Student Learning Outcomes

Clinical Examination and Diagnosis

- CE 7 - Identify the patient’s participation restrictions (disabilities) and activity limitations (functional limitations) to determine the impact of the condition on the patient’s life.
- CE 8 - Explain the role and importance of functional outcome measures in clinical practice and patient health-related quality of life.
- CE 9 - Identify functional and patient-centered quality of life outcome measures appropriate for use in athletic training practice.
- CE 14 - Differentiate between an initial injury evaluation and follow-up/reassessment as a means to evaluate the efficacy of the patient’s treatment/rehabilitation program, and make modifications to the patient’s program as needed.

Professional Development and Responsibility

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

Prevention and Health Promotion

- PHP 19 - Instruct clients/patients in the basic principles of ergodynamics and their relationship to the prevention of illness and injury.
- PHP 26 - Identify and describe the standard tests, test equipment, and testing protocols that are used for measuring fitness, body composition, posture, flexibility, muscular strength, power, speed, agility, and endurance.
- PHP 27 - Compare and contrast the various types of flexibility, strength training, and cardiovascular conditioning programs to include expected outcomes, safety precautions, hazards, and contraindications.
- PHP 28 - Administer and interpret fitness tests to assess a client’s/patient’s physical status and readiness for physical activity.

Therapeutic Interventions

- TI 1 - Describe and differentiate the physiological and pathophysiological responses to inflammatory and non-inflammatory conditions and the influence of these responses on the design, implementation, and progression of a therapeutic intervention.
- TI 4 - Analyze the impact of immobilization, inactivity, and mobilization on the body systems (e.g., cardiovascular, pulmonary, musculoskeletal) and injury response.
- TI 6 - Describe common surgical techniques, including interpretation of operative reports, and any resulting precautions, contraindications, and comorbidities that impact the selection and progression of a therapeutic intervention program.
Athletic Training Educational Competencies
ATHP 3330 – Therapeutic Rehabilitation

- TI 7 - Identify patient- and clinician-oriented outcomes measures commonly used to recommend activity level, make return to play decisions, and maximize patient outcomes and progress in the treatment plan.
- TI 8 - Explain the theory and principles relating to expected physiological response(s) during and following therapeutic interventions.
- TI 9 - Describe the laws of physics that (1) underlay the application of thermal, mechanical, electromagnetic, and acoustic energy to the body and (2) form the foundation for the development of therapeutic interventions (eg, stress-strain, leverage, thermodynamics, energy transmission and attenuation, electricity).
- TI 10 - Integrate self-treatment into the intervention when appropriate, including instructing the patient regarding self-treatment plans.
- TI 11abcdef - Design therapeutic interventions to meet specified treatment goals: a. Assess the patient to identify indications, contraindications, and precautions applicable to the intended intervention; b. Position and prepare the patient for various therapeutic interventions; c. Describe the expected effects and potential adverse reactions to the patient; d. Instruct the patient how to correctly perform rehabilitative exercises; e. Apply the intervention, using parameters appropriate to the intended outcome; and f. Reassess the patient to determine the immediate impact of the intervention.
- TI 12 - Use the results of on-going clinical examinations to determine when a therapeutic intervention should be progressed, regressed or discontinued.
- TI 13 - Describe the relationship between the application of therapeutic modalities and the incorporation of active and passive exercise and/or manual therapies, including therapeutic massage, myofascial techniques, and muscle energy techniques.
- TI 14 - Describe the use of joint mobilization in pain reduction and restoration of joint mobility.
- TI 15 - Perform joint mobilization techniques as indicated by examination findings.
- TI 17 - Analyze gait and select appropriate instruction and correction strategies to facilitate safe progression to functional gait pattern.
- TI 18 - Explain the relationship between posture, biomechanics, and ergodynamics and the need to address these components in a therapeutic intervention.