



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR
PEHP 4333 – FUNDAMENTALS OF HUMAN PERFORMANCE**

RISK MANAGEMENT AND INJURY PREVENTION

Course(s) Taught	Course(s) Evaluated	
PEHP 4333	PEHP 4333	C11 - Explain the importance and use of standard tests, test equipment, and testing protocol for the measurement of cardiovascular and respiratory fitness, body composition, posture, flexibility, muscular strength, power, and endurance.
ATHP 1310 PEHP 4333	PEHP 4333	C12 - Explain the components and purpose of periodization within a physical conditioning program.
ATHP 1310 PEHP 4333	PEHP 4333	C13 - Identify and explain the various types of flexibility, strength training, and cardiovascular conditioning programs. This should include the expected efforts (the body's anatomical and physiological adaptation), safety precautions, hazards, and contraindications of each.
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	ATHP 3130 ATHP 4190	P2.3 – Power



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PEHP 4333 – FUNDAMENTALS OF HUMAN PERFORMANCE**

PEHP 4333		
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.

NUTRITIONAL ASPECTS OF INJURIES AND ILLNESSES

Course(s) Taught	Course(s) Evaluated	
PEHP 4333 ATHP 1170	PEHP 4333 ATHP 1170	C18 - Describe the principles and methods of body composition assessment (e.g., skinfold caliper, bioelectric impedance, body mass index [BMI]) to assess a patient's health status and to monitor progress in a weight loss or weight gain program for patients of all ages and in a variety of settings.
PEHP 4333	PEHP 4333	P1 - Assess body composition by validated technique (e.g., skinfold calipers, bioelectric impedance, BMI, etc.) to assess a patient's health status and to monitor progress during a weight loss or weight gain program.
PEHP 4333	PEHP 4333	P2 - Calculate energy expenditure, caloric intake, and BMR.

UPDATED 12/16/2008