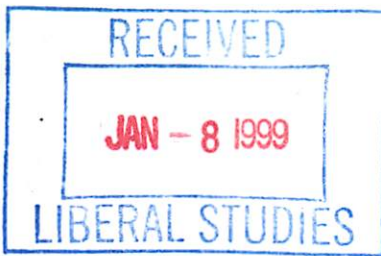


LSC Use Only
Number: _____
Submission Date: _____
Action-Date: _____



UWUCC USE Only
Number: 98-42a
Submission Date: _____
Action-Date: _____

CURRICULUM PROPOSAL COVER SHEET
University-Wide Undergraduate Curriculum Committee

I. CONTACT

Contact Person Ron Trenney, Jose Rivera Phone X6918, X5507
Department Health and Physical Education

II. PROPOSAL TYPE (Check All Appropriate Lines)

COURSE _____
Suggested 20 character title

New Course * _____
Course Number and Full Title

Course Revision _____
Course Number and Full Title

Liberal Studies Approval + _____
for new or existing course Course Number and Full Title

Course Deletion _____
Course Number and Full Title

Number and/or Title Change _____
Old Number and/or Full Old Title

New Number and/or Full New Title

Course or Catalog Description Change _____
Course Number and Full Title

PROGRAM: Major Minor Track

New Program * _____
Program Name

Program Revision * Physical Education and Sport, Athletic Training Track
Program Name

Program Deletion * _____
Program Name

Title Change _____
Old Program Name

New Program Name

III. Approvals (signatures and date)

<u>Made P. [Signature]</u> 11/2/98 Department Curriculum Committee	<u>[Signature]</u> Department Chair
<u>Mary E. Swenka</u> 12/17/98 College Curriculum Committee	<u>[Signature]</u> College Dean
_____ + Director of Liberal Studies (where applicable)	_____ *Provost (where applicable)

Part II. Description of Curriculum Change

1. Catalog Description of Program

Bachelor of Science Degree (Physical Education and Sport)

The Bachelor of Science degree in Physical Education and Sport provides greater emphasis on subject matter/content and less on pedagogy. Students who select this major generally apply their knowledge in the areas of exercise science, community and corporate fitness, cardiac rehabilitation, pre-physical therapy, and/or executive fitness programming. The sports study major is a non-teacher certification program. Requirements for the degree in Physical Education and Sport include 1) the university's Liberal Studies requirements; 2) 31 credit hours in the HPE Core; and 3) nineteen credits from the Physical Education and Sport requirements.

Specialty tracks have been developed for the degree program in physical education and sport. These different tracks provide emphasis in specific subject content areas and teach skills necessary for students to assume leadership roles in careers in the health and fitness industry as well as the sport science industry. These include:

- a. Aquatics
- b. Exercise Science
- c. Sport Administration
- d. Athletic Training

Creation of the four new tracks, in addition to the Nutrition minor within the Physical Education and Sport major, provides students with an innovative, relevant, and challenging curriculum and at the same time encourages the promotion of interdisciplinary work. Course content is focused toward specific professions within the major, as well as toward different national credentialing possibilities. Student internships and preprofessional experiences can be more appropriately focused to enhance opportunities for post graduate employment.

In addition, the Department of Health and Physical Education has developed two programs approved by the National YMCA Physical Education Office to provide for the professional preparation of YMCA aquatic directors and physical directors. Both programs emphasize high standards and are vitally concerned with the major objectives of YMCA physical education. Specialized "Y" courses are offered through the IUP Aquatic School and through other special YMCA programs conducted on the IUP campus and sponsored in cooperation with the Middle Atlantic Region Physical Education Program.

Bachelor of Science—Physical Education and Sport—Athletic Training Track

Liberal Studies: As outlined in Liberal Studies section with the following specifications: **54-55**
Mathematics: MA 101 or 110 or 217
Health and Wellness: FN 143 or MS 101-102
Natural Science: BI 103-104 or CH 101-102
Social Science: PC 101, SO 151
Liberal Studies Electives: FN 145, CO/BE/IM 101 (no course with HP prefix)

Major: **31**

Core Requirements:

HP 142	Foundations of Health, Physical Education, and Sport	3sh
HP 200	Fundamentals of Physical Activity	1sh
HP 210	Motor Development	2sh
HP 221	Human Structure and Function	3sh
HP 251	Foundations of Safety and Emergency Health Care	3sh
HP 263	Aquatics	1sh
HP 315	Biomechanics	3sh
HP 341	Evaluation in Health and Physical Education	3sh
HP 343	Physiology of Exercise	3sh
HP 344	Adapted Physical Education	3sh
HP 441	Psychosocial Implications for Health and Physical Education	3sh
HP 442	Seminar in Health, Physical Education, and Recreation I	3sh

Sport Science Requirements:

HP 175	Prevention and Care of Injuries to the Physically Active	2sh	12
HP 345	Athletic Training I	3sh	
HP 346	Athletic Training Lab	1sh	
HP 375	Physiological Basis of Strength Training	3sh	
HP 411	Physical Fitness Appraisal	3sh	

Athletic Training Requirements:

BI 151	Human Physiology	4sh	24
PY 151	Medical Physics Lecture	3sh	
PY 161	Medical Physics Lab	1sh	
HP 376	Athletic Training Practicum I	1sh	
HP 377	Athletic Training Practicum II	1sh	
HP 365	Advanced Athletic Training	4sh	
HP 476	Athletic Training Practicum III	1sh	
HP 477	Athletic Training Practicum IV	1sh	
HP 446	Therapeutic Modalities	4sh	
HP 448	Therapeutic Exercise for Athletic Injury Management	4sh	

Free Electives:

2-3

Total Degree Requirements:

124

Please note: Additional information can be obtained from the office of the Athletic Training Curriculum Coordinator related to specific requirements regarding initial health screening, criminal record checks, and liability insurance needs

2. Summary of Changes

a. Table of Comparison: See page 5

b. Program Changes:

Additions - To Sport Science Requirements:

* HP 175, Prevention and Care of Injuries to the Physically Active (new course)

To Athletic Training Requirements:

* BI 151, Human Physiology

* PY 151, Medical Physics Lecture

* PY 161, Medical Physics Lab

* HP 376, Athletic Training Clinical Practicum I (new course)

* HP 377, Athletic Training Clinical Practicum II (new course)

* HP 476, Athletic Training Clinical Practicum III (new course)

* HP 477, Athletic Training Clinical Practicum IV (new course)

Deletions - From Sport Science Requirements (Athletic Training Track Only):

* HP 319, Pre-professional Experience II

* HP 410, Exercise Prescription

* HP 412, Physical Activity and Stress Management

From Athletic Training Requirements:

* FN 245, Sports Nutrition

Revisions - Within Sport Science Requirements:

* HP 345, Athletic Training I

* HP 346, Athletic Training Lab

3. Rationale for Change:

The following curriculum changes are necessary in order to achieve program accreditation by the Commission for Accreditation of Allied Health Education Programs (CAAHEP) for our Athletic Training Track. The current path for national certification for IUP students, the internship route, will no longer be recognized by the National Athletic Trainers' Association (NATA)-Board of Certification (BOC) effective January 1st, 2004. All students wishing to pursue national certification on or after this date must be admitted to an accredited program effective December, 2001.

In order for IUP to meet these deadlines we must submit application for accreditation and a completed Self-Study Report prior to the 1999-2000 academic year. This would result in a 2000-2001 academic year site visit, with the goal of obtaining accredited status effective Fall 2001.

a. Rationale for Additions:

Required courses are needed to meet all the athletic training competencies/tasks listed in the document "Competencies in Athletic Training" (see appendix 1). All courses being added meet a significant number of required competencies.

b. Rationale for Deletions:

These courses being deleted fail to meet a significant number of competencies or competencies that are already met by other required courses, thus allowing accreditation compliance without adding credits to the track. For example, FN 245 meets the same athletic training competencies as do FN 143 and FN 145, with the later two currently fulfilling liberal study requirements.

c. Rationale for Revisions:

These revisions are needed in order to update course descriptions to more adequately reflect didactic and /or psychomotor tasks required for accreditation.

Athletic Training Track

Current

Liberal Studies: As outlined in Liberal Studies section with the following specifications:	54-55
-Mathematics: MA 101 or 110 or 217	
-Health and Wellness: FN 143 or MS 101-102	
-Natural Science: BI 103-104 or CH 101-102	
-Social Science: PC 101, SO 151	
-Liberal Studies Electives: FN 145, CO/BE/IM 101, no course with HP prefix	
Major	31
Core Requirements:	
HP 142 Foundations of Health, Physical Education, and Sport	3sh
HP 200 Fundamentals of Physical Activity	1sh
HP 210 Motor Development	2sh
HP 221 Human Structure and Function	3sh
HP 251 Foundations of Safety and Emergency Health Care	3sh
HP 263 Aquatics	1sh
HP 315 Biomechanics	3sh
HP 341 Evaluation in Health and Physical Education	3sh
HP 343 Physiology of Exercise	3sh
HP 344 Adapted Physical Education	3sh
HP 441 Psychosocial Implications for Health and Physical Education	3sh
HP 442 Seminar in Health, Physical Education, and Recreation I	3sh
Sport Science Requirements:	17-19
HP 319 Pre-professional Experience II	1-3sh
HP 345 Athletic Training I	3sh
HP 346 Athletic Training Lab	1sh
HP 375 Physiological Basis of Strength Training	3sh
HP 410 Exercise Prescription	3sh
HP 411 Physical Fitness Appraisal	3sh
HP 412 Physical Activity and Stress Management	3sh
Athletic Training Requirements	15
FN 245 Sports Nutrition	3sh
HP 365 Advanced Athletic Training	4sh
HP 446 Therapeutic Modalities	4sh
HP 448 Therapeutic Exercise for Athletic Injury Management	4sh
Free Electives	4-7
Total Degree Requirements	124

Proposed

Liberal Studies: As outlined in Liberal Studies section with the following specifications:	54-55
Mathematics: MA 101 or 110 or 217	
Health and Wellness: FN 143 or MS 101-102	
Natural Science: BI 103-104 or CH 101-102	
Social Science: PC 101, SO 151	
Liberal Studies Electives: FN 145, CO/BE/IM 101, no course with HP prefix	
Major	31
Core Requirements:	
HP 142 Foundations of Health, Physical Education, and Sport	3sh
HP 200 Fundamentals of Physical Activity	1sh
HP 210 Motor Development	2sh
HP 221 Human Structure and Function	3sh
HP 251 Foundations of Safety and Emergency Health Care	3sh
HP 263 Aquatics	1sh
HP 315 Biomechanics	3sh
HP 341 Evaluation in Health and Physical Education	3sh
HP 343 Physiology of Exercise	3sh
HP 344 Adapted Physical Education	3sh
HP 441 Psychosocial Implications for Health and Physical Education	3sh
HP 442 Seminar in Health, Physical Education, and Recreation I	3sh
Sport Science Requirements:	12
HP 175 Prevention and Care of Injuries to the Physically Active	2sh
HP 345 Athletic Training I	3sh
HP 346 Athletic Training Lab	1sh
HP 375 Physiological Basis of Strength Training	3sh
HP 411 Physical Fitness Appraisal	3sh
Athletic Training Requirements	24
BI 151 Human Physiology	4sh
PY 151 Medical Physics Lecture	3sh
PY 161 Medical Physics Lab	1sh
HP 376 Athletic Training Practicum I	1sh
HP 377 Athletic Training Practicum II	1sh
HP 365 Advanced Athletic Training	4sh
HP 476 Athletic Training Practicum III	1sh
HP 477 Athletic Training Practicum IV	1sh
HP 446 Therapeutic Modalities	4sh
HP 448 Therapeutic Exercise for Athletic Injury Management	4sh
Free Electives	2-3
Total Degree Requirements	124

Please note: Additional information can be obtained from the office of the Athletic Training Curriculum Coordinator related to specific requirements regarding initial health screening, criminal record checks, and liability insurance needs

Athletic Training Track - Curriculum Sequence

Current

FIRST SEMESTER

EN 101 College Writing	LS4
_____ Natural Science Opt	LS4
HI 195 Hist the Modern Era	LS3
HP 142 Foundation of HPE	3
HP 200 Fundamentals	1
HP 263 Aquatics	<u>1</u>
	16

SECOND SEMESTER

EN 121 or FL 121 (Hum opt)	LS3
_____ Natural Science-Opt	LS4
HP 221 Human Struct Func	3
FN 143 Nutrition Wellness	LS3
HP 251 Safety Emerg	<u>LS3</u>
	16

THIRD SEMESTER

PC 101 General Psych	LS3
_____ Philosophy/Relig Opt	LS3
SO 151 Principles of Soc	LS3
HP 345 Athletic Training	3
HP 346 Athletic Training Lab	1
BI 151 Human Physiology	<u>4</u>
	17

FOURTH SEMESTER

_____ Soc Science Ekt	LS3
_____ Math - Opt	LS3
HP 315 Biomechanics	3
HP 375 Physio Basis of Str	3
FN 145 Intro to Nutr	3
HP 210 Motor Development	<u>2</u>
	17

FIFTH SEMESTER

EN 202 Research Writing	LS3
LS Elective	LS3
HP 344 Adapted Phy Ed	3
FN 245 Sports Nutrition	3
HP 319 Pre-Pro Exp II	1
_____ Fine Arts-Opt	<u>LS3</u>
	16

SIXTH SEMESTER

HP 365 Adv. Athletic Training	4
HP 343 Physiology of Exer	3
CO/BE/IM 101 (LS opt)	LS3
HP 341 Evaluation of HPE	3
HP 411 Phy Ft App/Guid	<u>3</u>
	16

SEVENTH SEMESTER

HP 446 Therapeutic Modalities	4
HP 412 Phy Act Stress Manag	3
HP 441 Psycho Soc Implc	3
HP 410 Exercise Prescription	<u>3</u>
	13

EIGHTH SEMESTER

HP 448 Therapeutic Exercise	4
LS 499 Senior Synthesis	3
Free Elective	3
HP 442 Seminar	<u>3</u>
	13

(HP 493 Internship is strongly recommended)

Proposed

FIRST SEMESTER

EN 101 College Writing	LS4
_____ Natural Science Opt	LS4
HI 195 Hist the Modern Era	LS3
HP 142 Foundation of HPE	3
HP 200 Fundamentals	1
HP 263 Aquatics	<u>1</u>
	16

SECOND SEMESTER

CO/BE/IM 101 (LS opt)	LS3
_____ Natural Science-Opt	LS4
HP 221 Human Struct Func	3
FN 143 Nutrition Wellness	LS3
HP 251 Safety Emerg	<u>LS3</u>
	16

THIRD SEMESTER

PC 101 General Psych	LS3
EN 202 Research Writing	LS3
SO 151 Principles of Soc	LS3
HP 175 Prevention and Care	2
HP 210 Motor Development	2
BI 151 Human Physiology	<u>4</u>
	17

FOURTH SEMESTER

_____ Soc Science Ekt	LS3
_____ Math - Opt	LS3
HP 345 Athletic Training	3
HP 346 Athletic Training Lab	1
_____ Fine Arts Opt.	3
FN 145 Intro to Nutr	<u>3</u>
	16

FIFTH SEMESTER

PY 151 Medical Physics	3
PY 161 Medical Physics Lab	1
EN 121 or FL 121 (Hum opt)	LS3
HP 315 Biomechanics	3
HP 365 Adv. Athletic Training	4
HP 376 Ath. Train. Prac. I	<u>1</u>
	15

SIXTH SEMESTER

HP 446 Therapeutic Modalities	4
LS Elective	LS3
HP 343 Physiology of Exer	3
_____ Philosophy/Relig Opt	LS3
HP 341 Evaluation of HPE	3
HP 377 Ath. Train. Prac. II	<u>1</u>
	17

SEVENTH SEMESTER

HP 344 Adapted Phy Ed	3
HP 375 Physio Basis of Str	3
HP 411 Phy Ft App/Guid	3
HP 476 Ath. Train. Prac. III	1
HP 448 Therapeutic Exercise	<u>4</u>
	14

EIGHTH SEMESTER

LS 499 Senior Synthesis	3
HP 441 Psycho Soc Implc	3
HP 442 Seminar	3
_____ Free Elective	3
HP 477 Ath. Train. Prac. IV	<u>1</u>
	13

(HP 493 Internship strongly recommended)

Part III. Implementation

1. **Revision will have no affect on current students. Current students will continue to matriculate through existing program while new students will follow the new course sequence once revisions are approved and implemented. Please refer to old and new course sequencing on previous page (page 6).**
2. **No additional faculty will need to be hired as a result of this proposal. Current athletic training faculty will teach new courses once they are approved and implemented. The Health and Physical Education Dept. is currently conducting four (4) full-time faculty searches to fill positions left vacant by retired faculty. Approval of this proposal will not create a workload problem or a need for new positions, nor will it necessitate the elimination of sections for other courses currently offered by the Health and Physical Education Dept.**
3. **Current resources are adequate.**
4. **No change in student enrollment is expected. Students currently enrolled in this track of education should remain consistent with past years.**

Part IV. Course Proposals

Course proposals for HP 175, Prevention and Care of Injuries to the Physically Active, HP 376, Athletic Training Practicum I, HP 377, Athletic Training Practicum II, HP 476, Athletic Training Practicum III, and HP 477, Athletic Training Practicum IV are included within this document (see appendix 2).

Course revisions for HP 345, Athletic Training I and HP 346, Athletic Training Lab are also included with in (see appendix 2).

Course deletions listed above are for this track of study only. They must remain in the course catalog due to the fact that they remain requirements for other education programs.

Part V. Letters of Support

See attached.

To: Jose Rivera, Chairman, Athletic Training Program Committee

From: Dr. Andrew C. Browe, Biology Dept. *A. Browe*

Re: Athletic Training Program

I strongly recommend that the students in the Athletic Training Program take Human Physiology (BI 151) to complete their physiology requirement for this program. The prerequisite for BI 151 can be satisfied by taking either BI 105 (Cell Biology) or HP 221 (Structure and Function), or an equivalent course.

*OK pending re-write of BE151
Bobby Butler*

#133

18-NOV-1998 11:27:03.41

MAIL

Jim,

This email is in support of the addition of PY 151 (Medical Physics Lecture) and PY 161 (Medical Physics Laboratory) to the requirements for the Athletic Training Track of your department's Physical Education and Sport Degree. From your telephone conversation we expect to have approximately ten students new students a semester in Medical Physics.

This is a very appropriate course for these majors and I believe it will help them get a lot more out of some of the Health and Physical Education courses that they will be taking.

Dick

Richard D. Roberts
Chair, Physics Department
357-2371

MAIL>

VT320 Help: Alt-? Script: Alt-

MAIL

#48 17-NOV-1998 07:00:00.05
From: GROVE::RJOHNSON "Rita_Johnson"
To: TRENNEY
CC:
Subj: FN 245

*Foods +
Nutrition*

>From: GROVE::TRENNEY "Ron Trenney" 16-NOV-1998 15:02:55.22
>To: RJOHNSON
>CC: TRENNEY
>Subj: fn245

>
>Rita,
>
>Please find below the revised rational for the deletion of FN 245 from our
>Athletic Training Track.
>
>Again I am very sorry that we had to do this, and hope you can understand why
>why it must be done.
>
>We are open to your suggestion regarding a specific section of FN 145, and
>look forward to addressing this issue once we can provide you with concrete
>numbers from our department.
>
>Please E-mail if these changes are adequate, if not any suggestions will be
>welcomed.
>
>Thank you for your time and consideration in this matter.
>
>Ron T.
>
>Rationale for Deletions:
> Deletions are needed in order to make room for the (newly required?)
> courses and
>also avoid an increase in total degree requirements. The courses being deleted
>meet competencies that are already covered (included with?) by other required c
>ourses. For
>example, FN 245 meets the same (similar?) athletic training competencies as
>do FN 143 and
>FN 145, and the later (latter?) two also fulfill the liberal
>studies requirement.
>
>Thanks, Ron. Hope you have a nice Thanksgiving.

Rita M. Johnson, PhD, RD, FADA
RJOHNSON@grove.iup.edu

Appendix 1

COMPETENCIES IN ATHLETIC TRAINING CHECKLIST

The following competencies have been developed as guides to entry-level curriculum design, development of course content, and structuring of clinical experiences. Please identify those educational experiences (course work, clinical experience) in your athletic training education program that provide your students with an opportunity to develop the competencies listed. Identify courses by department abbreviation and number (e.g., **HPER 350**) as they appear in your college or university catalog. Identify clinical experiences by using the letter "C". If particular competencies are taught in more than one course, or during clinical experiences as well as course work, please indicate **all pertinent education experiences**. If a particular competency is **not** taught in your program, please indicate by using the letter "N".

PLEASE LIST ONLY THE COURSE WHERE THE COMPETENCY IS GIVEN "PRIMARY" CONSIDERATION.

DOMAIN I: Prevention

Identifies injury/illness risk factors associated with participation in competitive athletics and plans and implements all components of a comprehensive athletic injury/illness prevention program.

Cognitive Domain (Knowledge and Intellectual Skills)

- HP 365 1. Basic components of a comprehensive athletic injury/illness prevention program including (a) physical examinations and screening procedures, (b) physical conditioning, (c) fitting and maintenance of protective equipment, (d) application of taping, special pads, etc., and (e) control of environmental risks.
HP 175
HP 346
HP 376
HP 476
- HP 345 2. Common risk factors and causes of athletic injuries in various sports as identified by contemporary epidemiological studies and athletic injury/illness surveillance systems.
HP 175
HP 365
- HP 210 3. Intrinsic risk factors associated with normal physical and psychological growth and development patterns of the pre-adolescent, adolescent, and adult male and female athlete.
HP 175
HP 345
- HP 344 4. Risk factors associated with congenital or acquired postural abnormalities, physical disabilities, and diseases (i.e. epilepsy, diabetes, asthma, congenital heart disease, absence of paired organs, visual impairments, etc.).
HP 175
HP 345
- HP 175 5. Sports specific risk factors associated with conditioning, coaching methods, and motor skill performance.
HP 343
HP 200

- HP 175 6. Sports specific environmental risk factors associated with climatic conditions, facilities and equipment, sanitation, etc., and associated risk management procedures/safety guidelines.
 HP 345
 HP 365
 HP 476
 HP 251
- HP 315 7. Risk factors associated with biomechanical stress, extrinsic forces, and physical demands inherent in the performance of motor skills common to various sports.
 HP 175
 HP 200
 HP 345
- HP 365 8. Role of physical examinations and screening procedures in the identification of intrinsic injury/illness risk factors and potential disqualifying conditions.
 HP 175
 HP 476
- HP 365 9. Recommended or required components of a pre- participation physical examination as established by institutional policy, governing athletic associations, medical associations, or other authoritative groups.
 HP 175
 HP 476
- HP 365 10. Organization and administration of preparticipation physical examinations/screening including preparation of records and forms, scheduling of examining personnel, organization of examination site, etc.
 HP 175
 HP 476
- HP 343 11. Purpose of standard physical fitness tests and contemporary testing equipment and accepted testing protocol for measurement of cardiovascular-respiratory fitness, body composition, posture, flexibility, and muscular strength, power, and endurance.
 HP 411
 HP 341
 HP 448
- FN 143 12. Role of personal health habits in the prevention of injuries/illnesses including personal hygiene, diet and nutrition, weight control, rest, etc.
 FN 145
 HP 175
- HP 175 13. Basic components of in-season and off-season physical conditioning programs for development of cardiovascular-respiratory efficiency, flexibility and muscular strength, power, and endurance specific to the needs of individual athletes and to the physical demands of specific sport activities.
 HP 411
 HP 375
 HP 343
- HP 411 14. Purposes and effects of contemporary isometric, isotonic, and isokinetic strength training equipment.
 HP 343
 HP 375
 HP 448

- HP 343 15. Techniques and physiological effects of cardiovascular endurance training and
HP 375 weight training (isometric, isotonic, isokinetic and accommodating resistive
HP 448 exercise) on the musculoskeletal, nervous, cardiovascular, and respiratory systems
HP 441 of the human body.
- HP 343 16. Effects of various types of flexibility programs and stretching exercises (static,
HP 448 passive, active, PNF techniques) on normal contractile tissues of the human body
HP 411 (muscles, tendons, etc.)
- HP 175 17. Safety precautions, contraindications, and hazards associated with the use of
HP 375 various strength training equipment, conditioning methods, and exercise routines.
HP 448
- HP 175 18. Principles of an effective heat illness prevention program including those pertaining
HP 345 to acclimatization and conditioning, fluid and electrolyte replacement, selection of
HP 343 clothing, monitoring of weight loss, and scheduling and organization of practice
HP 365 sessions.
HP 476
HP 376
- HP 345 19. Normal thermoregulatory mechanisms of the human body including methods of
HP 343 heat dissipation and the associated effects of exposure to high environmental heat
HP 175 and humidity.
BI 151
- HP 343 20. Recommendations, guidelines, and policy statements published by professional
HP 345 associations and agencies regarding athletic participation during extreme weather
HP 175 conditions. (AAFP, AAP, AOSSM, ACSM, etc.)
HP 365
HP 376
HP 476
- HP 175 21. Principles of organization of practice sessions with regard to minimization of
HP 365 injury/illness risk factors.
HP 476
- HP 175 22. Principles of energy absorption and force dissipation as applied to the protective
HP 346 capabilities of commercial padding materials and various types and models of
HP 376 standard protective equipment.
- HP 346 23. Comparative qualities of various types of protective sports equipment, clothing,
HP 175 and commercial padding materials with regard to their affect on body heat
HP 376 dissipation.

- HP 346 24. Standards for design and construction, maintenance, and re-conditioning of
HP 175 protective sports equipment. (NOCSAE, etc.)
HP 376
- HP 175 25. Legal concepts and considerations associated with the purchase, fitting, and
HP 365 maintenance of protective sports equipment including those pertaining to product
HP 346 liability, personal liability, shared responsibility, etc.
- HP 175 26. Rules and regulations pertaining to the use of special protective equipment, braces,
HP 346 splints, etc. as established by governing athletic associations.
HP 376

Psychomotor Domain (Manipulation and Motor Skills)

- HP 376 1. Use of commercial fitness testing equipment, administration of standard physical
HP 341 fitness tests, and recording and interpretation of test results.
HP 411
- HP 411 2. Operation of contemporary isokinetic, isotonic, and isometric strength testing
HP 375 devices.
HP 448
HP 477
HP 376
- HP 448 3. Administration of static and dynamic postural evaluation and screening procedures
HP 365 including functional testing for muscle shortening.
HP 477
- HP 411 4. Administration of anthropometric measurement techniques (skinfold measurement,
HP 376 underwater weighing, girth measurement, limb length measurement, height,
 weight, etc.) and other appropriate physical examination/screening procedures
 (blood pressure, pulse, etc.)
- HP 375 5. Operation and instruction in the use of commercial isometric, isotonic, and
HP 448 isokinetic weight training equipment.
HP 477
HP 376
- HP 376 6. Collection and interpretation of climatic data (temperature, humidity) through the
HP 175 use of appropriate instruments (sling psychrometer, WGBT Index, etc.).
- HP 346 7. Selection and fitting of standard protective equipment and clothing consistent with
HP 376 the physical characteristics and needs of individual athletes and the demands of
 participation in specific sports activities.

- HP 346 8. Selection, fabrication, and application of appropriate preventive taping and
HP 376 wrappings, splints, braces, and other special protective devices consistent with
sound anatomical and biomechanical principles.

Affective Domain (Attitudes and Values)

- HP 365 1. Acceptance of the moral and ethical responsibility to conduct safe athletic
HP 175 programs and to minimize injury/illness risk factors to the fullest extent possible.
HP 142
HP 476
HP 442

- HP 476 2. Appreciation of the importance of developing and implementing a thorough,
HP 175 comprehensive injury/ illness prevention program.
HP 142
HP 376
HP 365

- HP 175 3. Appreciation of the need for cooperation among administrators, coaches, athletic
HP 365 trainers, parents, and athletes in the implementation of effective injury/illness
HP 476 prevention programs.

DOMAIN II: Recognition and Evaluation

Conducts a thorough initial clinical evaluation of injuries and illnesses commonly sustained by the competitive athlete and formulates an impression of the injury/illness for the primary purposes of (1) administering proper first aid and emergency care and (2) making appropriate referrals to physicians for diagnosis and medical treatment.

Cognitive Domain (Knowledge and Intellectual Skills)

- HP 345 1. Normal anatomical structures of the human body including the musculoskeletal
HP 221 (including articulations), nervous (central and peripheral), cardiovascular,
HP 365 respiratory, digestive, urogenital, and special sensory systems.

- BI 151 2. Normal physiological functions of the human body including those of the
HP 343 musculoskeletal, nervous (central and peripheral), cardiovascular,
HP 221 respiratory, digestive, urogenital, and special sensory systems.

- HP 221 3. Anatomical and physiological growth and development characteristics as related to
HP 210 the pre-adolescent, adolescent, and adult male and female athlete.
BI 151

- HP 315 4. Principles and concepts of body movement including functional classification of
 HP 365 joints, joint biomechanics, typical ranges of joint motion, joint action terminology,
 HP 221 muscular structures responsible for joint actions (prime movers, assistant movers,
 HP 448 etc.), skeletal muscle contraction, and kinesthesia/proprioception.
 HP 345
 HP 377
 HP 477
- HP 175 5. Common injuries to each major body part as indicated by contemporary
 HP 345 epidemiological studies of injuries in various competitive sports.
 HP 377
 HP 365
- HP 377 6. Characteristic pathology of all common closed soft tissue injuries (sprains, strains,
 HP 345 contusions, dislocations, etc.), open wounds (abrasions, lacerations, incisions,
 HP 365 punctures, etc.), and fractures.
- BI 151 7. The human body's normal immediate and delayed physiological response to
 HP 345 trauma (hemostasis, inflammation, etc.).
 HP 377
 HP 446
 HP 477
- HP 315 8. Common etiological factors contributing to injury including congenital and/or
 HP 345 acquired structural and functional abnormalities, inherent anatomical biomechanical
 HP 377 characteristics, common injury mechanisms, and adverse environmental
 HP 365 conditions.
- HP 377 9. Relationships between etiological factors and resulting injury/illness pathologies.
 HP 345
 HP 365
- HP 377 10. Typical symptoms and common clinical signs associated with athletic
 HP 365 injuries/illnesses including those associated with local tissue inflammation
 HP 175 (cellulitis) and systemic infection (lymphangitis, lymphadenitis, bacteremia).
 HP 345
- HP 365 11. Relationships between typical symptoms and clinical signs and injury/illness
 HP 345 pathologies.
 HP 175
 HP 377

- HP 345 12. Commonly accepted techniques and procedures for clinical evaluation of common
HP 365 athletic injuries/illnesses including (a) history, (b) inspection, (c) palpation, (d)
HP 448 functional testing (range-of-motion testing, ligamentous/ capsular stress testing,
HP 377 manual muscle testing, sensory and motor neurological testing, etc.), and (e)
special evaluation techniques.

Psychomotor Domain (Manipulative and Motor Skills)

- HP 365 1. Construction and phrasing of questions appropriate to obtaining a medical history
HP 377 of an injured/ill athlete including a past history and a history of the present
injury/illness.

- HP 346 2. Identification of observable clinical signs typically associated with common athletic
HP 365 injuries/illnesses including structural deformities, edema, discoloration, etc.
HP 377

- HP 346 3. Location and palpation of "key" anatomical structures commonly involved in injury
HP 365 pathology including bony landmarks, ligamentous/capsular tissues,
HP 377 musculotendinous structures, abdominal regions, etc.

- HP 365 4. Administration of active and passive range-of-motion tests for all major joints of
HP 448 the body including the use of goniometric measurements.
HP 377
HP 477

- HP 365 5. Use of manual muscle testing techniques including application of the principles of
HP 448 muscle/muscle group isolation, segmental stabilization, resistance/pressure,
HP 477 grading, etc.

- HP 365 6. Administration of appropriate clinical laxity (stress) tests for ligamentous/capsular
HP 377 instability including application of the principles of joint positioning, segmental
stabilization, pressure, etc.

- HP 365 7. Administration of appropriate sensory and motor neurological tests for
HP 377 intracranial injuries (conscious and unconscious athlete) and injuries to the spinal
HP 251 cord, nerve roots, plexuses, and peripheral nerves.

- HP 365 8. Administration of commonly used "special tests" for evaluation of athletic injuries
HP 377 to various anatomical areas (Thompson test, apprehension test, etc.).

- HP 411 9. Assessment of blood pressure through the use of a sphygmomanometer and
HP 251 evaluation of pulse rate, strength, and regularity.
HP 376
HP 346

- HP 365 10. Incorporation of appropriate examination techniques and procedures into an
HP 377 effective, systematic scheme of clinical evaluation.

Affective Domain (Attitudes and Values)

- HP 175 1. Acceptance of the professional, ethical, and legal parameters which define the
HP 365 proper role of the Certified Athletic Trainer in the evaluation of athletic
HP 377 injuries/illnesses and medical referral.
HP 345

- HP 365 2. Recognition of the initial clinical evaluation by the Certified Athletic Trainer as an
HP 377 assessment and screening procedure rather than a "diagnostic" procedure.
HP 345

- HP 377 3. Appreciation of the practical importance of thoroughness in the initial clinical
HP 365 evaluation of the athlete's injury/illness.

- HP 175 4. Respect for the injured athlete as an individual deserving of quality professional
HP 365 health care.
HP 476

- HP 175 5. Acceptance of the injured athlete's physical complaint(s) without personal bias or
HP 365 prejudice.
HP 377
HP 477
HP 476

DOMAIN III: Management/Treatment and Disposition

Provides appropriate first aid and emergency care for acute athletic injuries/illnesses according to accepted standards (American Red Cross, American Heart Association, or equivalent) and refers injured/ill athletes to appropriate medical/paramedical personnel for evaluation/diagnosis and follow-up care.

Cognitive Domain (Knowledge and Intellectual Skills)

- HP 175 1. Basic components of a comprehensive athletic injury emergency care plan
HP 365 including (a) personnel training, (b) equipment, (c) emergency care facilities,
HP 476 (d) communication systems, (e) transportation, (f) game and practice coverage, and
(g) record keeping.

- HP 175 2. Typical community-based emergency health care delivery plans including
HP 251 communication and transportation systems.
HP 365
HP 476

- HP 175 3. Typical availability and capabilities of community based emergency care facilities, common admission and treatment policies, etc.
 HP 365
 HP 251
 HP 476
- HP 175 4. Roles and responsibilities of various community based emergency care personnel (paramedics, emergency medical technicians, emergency room physicians, etc.)
 HP 365
 HP 251
 HP 476
- HP 175 5. Legal, moral, and ethical parameters which define the scope of first aid and emergency care and identify the proper role of the certified athletic trainer.
 HP 251
 HP 365
 HP 476
- HP 175 6. Typical administrative policies and procedures governing first aid and emergency care including those pertaining to parental consent, notification of parents, accident reports, and record keeping.
 HP 365
 HP 476
- HP 365 7. Availability, purposes, and maintenance of contemporary first aid and emergency care equipment and supplies and commonly recommended contents of emergency care field kits.
 HP 251
 HP 346
 HP 476
- HP 376 8. Current standards for first aid and emergency care and cardiopulmonary resuscitation (American Red Cross, American Heart Association, etc.).
 HP 251
- HP 175 9. Role and function of various medical/paramedical specialists and their respective areas of expertise in the definitive treatment of sports related injuries/illnesses.
 HP 365
 HP 251
 HP 476
- HP 175 10. Medical-legal and ethical protocol governing the referral of injured/ill athletes for medical services.
 HP 365
 HP 476
- HP 175 11. Standard nomenclature of athletic injuries and communication of identified clinical signs and symptoms to medical personnel using commonly accepted medical terminology.
 HP 365
 HP 345
 HP 476

Psychomotor Domain (Manipulation and Motor Skills)

- HP 251 1. Application of first aid procedures for closed soft tissue injuries including the use
HP 446 of pressure bandages, ice, and elevation.
HP 376
HP 346
- HP 251 2. Control of external bleeding including application of direct pressure, arterial
HP 376 pressure, and application of dressings and bandages.
HP 346
- HP 251 3. Application of aseptic techniques in the management of open wounds (sterilization
HP 346 procedures, wound cleansing/debridement, dressing and bandaging, etc.).
HP 376
- HP 346 4. Application of immobilization devices including cervical collars, spine boards,
HP 376 fixation and traction splints, shoulder immobilizers, slings, etc.
HP 251
- HP 251 5. Performance of cardiopulmonary resuscitation (CPR) techniques according to
HP 376 current standards, including assessment of level of consciousness and vital signs
and identification and removal of airway obstructions due to anatomical or
mechanical causes.
- HP 346 6. Use of short distance transportation methods including walking assists, manual
HP 376 carries, transfers from ground/floor to stretcher/spine board, and stretcher carries.

Affective Domain (Attitudes and Values)

- HP 175 1. Acceptance of the professional, ethical, and legal parameters which define the
HP 251 proper role of the Certified Athletic Trainer in the first aid and emergency care of
HP 345 athletic injuries/illnesses.
HP 476
- HP 251 2. Appreciation of the importance of developing a thorough, comprehensive athletic
HP 365 injury emergency care plan and the need for continual review and practice of
HP 476 emergency care procedures.
- HP 441 3. Realization of the injured athlete's physical, emotional, and psychological
HP 175 dependence on the Certified Athletic Trainer as an initial health care provider.
HP 365
HP 345
HP 476

DOMAIN IV: Rehabilitation

Plans and implements a comprehensive rehabilitation/ reconditioning program for injuries/illnesses sustained by the competitive athlete.

Cognitive Domain (Knowledges and Intellectual Skills)

- HP 448
HP 477

1. Basic components of a comprehensive rehabilitation program including determination of therapeutic goals and objectives, selection of therapeutic modalities and exercise, methods of evaluating and recording rehabilitation progress, and development of criteria for progression and return to competition.

- HP 448
HP 477

2. Physical/physiological parameters to be evaluated as a basis for development of individualized rehabilitation programs (muscular strength/ endurance, range of-motion, etc.)

- HP 411
HP 448
HP 477

3. Contemporary measurement and functional testing equipment (isokinetic devices, goniometers, dynamometers, calipers, etc.)

- HP 446
HP 448
HP 345
BI 151
HP 477

4. Normal physiological responses of the human body to trauma, physiological process of wound healing and tissue repair, effects of trauma and inactivity on specific body tissues (ligaments/capsules, muscles, tendons, bones, etc.), and resulting implications for selection and use of therapeutic modalities and rehabilitation exercises.

- HP 446
HP 448
HP 365
HP 477

5. Commonly used techniques of primary and reconstructive surgery, associated anatomical and/or biomechanical alterations, and resulting implications for selection and use of therapeutic modalities and rehabilitation exercises.

- HP 448
BI 151
HP 343
HP 477

6. General physiological effects of inactivity and immobilization on the musculoskeletal, cardiovascular, nervous, and respiratory systems of the human body and resulting implications for rehabilitation and reconditioning.

- HP 446
HP 448
HP 175
HP 365

7. Role and function of commonly used prescription and non-prescription pharmacological agents in the medical treatment of common athletic injuries/ illnesses.

- HP 346
HP 448
HP 376
HP 477

8. Contemporary immobilization devices (casting materials, splints, etc.) and special protective equipment (braces, special pads, modified taping procedures, etc.)

- HP 346 9. Contemporary ambulation aids and ambulation techniques (crutch gaits, cane gaits, special ambulation techniques).
 HP 448
 HP 376
 HP 477
- HP 446 10. Contemporary therapeutic modalities (electrotherapy, hydrotherapy, etc.) and exercise equipment (isokinetic, isotonic, and isometric devices, stationary bicycles, pulleys, etc.).
 HP 375
 HP 448
 HP 477
- HP 446 11. Prevailing pain control theories and associated rationale for the selection and use of physical agents and/or psychological techniques for the control of acute and chronic pain.
 HP 477
- HP 446 12. Systemic and local physiological effects of therapeutic heat and cold on normal and traumatized tissues of the human body.
 HP 477
- HP 446 13. Principles of electrophysics including basic concepts associated with the electromagnetic and acoustic spectra (frequency, wavelength, etc.) and electrical units (amperes, volts, watts, ohms, etc).
 PY 151
 PY 161
 HP 477
- HP 446 14. Principles of electrophysics and biophysics, specific physiological effects, and therapeutic indications and contraindications associated with the use of (a) electrotherapeutic modalities, (b) hydrotherapeutic modalities, (c) cryotherapy, (d) radiant energy, (e) paraffin, (f) intermittent compression units, (g) cervical and lumbar traction units, (h) massage, and (i) other contemporary therapeutic modalities.
 PY 151
 PY 161
 HP 477
- HP 315 15. Mechanical physics as applied to the design and operation of rehabilitation exercise equipment (leverage, force, etc.).
 HP 448
 HP 477
- HP 448 16. Specific physiological effects, therapeutic indications, and contraindications associated with the use of passive, active, active assisted, and resistive (isokinetic, isotonic, isometric) exercise and specific rehabilitation equipment.
 HP 477
- HP 448 17. Theory and principles associated with the use of special evaluation/therapeutic exercise techniques including (a) manual muscle testing, (b) proprioceptive neuromuscular facilitation (PNF), (c) underwater/pool exercises, and (d) joint mobilization.
 HP 477
- HP 448 18. Typical psychological and emotional responses to trauma and forced physical inactivity as factors affecting the rehabilitation process (motivation, anxiety, apprehension, etc.).
 HP 477

- HP 346 19. Comparative effectiveness of taping and bandaging, special padding, and standard
HP 448 protective equipment as related to the safe return of injured athletes to
HP 376 competition.
- HP 345 20. Environmental risk factors affecting the safe return of injured athletes to
HP 448 competition including those associated with weather conditions, facilities and
HP 175 playing surfaces, inherent physical demands in particular sports, coaching methods,
HP 376 etc.

Psychomotor Domain (Manipulation and Motor Skills)

- HP 448 1. Use of manual muscle testing techniques including application of the principles of
HP 477 muscle/muscle group isolation, segmental stabilization, resistance/pressure, grading, etc.
- HP 448 2. Measurement and recording of muscular strength, endurance, and power through
HP 411 the use of contemporary isometric, isotonic, and isokinetic testing devices.
HP 477
- HP 448 3. Measurement of range-of-motion for all major joints of the body through the use
HP 477 of a goniometer and other commonly used techniques.
- HP 411 4. Anthropometric measurement including girth measurement, skinfold measurement,
HP 448 underwater weighing, limb length measurement, height, weight etc.
HP 477
- HP 448 5. Administration of static and dynamic postural evaluation and screening procedures
HP 477 including functional testing for muscle shortening.
- HP 346 6. Measurement and fitting of ambulation aids and instruction in the use of common
HP 376 crutch/cane gaits.
- HP 446 7. Clinical application of contemporary therapeutic modalities (see number 14,
HP 477 Cognitive Domain) including patient preparation, set-up, determination of dosage, and operational procedures.
- HP 448 8. Application of passive, active, active assisted, and resistive exercise through the
HP 477 use of manual exercise and contemporary commercial exercise equipment.
- HP 448 9. Application of proprioceptive neuromuscular facilitation (PNF) techniques for
HP 477 development of muscular strength/endurance, muscle stretching, and improved range-of-motion.

HP 448 10. Application of passive and resistive underwater/ pool exercise for the improvement
HP 477 of joint range-of-motion, muscular strength, etc.

HP 346 11. Application of special protective devices (braces, splints, special pads, etc.) and
HP 376 taping, bandaging, and wrapping procedures.

Affective Domain (Attitudes and Values)

HP 448 1. Acceptance of the professional, ethical, and legal parameters which define the
HP 446 proper role of the Certified Athletic Trainer in the treatment and rehabilitation of
HP 477 injured athletes including the use of drugs and therapeutic agents.

HP 448 2. Acceptance of the moral and ethical obligation to provide for rehabilitation of the
HP 446 injured athlete to the fullest extent possible.
HP 477

HP 175 3. Respect for the proper role of attending physicians and other medical and
HP 446 paramedical personnel in the treatment and rehabilitation of injured athletes.
HP 448
HP 477

HP 448 4. Respect for accepted medical/paramedical protocol involving confidentiality of
HP 446 medical information, medical/therapeutic prescriptions, and health care referral as
HP 365 related to the rehabilitation process.
HP 477

DOMAIN V: Organization and Administration

Plans, coordinates, and supervises all administrative components of an athletic training program including those pertaining to (1) health care services (physical examinations and screening, first aid and emergency care, follow-up care and rehabilitation, etc.), (2) financial management, (3) training room management, (4) personnel management, and (5) public relations.

Cognitive Domain (Knowledge and Intellectual Skills)

HP 365 1. Basic legal concepts as they apply to the Certified Athletic Trainer and his/her
HP 175 performance of job responsibilities (standard of care, liability, defenses against negligence, informed consent, etc.).

HP 251 2. Typical institution, local, and regional health care delivery systems including health
HP 365 care services, medical/allied health care personnel, and referral procedures.
HP 175
HP 476

- HP 365 3. Policies, guidelines, and rules and regulations of governing athletic associations, professional associations, or other authoritative groups pertaining to the health, safety, and welfare of the athlete.
HP 175
- HP 251 4. Local, state, and federal safety and sanitation standards for health care facilities, therapeutic modalities, and other equipment.
HP 365
HP 446
HP 476
- HP 175 5. Current guidelines and recommendations for conduction of athletic physical examinations developed by governing athletic associations, medical groups, or other related professional organizations.
HP 365
HP 476
- HP 365 6. Basic components of a comprehensive plan for physical examination and screening of athletes for competition including (a) a medical history, (b) the physical examination, and (c) medical authorization for participation.
HP 175
HP 476
- HP 365 7. Typical organizational plans for conducting individual and group physical examinations, their comparative advantages and disadvantages, and the respective roles of various medical and paramedical personnel in each.
HP 175
HP 476
- HP 175 8. Basic components of an effective physical examination including commonly recommended health factors to be evaluated and potential disqualifying conditions.
HP 365
HP 476
- HP 365 9. Principles of organizing and coordinating group physical examinations including scheduling of personnel, preparation of examination sites, etc.
HP 476
- HP 365 10. Ethical and legal considerations associated with the conduction of physical examinations as related to confidentiality of medical information, medical authorization for participation, record keeping, etc.
HP 175
HP 476
- HP 365 11. Basic records and forms (medical history, physical examination, medical authorization, etc.) and filing systems pertinent to conduction of athletic physical examinations.
HP 476
- HP 476 12. Basic concepts of organizing and coordinating a drug testing and screening program.
HP 365
- HP 175 13. Current banned drug lists published by various governing athletic associations (NCAA, USOC, etc.).
HP 365

- HP 251 14. Basic components of a comprehensive athletic injury/illness emergency care plan including those pertaining to (a) personnel training, (b) purchase, maintenance, and storage of supplies and equipment, (c) identification of emergency care facilities, (d) development of communication and transportation systems, (e) assignment of personnel for emergency care coverage, and (f) accident reporting and record keeping.
HP 365
HP 175
HP 476
- HP 365 15. Basic records and forms pertaining to the management of athletic injuries including those used for (a) securing emergency care information and parental consent, (b) accident reporting, (c) medical referral, (d) documentation of treatment, (e) recording of rehabilitation progress, and (f) release of medical information.
HP 476
- HP 476 16. Computer operation as related to data collection, record keeping, and data analysis.
HP 341
- HP 365 17. Typical policies and procedures associated with athletic health care insurance including those pertaining to common benefits and exclusions, preparation and submission of claims, and financial restitution.
HP 476
- HP 175 18. Current athletic injury/illness surveillance and reporting systems (National Athletic Head and Neck Injury Registry, NEISS, etc.)
HP 365
HP 476
- HP 365 19. Principles of financial management related to the acquisition and maintenance of training room supplies and equipment including supply inventory and needs assessment, evaluation and selection of products, development and submission of budget requests and purchase orders, bidding procedures, etc.
HP 476
- HP 365 20. Principles of training room management and operation including those pertaining to assignment of personnel, scheduling and supervision of training room services, storage and use of supplies and equipment, cleaning and maintenance, etc.
HP 476
- HP 365 21. Federal and/or state regulations pertaining to safety and sanitary standards for health care facilities and the installation and maintenance of therapeutic equipment.
HP 476
- HP 365 22. Basic architectural considerations pertinent to the design of safe and efficient athletic training rooms.
HP 476
- HP 446 23. Purposes and functions of exercise equipment, therapeutic modalities and other equipment and supplies essential to equipping an athletic training room.
HP 448
HP 365

- HP 365 24. Principles of personnel management including (a) recruitment and selection of athletic training staff members (students and full-time), (b) development of policies and procedures governing employment (job responsibilities, codes of conduct, operational procedures, etc.), (c) development of work schedules and assignment of personnel for training room, practice, and game coverage, and (d) in-service training.
HP 476
- HP 365 25. Principles in recruitment, selection, employment and utilization of team physicians and other medical/allied health care personnel in the deployment of athletic health care services.
HP 476

Affective Domain (Attitudes and Values)

- HP 175 1. Acceptance of the professional, ethical, and legal parameters which define the proper role of the Certified Athletic Trainer in the administration and implementation of athletic health care delivery systems.
HP 365
HP 476
- HP 365 2. Recognition and acceptance of the need for organization and conduction of athletic training programs on the basis of sound administrative policies and procedures.
HP 175
HP 476
- HP 365 3. Acceptance of the responsibility for completion of paperwork and maintenance of records associated with the administration of athletic training programs.
HP 476
- HP 175 4. Respect for the roles of medical personnel, administrators, and other staff members in the organization and administration of athletic training programs and recognition of the need for cooperation among involved personnel.
HP 365
HP 476
- HP 175 5. Recognition and acceptance of the need for good interpersonal relationships between the athletic training staff and student-athletes, medical/paramedical personnel, coaches, and other institution personnel.
HP 365
HP 476
- HP 365 6. Recognition and acceptance of the importance of good public relations with the media (radio, TV, press), parents, and the general public.
HP 476

DOMAIN VI: Education and Counseling

Provides health care information and counsels athletes, parents, and coaches on matters pertaining to the physical, psychological, and emotional health and well being of the athlete. Interprets the role of the Certified Athletic Trainer as a health care provider, promotes athletic training as a professional discipline, and provides instruction in athletic training/sports medicine subject matter areas.

Cognitive Domain (Knowledges and Intellectual Skills)

- HP 175 1. Role of coaches and athletes in reducing injury/illness risks including those related to physical conditioning, acclimation, fluid and electrolyte replacement, care and maintenance of protective equipment, organization of practice sessions, coaching methods, etc.
HP 365
HP 476
- BI 151 2. Physiological effects of physical activity on menstruation (oligomenorrhea, amenorrhea, dysmenorrhea) and associated psychological considerations.
HP 343
HP 441
- FN 145 3. Principles of nutrition including the role of vitamins, minerals, and fluids and electrolytes as related to the dietary and nutritional needs of the competitive athlete.
FN 143
HP 345
HP 343
HP 175
- HP 175 4. Prevailing misconceptions regarding the proper utilization of foodstuffs as related to common food fads and fallacies, dietary supplements, and weight control diets.
HP 343
HP 375
FN 145
FN 143
- HP 175 5. Symptoms and clinical signs of common eating disorders (anorexia, bulimia, etc.).
HP 345
FN 145
FN 143
- HP 411 6. Principles of weight control including methods of determining body fat percentage and caloric requirements and the effect of exercise and fluid loss.
HP 343
FN 145
HP 345
FN 143
- HP 345 7. Physiological processes and time factors involved in the digestion, absorption, and assimilation of various foodstuffs as related to the design and planning of pre-game/event meals including consideration of menu content, time scheduling, and the effect of pre-event tension and anxiety.
HP 175
HP 343
FN 145
- FN 145 8. The physiological effects, comparative benefits, and contraindications to the use of ergogenic aids (drugs, foodstuffs, physical agents, etc.).
HP 343
HP 375
HP 175

- HP 175 9. The effects of commonly abused drugs and other substances on the athlete's physical and psychological health and athletic performance (alcohol, tobacco, stimulants, steroids, narcotics, etc.)
 HP 441
 HP 375
- HP 142 10. General principles of health maintenance and personal hygiene pertaining to skin care, dental hygiene, environmental sanitation, immunizations, avoidance of infectious and contagious diseases, diet, rest, exercise, weight control, etc.
 HP 175
- HP 251 11. Risk factors associated with exposure to blood and body secretions (A.I.D.S., etc.)
 HP 175
 HP 376
- HP 441 12. Common signs and indications of mental disorders (psychoses, etc.), emotional disorders (neuroses, depression, etc.), or personal/social conflict (family problems, school related stress, personal assault/abuse, etc.)
 HP 142
- HP 142 13. Contemporary personal and community health issues and commonly available school health services, community health agencies, and community based psychological and social support services.
 HP 441
- HP 175 14. The role and function of various community based medical/paramedical specialists (orthopedists, neurologists, internists, etc.) and other health care providers (psychologists, counselors, social workers, etc.)
 HP 365
 HP 476
- HP 175 15. Accepted protocol governing the referral of athletes for medical, personal health, psychological, or social services.
 HP 365
 HP 345
 HP 476
- HP 142 16. Availability of educational materials and programs in health related subject matter areas (AV aids, pamphlets, newsletters, workshops, seminars, etc.)
 HP 175
 HP 476
- HP 365 17. Techniques and methods of disseminating injury prevention and health care information among athletes, coaches, parents and the general public (team meetings, parents' nights, PTO meetings, workshops, seminars, etc.).
 HP 175
 HP 476
- HP 175 18. Physical requirements of various sports activities as related to the injured/ill athlete's readiness to resume athletic participation.
 HP 345
 HP 448
- HP 175 19. History and development of athletic training and sports medicine in the United States.
 HP 476

- HP 175 20. History of the National Athletic Trainers' Association including significant historical events and contributions of influential leaders.
HP 476
- HP 175 21. Goals and objectives, professional activities, Code of Ethics, and organizational structure of the National Athletic Trainers' Association.
- HP 175 22. Current activities and requirements pertaining to the professional preparation, credentialing (certification/licensure), and continuing education of athletic trainers in the United States.
HP 365
HP 476
- HP 476 23. Availability of continuing education opportunities and resources for Certified Athletic Trainers.
HP 365
- HP 175 24. Purposes, objectives, and professional activities of major medical/paramedical organizations and other professional sports medicine groups in the United States.
HP 251
- HP 175 25. Contemporary issues and problems confronting athletic training/sports medicine and their affect on athletic health care in the United States.
HP 476
- HP 442 26. Comprehension of basic research design and statistical analysis and ability to interpret research in athletic training, sports medicine, and related areas.
HP 341
- HP 476 27. Tasks required for entry-level proficiency of athletic trainers within the major domains of the NATA Role Delineation Study.
HP 175
- HP 175 28. Theoretical concepts, knowledges, and technical skills comprising the subject matter of athletic training (i.e., Competencies in Athletic Training).
HP 476
- HP 341 29. Basic principles of learning and motivation and methods of classroom instruction including instructional techniques, use of audiovisual aids, test construction, and evaluation of student competencies (including tasks within the domains of the NATA Role Delineation Study).
HP 442
HP 476
- HP 365 30. Principles of organizing laboratory/clinical experiences and techniques of instruction in training room skills.
HP 476
- HP 175 31. Theories and techniques of interpersonal communication among athletic trainers, athletes, administrators, coaches, health care professionals, parents, and others.
HP 365
HP 476
- HP 365 32. Principles of planning and organizing workshops, seminars, and clinics in athletic training and sports medicine for athletic health care personnel, administrators, coaches, and the general public.
HP 476

Affective Domain (Attitudes and Values)

- HP 175 1. Acceptance of the professional, ethical, and legal parameters which define the proper role of the Certified Athletic Trainer in providing health care information and counseling.
HP 365
HP 476
- HP 175 2. Acceptance of the responsibility to provide health care information and counseling consistent with the Certified Athletic Trainer's professional training and expertise.
HP 365
HP 476
- HP 175 3. Recognition of the athletic trainer's role as a liaison among athletes, coaches, health care professionals, parents, and other involved individuals.
HP 365
HP 345
- HP 175 4. Acceptance of the moral and ethical responsibility to intervene in situations of suspected or known use and/or abuse of legal and illegal drugs and chemicals.
HP 365
HP 345
- HP 175 5. Acceptance of the professional, ethical, and legal parameters which define the proper role of the Certified Athletic Trainer as an educator.
HP 365
HP 476
- HP 365 6. Acceptance of the responsibility to interpret and promote athletic training as a professional discipline among allied professional groups and the general public.
HP 476
- HP 365 7. Acceptance of the professional responsibility to remain abreast of current theory and practice in athletic training and sports medicine.
HP 476
- HP 365 8. Acceptance of the responsibility to enhance the professional growth of athletic training students, colleagues, and peers through a continual sharing of knowledges and skills.
HP 476
- HP 365 9. Acceptance of the professional responsibility to create learning experiences which will provide athletic training students with an opportunity to develop the competencies necessary for effective functioning as a Certified Athletic Trainer.
HP 476

NOTE: This is the revised 7/95 Competencies in Athletic Training Checklist to be mailed with the Institution Self-Evaluation Form (to be completed by the New Program Directors of NATA and JRC-AT entry-level programs.

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