify and explain the recommended or required components of a pre-participation examination based on appropriate authorities' rules, guidelines, and/or recommendations
ATHP 1310 ATHP 3340	ATHP 1310 ATHP 3340 ATHP 4190	C16 - Explain the basic principles associated with the use of protective equipment, including standards for the design, construction, fit, maintenance and reconditioning of protective equipment; and rules and regulations established by the associations that govern the use of protective equipment; and material composition.
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



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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
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.
XXXXX	XXXXX	P4 - Select and fit appropriate standard protective equipment on the patient for safe participation in sport and/or physical activity. This includes but is not limited to:
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P4.1 – Shoulder pads
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P4.2 – Helmet and headgear
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P4.3 – Footwear
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P4.4 – Mouth guard
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P4.5 – Prophylactic knee brace
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P4.6 – Prophylactic ankle brace
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P4.7 – Other equipment (as appropriate)
ATHP 1310 ATHP 1170	ATHP 1170 ATHP 4190	P5 - Select, fabricate, and apply appropriate preventive taping and wrapping procedures, splints, braces, and other special protective devices. Procedures and devices should be consistent with sound anatomical and biomechanical principles.
XXXXXX	ATHP 4190 ATHP 4390	CP1 - Plan, implement, evaluate, and modify a fitness program specific to the physical status of the patient. This will include instructing the patient in proper performance of the activities and the warning signs/symptoms of potential injury that may be sustained. Effective lines of communication shall be established to elicit and convey information about patient's status and the prescribed program. While maintaining patient confidentiality, all aspects of fitness program shall be documented using standardized record-keeping methods.
XXXXXX	ATHP 1170 ATHP 2170 ATHP 4190 ATHP 4390	CP2 - Select, apply, evaluate, and modify appropriate standard protective equipment and other custom devices for the patient in order to prevent and/or minimize the risk of injury to the head, torso, spine and extremities for safe participation in sport and/or physical activity. Effective lines of communication shall be established to elicit and convey information about the patient's situation and the importance of protective devices to prevent and/or minimize injury.



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XXXXXX	ATHP 4190 ATHP 4390	CP3 - Demonstrate the ability to develop, implement, and communicate effective policies and procedures to allow safe and efficient physical activity in a variety of environmental conditions. This will include obtaining, interpreting, and recognizing potentially hazardous environmental conditions and making the appropriate recommendations for the patient and/or activity. Effective lines of communication shall be established with the patient, coaches and/or appropriate officials to elicit and convey information about the potential hazard of the environmental condition and the importance of implementing appropriate strategies to prevent injury.
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**THERAPEUTIC MODALITIES**

Course(s) Taught	Course(s) Evaluated	
XXXXXX	XXXXXX	CP1 - Synthesize information obtained in a patient interview and physical examination to determine the indications, contraindications and precautions for the selection, patient set-up, and evidence-based application of therapeutic modalities for acute and chronic injuries. The student will formulate a progressive treatment and rehabilitation plan and appropriately apply the modalities. Effective lines of communication should be established to elicit and convey information about the patient's status and the prescribed modality(s). While maintaining patient confidentiality, all aspects of the treatment plan should be documented using standardized record-keeping methods.
XXXXX	ATHP 3320 ATHP 3120 ATHP 3170 ATHP 4170 ATHP 4190	CP1.1 – Infrared modalities
XXXXX	ATHP 3320 ATHP 3120 ATHP 3170 ATHP 4170 ATHP 4190	CP1.2 – Electrical stimulation modalities
XXXXX	ATHP 3320 ATHP 3120 ATHP 3170 ATHP 4170 ATHP 4190	CP1.3 – Therapeutic ultrasound
XXXXX	ATHP 3320 ATHP 3120 ATHP 3170 ATHP 4170 ATHP 4190	CP1.4 – Mechanical modalities
XXXXX	ATHP 3320 ATHP 3120 ATHP 3170 ATHP 4170 ATHP 4190	CP1.5 – Massage and other manual techniques



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**CONDITIONING AND REHABILITATIVE EXERCISE**

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



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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.
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
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



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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
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



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**PSYCHOLOGY INTERVENTION AND REFERRAL**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
XXXXX	ATHP 2341 ATHP 4190	CP1 - Demonstrate the ability to conduct an intervention and make the appropriate referral of an individual with a suspected substance abuse or other mental health problem. 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 intervention and referral should be documented using standardized recordkeeping methods.
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.

**NUTRITIONAL ASPECTS OF INJURIES AND ILLNESSES**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
XXXXXX	ATHP 4190	CP1 - Demonstrate the ability to counsel a patient in proper nutrition. This may include providing basic nutritional information and /or an exercise and nutrition program for weight gain or weight loss. The student will demonstrate the ability to take measurements and figure calculations for weight control plan (e.g., measurement of body composition and BMI, calculation of energy expenditure, caloric intake, and BMR). Armed with basic nutritional data, the student will demonstrate the ability to develop and implement a preparticipation meal and an appropriate exercise and nutritional plan for an active individual. The student will develop an active listening relationship to effectively communicate with the patient and, as appropriate, refer the patient to other medical professionals (physician, nutritionist, counselor or psychologist) as needed.
XXXXX	ATHP 4190	CP2 - Demonstrate the ability to recognize disordered eating and eating disorders, establish a professional helping relationship with the patient, interact through support and education, and encourage vocal discussion and other support through referral to the appropriate medical professionals.

**PROFESSIONAL DEVELOPMENT AND RESPONSIBILITY**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 1310 ATHP 3340	ATHP 4170 ATHP 4190	P3 - Develop and present material (oral, pamphlet/handout, written article, or other media type) for an athletic training-related topic.
PSYC 3384	PSYC 3384 ATHP 4170 ATHP 4190	P4 - Develop a research project (to include but not limited to case study, clinical research project, literature review) for an athletic training-related topic.

**UPDATED 12/16/2008**