

## HHP 421 COMPETENCIES/PROFICIENCIES INSTRUCTED (I) AND EVALUATED (E)

### RISK MANAGEMENT

RM-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. These tests should assess:
RM-P1.1	Flexibility (I, E)

### ACUTE CARE

AC-C17	Explain the application principles of rest, cold application, elevation, and compression in the treatment of acute injuries. (I, E)
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### THERAPEUTIC MODALITIES

TM-P1	Assess patient to identify indications, contraindications, and precautions applicable to the application of therapeutic modalities. (I, E)
TM-P3	Inspect the therapeutic modalities and treatment environment for potential safety hazards. (I, E)
TM-P4	Position and prepare the patient for the application of therapeutic modalities. (I, E)
TM-P5	Select and apply appropriate therapeutic modalities according to evidence-based guidelines. (I, E)
TM-P6	Document treatment goals, expectations, and treatment outcomes. (I, E)
TM-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.
TM-CP1.1	Infrared Modalities (E)
TM-CP1.2	Electrical Stimulation Modalities (E)
TM-CP1.3	Therapeutic Ultrasound (E)
TM-CP1.4	Mechanical Modalities (E)
TM-CP1.5	Massage and other Manual Techniques (E)

### ADMINISTRATION

PD-C14	Interpret the current research in athletic training and other related medical and health areas and apply the results to the daily practice of athletic training. (I, E)
PD-P1	Collect and disseminate injury prevention and health care information to health care professionals, patients, parents/guardians, other appropriate personnel and the general public (e.g., team meetings, parents' nights, parent/teacher organization [PTO] meetings, booster club meetings, workshops, and seminars). (I, E)
PD-P4	Develop a research project (to include but not limited to case study, clinical research project, literature review) for an athletic training-related topic. (I, E)

