Athletic Training Educational Competencies
ATHP 2301 – Emergency and Medial Aspects in Athletic Training

Student Learning Outcomes

Acute Care of Injuries and Illnesses

- AC 1 - Explain the legal, moral, and ethical parameters that define the athletic trainer’s scope of acute and emergency care.
- AC 3 - Describe the hospital trauma level system and its role in the transportation decision-making process.
- AC 4 - Demonstrate the ability to perform scene, primary, and secondary surveys.
- AC 5 - Obtain a medical history appropriate for the patient’s ability to respond.
- AC 6 - When appropriate, obtain and monitor signs of basic body functions including pulse, blood pressure, respiration, pulse oximetry, pain, and core temperature. Relate changes in vital signs to the patient’s status.
- AC 8 - Explain the indications, guidelines, proper techniques, and necessary supplies for removing equipment and clothing in order to access the airway, evaluate and/or stabilize an athlete’s injured body part.
- AC 9 - Differentiate the types of airway adjuncts (oropharyngeal airways [OPA], nasopharyngeal airways [NPA] and supraglottic airways [King LT-D or Combitube]) and their use in maintaining a patent airway in adult respiratory and/or cardiac arrest.
- AC 10 - Establish and maintain an airway, including the use of oro- and nasopharyngeal airways, and neutral spine alignment in an athlete with a suspected spine injury who may be wearing shoulder pads, a helmet with and without a face guard, or other protective equipment.
- AC 11 - Determine when suction for airway maintenance is indicated and use according to accepted practice protocols.
- AC 12 - Identify cases when rescue breathing, CPR, and/or AED use is indicated according to current accepted practice protocols.
- AC 13 - Utilize an automated external defibrillator (AED) according to current accepted practice protocols.
- AC 14 - Perform one- and two- person CPR on an infant, child and adult.
- AC 15 - Utilize a bag valve and pocket mask on a child and adult using supplemental oxygen.
- AC 16 - Explain the indications, application, and treatment parameters for supplemental oxygen administration for emergency situations.
- AC 17 - Administer supplemental oxygen with adjuncts (eg, non-rebreather mask, nasal cannula).
- AC 18 - Assess oxygen saturation using a pulse oximeter and interpret the results to guide decision making.
- AC 19 - Explain the proper procedures for managing external hemorrhage (eg, direct pressure, pressure points, tourniquets) and the rationale for use of each.
- AC 20 - Select and use the appropriate procedure for managing external hemorrhage.
- AC 22 - Select and use appropriate procedures for the cleaning, closure, and dressing of wounds, identifying when referral is necessary.
- AC 23 - Use cervical stabilization devices and techniques that are appropriate to the circumstances of an injury.
- AC 24 - Demonstrate proper positioning and immobilization of a patient with a suspected spinal cord injury.
AC 25 - Perform patient transfer techniques for suspected head and spine injuries utilizing supine log roll, prone log roll with push, prone log roll with pull, and lift-and-slide techniques.
AC 26 - Select the appropriate spine board, including long board or short board, and use appropriate immobilization techniques based on the circumstance of the patient’s injury.
AC 27 - Explain the role of core body temperature in differentiating between exertional heat stroke, hyponatremia, and head injury.
AC 28 - Differentiate the different methods for assessing core body temperature.
AC 29 - Assess core body temperature using a rectal probe.
AC 30 - Explain the role of rapid full body cooling in the emergency management of exertional heat stroke.
AC 32 - Determine when use of a metered-dose inhaler is warranted based on a patient’s condition.
AC 36 - Identify the signs, symptoms, interventions and, when appropriate, the return-to-participation criteria for: a. sudden cardiac arrest; b. brain injury including concussion, subdural and epidural hematomas, second impact syndrome and skull fracture; c. cervical, thoracic, and lumbar spine trauma; d. heat illness including heat cramps, heat exhaustion, exertional heat stroke, and hyponatremia; e. exertional sickling associated with sickle cell trait; f. rhabdomyolysis; g. internal hemorrhage; h. diabetic emergencies including hypoglycemia and ketoacidosis; i. asthma attacks; j. systemic allergic reaction, including anaphylactic shock; k. epileptic and non-epileptic seizures; l. shock; m. hypothermia, frostbite; n. toxic drug overdoses; and o. local allergic reaction
AC 40 - Determine the proper transportation technique based on the patient’s condition and findings of the immediate examination.
AC 41 - Identify the criteria used in the decision-making process to transport the injured patient for further medical examination.
AC 42 - Select and use the appropriate short-distance transportation methods, such as the log roll or lift and slide, for an injured patient in different situations.

Clinical Examination and Diagnosis

CE 16 - Recognize the signs and symptoms of catastrophic and emergent conditions and demonstrate appropriate referral decisions.
CE 21ij - Assess and interpret findings from a physical examination that is based on the patient’s clinical presentation. This exam can include: (i) Cardiovascular function (including differentiation between normal and abnormal heart sounds, blood pressure, and heart rate); (j) Pulmonary function (including differentiation between normal breath sounds, percussion sounds, number and characteristics of respirations, peak expiratory flow
CE 22 - Determine when the findings of an examination warrant referral of the patient.

Healthcare Administration

HA 21 - Develop comprehensive, venue-specific emergency action plans for the care of acutely injured or ill individuals.
Prevention and Health Promotion

- PHP 10 - Explain the principles of the body’s thermoregulatory mechanisms as they relate to heat gain and heat loss.
- PHP 11 - Explain the principles of environmental illness prevention programs to include acclimation and conditioning, fluid and electrolyte replacement requirements, proper practice and competition attire, hydration status, and environmental assessment (e.g., sling psychrometer, wet bulb globe temperatures [WBGT], heat index guidelines).
- PHP 12 - Summarize current practice guidelines related to physical activity during extreme weather conditions (e.g., heat, cold, lightning, wind).
- PHP 13 - Obtain and interpret environmental data (web bulb globe temperature [WBGT], sling psychrometer, lightning detection devices) to make clinical decisions regarding the scheduling, type, and duration of physical activity.
- PHP 14 - Assess weight loss and hydration status using weight charts, urine color charts, or specific gravity measurements to determine an individual’s ability to participate in physical activity in a hot, humid environment.
- PHP 18 - Explain strategies for communicating with coaches, athletes, parents, administrators, and other relevant personnel regarding potentially dangerous conditions related to the environment, field, or playing surfaces.
- PHP 36 - Describe current guidelines for proper hydration and explain the consequences of improper fluid/electrolyte replacement.

Professional Development

- PD 9 - Differentiate among the preparation, scopes of practice, and roles and responsibilities of healthcare providers and other professionals with whom athletic trainers interact.