

HHP 431 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-P1.2	Strength (I, E)
RM-P1.3	Power (I, E)
RM-P1.4	Muscular Endurance (I, E)
RM-P1.5	Agility (I, E)
RM-P1.6	Cardiovascular Endurance (I, E)
RM-P1.7	Speed (I, E)
RM-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. (E)

EXERCISE

EX-CP1	Program for injuries to the upper extremity
EX-CP1.2	Exercises to Improve Muscular Strength (E)
EX-CP1.3	Exercises to Improve Muscular Endurance (E)
EX-CP1.4	Exercises to Improve Muscular Speed (E)
EX-CP1.5	Exercises to Improve Muscular Power (E)
EX-CP1.7	Exercises to Improve Agility (E)
EX-CP1.8	Exercises to Improve Cardiorespiratory Endurance (E)
EX-CP2	Program for injuries to the lower extremity
EX-CP2.2	Exercises to Improve Muscular Strength (E)
EX-CP2.3	Exercises to Improve Muscular Endurance (E)
EX-CP2.4	Exercises to Improve Muscular Speed (E)
EX-CP2.5	Exercises to Improve Muscular Power (E)
EX-CP2.7	Exercises to Improve Agility (E)
EX-CP2.8	Exercises to Improve Cardiorespiratory Endurance (E)
EX-CP3	Program for injuries to the trunk
EX-CP3.2	Exercises to Improve Muscular Strength (E)
EX-CP3.3	Exercises to Improve Muscular Endurance (E)
EX-CP3.4	Exercises to Improve Muscular Speed (E)
EX-CP3.5	Exercises to Improve Muscular Power (E)
EX-CP3.7	Exercises to Improve Agility (E)
EX-CP3.8	Exercises to Improve Cardiorespiratory Endurance (E)
EX-CP4	Program for injuries to the spine
EX-CP4.2	Exercises to Improve Muscular Strength (E)
EX-CP4.3	Exercises to Improve Muscular Endurance (E)
EX-CP4.4	Exercises to Improve Muscular Speed (E)
EX-CP4.5	Exercises to Improve Muscular Power (E)

EX-CP4.7	Exercises to Improve Agility (E)
EX-CP4.8	Exercises to Improve Cardiorespiratory Endurance (E)