

SIM 101 Athletic Training

RISK MANAGEMENT AND INJURY PREVENTION

Cognitive Domain

- 1 Identifies the physical and environmental risk factors associated with specific activities the physically active person may engage in.
- 2 Appraises the risk factors associated with common congenital and acquired abnormalities, disabilities, and diseases.
- 3 Implements the recommended or required components of a pre-participation examination based on governing authorities' rules, guidelines, and recommendations.
- 4 Outlines the basic concepts and practice of wellness screening. This includes, but is not limited to, various baselines and standards and other fundamental methods used to screen for wellness.
- 5 Identifies areas that athletic personnel or supervisors must be familiar with in order to avoid or reduce the possibility of injury or illness occurring to athletes and others engaged in physical activity (e.g., CPR and first aid).
- 6 Describes the principles of effective heat loss and heat illness prevention programs. These principles include, but are not limited to knowledge of the body's thermoregulatory mechanisms for acclimation and conditioning, fluid and electrolyte replacement requirements, proper practice and competition attire, and weight loss.
- 10 Describes the body's anatomical and physiological adaptation to cardiovascular and muscular conditioning programs.

Affective Domain

- 1 Accepts the moral, professional, and legal responsibilities to conduct safe programs to minimize injury and illness risk factors for individuals involved in physical activity.
- 2 Acknowledges the importance of developing and implementing a thorough, comprehensive injury and illness prevention program.
- 3 Understands the need for cooperation among administrators, athletic personnel, certified athletic trainers, parents/guardians, other health care professionals, and athletes and others engaged in physical activity in the implementation of effective injury and illness prevention programs.
- 4 Appreciates and respects the role of athletic personnel and supervisors in injury and illness prevention programs.
- 5 Accepts moral, professional, and legal responsibility of conducting appropriate pre-participation examinations.
- 6 Accepts and respects the established guidelines for scheduling physical activity to prevent exposure to unsafe environmental conditions.

PATHOLOGY OF INJURIES AND ILLNESSES

Cognitive Domain

- 9 Describes the integration and coordination of cell function in response to injury (e.g., sources of cell injury, inflammation, healing, and repair).

17 Describes the healing process of bone.

ASSESSMENT AND EVALUATION

Cognitive Domain

- 3 Describes the physiological and psychological effects of physical activity and their impact on the performance of athletes and individuals involved in other forms of physical activity.
- 4 Lists and defines directional terms and cardinal planes used to describe the body and the relationship of its parts.
- 5 Defines the principles and concepts of body movement including functional classification of joints, joint biomechanics, normal ranges of joint motion, joint action terminology, muscular structures responsible for joint actions (prime movers, synergists), skeletal muscle contraction, and kinesthesia/proprioception.
- 6 Differentiates injury recognition, assessment, and diagnosis.
- 7 Describes commonly accepted techniques and procedures for evaluation of the common injuries and illnesses that are incurred by athletes and others involved in physical activity. These techniques and procedures include the following:(a) taking a history, (b) inspection or observation,(c) palpation, (d) functional testing (range of motion, ligamentous or capsular stress, manual muscle, sensory, motor, reflex neurological), (e) special evaluation techniques (e.g., orthopedic tests, auscultation, percussion)
- 20 Describes the etiological factors, signs, symptoms, and management procedures for injuries of the toes, foot, ankle, lower leg, knee, thigh, hip, pelvis, shoulder, upper arm, elbow, forearm, wrist, hand, thumb, fingers, spine, thorax, abdomen, head, and face.
- 23 Describes the signs and symptoms of injuries to the abdominal viscera.
- 26 Uses the terminology necessary to communicate the results of an athletic training assessment to physicians and other health professionals.
- 27 Describes components of medical documentation (e.g., subjective, objective, assessment, plan [SOAP] and history, inspection, palpation, special tests [HIPS])

ACUTE CARE OF INJURIES AND ILLNESSES

Cognitive Domain

- 1 Explains the legal, moral, and ethical parameters that define the scope of first aid and emergency care, and identifies the proper roles and responsibilities of the certified athletic trainer.
- 4 Interprets standard nomenclature of athletic injuries and illnesses.
- 5 Recognizes appropriate written medical documentation and abbreviations.
- 14 Describes the management of external hemorrhage, including the location of pressure points, use of universal precautions, and proper disposal of biohazardous materials.
- 18 Explains the application principles of cold application, elevation, and compression in treatment of acute non-limb-threatening pathologies.
- 19 Cites the signs, symptoms, and pathology of acute inflammation.
- 39 Recognizes the differences between infestations, insect bites, and other skin conditions.

Affective Domain

- 1 Appreciates the medical-legal and ethical protocol governing the referral of injured and ill athletes and other individuals engaged in physical activity.
- 2 Appreciates the legal, moral, and ethical parameters that define the scope of first aid and emergency care, and values the proper role of the certified athletic trainer in providing this care.
- 3 Appreciates the roles and responsibilities of various community-based emergency care personnel (paramedics, emergency medical technicians, emergency room personnel).

GENERAL MEDICAL CONDITIONS AND DISABILITIES

Cognitive Domain

- 4 Recognizes common eye pathologies (e.g., conjunctivitis, hyphema, corneal injury, and scleral trauma).
- 5 Recognizes common ear pathologies (e.g., otitis, ruptured tympanic membrane, and impacted cerumen).
- 6 Recognizes common pathologies of the mouth, sinus, oropharynx, and nasopharynx.
- 29 Recognizes conditions that affect bones and joints (e.g., epiphysitis, apophysitis, aseptic necrosis, arthritis, gout, and felon).
- 30 Describes common conditions that affect muscles (e.g., myositis, rhabdomyolysis).

Psychomotor Domain

- 5 Recognizes and applies the appropriate treatments for diabetic coma and insulin shock.

NUTRITIONAL ASPECTS

Cognitive Domain

- 21 Explains the guidelines for safe weight loss and weight gain.
- 22 Describes the principles of body mass index computation.
- 23 Describes the signs, symptoms, and physical consequences of disordered eating.

PSYCHOSOCIAL INTERVENTION AND REFERRAL

Affective Domain

- 7 Recognizes athletes and other physically individuals as deserving of quality professional health care.
- 8 Accepts the individual's physical complaint(s) without personal bias or prejudice.
- 9 Respects the various social and cultural attitudes, beliefs, and values regarding health care practices when caring for patients.

HEALTH CARE ADMINISTRATION

Cognitive Domain

- 1 Describes the organization and administration of pre-participation examination and screening including, but not limited to, maintaining medical records, developing record keeping forms, scheduling personnel, and site utilization.

- 28 Summarizes basic legal concepts, such as, but not limited to, standard of care, scope of practice, liability, negligence, informed consent, and confidentiality, as they apply to a medical or allied health care practitioner's performance of his or her responsibilities .
- 33 Differentiates the roles and responsibilities of the certified athletic trainer and other medical and allied health personnel to provide care to athletes and others involved in physical activity.
- 36 Describes the roles of various personnel in the organization of activity sessions and methods of instruction for athletes and others involved in physical activity.
- 45 Identifies the roles and responsibilities of allied health care personnel in providing services to athletes and others involved in physical activity.

Affective Domain

- 3 Values the need for sideline emergency care supplies and equipment as deemed necessary for all athletic training settings.
- 4 Appreciates the importance of an emergency action plan that is tailored for a specific venue or setting.
- 5 Accepts the value of a common medical language and terminology to communicate within and between the health professions.
- 6 Accepts the professional, ethical, and legal parameters that define the proper role of the certified athletic trainer in the administration and implementation of health care delivery systems.
- 12 Recognizes the certified athletic trainer's role as a liaison between athletes, physically active individuals, caretakers, employers, physicians, coaches, other health care professionals, and any individual who may be involved with the care provided by the certified athletic trainer.

PROFESSIONAL DEVELOPMENT AND RESPONSIBILITIES

Affective Domain

- 12 Accepts the responsibility to enhance the professional growth of athletic training students, colleagues, and peers through a continual sharing of knowledge skills, values, and professional recognition.