



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR  
ATHP 4390 – CAPSTONE: MOCK TESTING**

**RISK MANAGEMENT AND INJURY PREVENTION**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
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 and symptoms of potential injury that may be sustained. Effective lines of communication shall be established to elicit and convey information about the patient's status and the prescribed program. While maintaining patient confidentiality, all aspects of the 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.
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.

**ORTHOPEDIC CLINICAL EXAMINATION AND DIAGNOSIS**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
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 2315	ATHP 2315 ATHP 3170 ATHP 4390	CP1.1 – Foot and toes
ATHP 2315	ATHP 2315	CP 1.2 – Ankle



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	ATHP 3170 ATHP 4390	
ATHP 2315	ATHP 2315 ATHP 3170 ATHP 4390	CP 1.3 – Lower leg
ATHP 2315	ATHP 2315 ATHP 3170 ATHP 4390	CP 1.4 – Knee
ATHP 2315	ATHP 2315 ATHP 3170 ATHP 4390	CP 1.5 – Thigh
ATHP 2315	ATHP 2315 ATHP 3170 ATHP 4390	CP 1.6 – Hip, pelvis and sacroiliac spine
ATHP 2315	ATHP 2315 ATHP 3170 ATHP 4390	CP 1.7 – Lumbar Spine
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

**UPDATED 12/16/2008**