

SIM 481 Advanced Athletic Training

RISK MANAGEMENT AND INJURY PREVENTION

Cognitive Domain

- 14 Lists the safety precautions, hazards, and contraindications of various stretching, strengthening, or flexibility routines and/or equipment.
- 15 Identifies the precautions and risks associated with exercise in adolescents.
- 16 Identifies the precautions and risks associated with exercise in individuals who have systemic medical conditions.
- 18 Describes the basic principles regarding protective equipment , including standards for design, construction, maintenance, and reconditioning of protective sports equipment (e.g., football, hockey, and lacrosse pads and headgear).
- 19 Identifies basic legal concepts and considerations associated with protective equipment, including product and personal liability.
- 22 Explains the basic principles and concepts of protective equipment and material composition (e.g., tensile strength, maximum tolerances, heat dissipation).

Psychomotor Domain

- 9 Selects and fits standard protective equipment and clothing according to the physical characteristics and need of the individual.

PATHOLOGY OF INJURIES AND ILLNESSES

Cognitive Domain

- 8 Describes the aging process as it relates to athletes and others involved in physical activity.
- 12 Defines tissue lesions by body system in terms of etiology, pathogenesis, pathomechanics, treatment options, and expected outcomes.
- 15 Describes the pathology of diseases of the blood (e.g., anemia, iron deficiency, hemolysis that would impair strenuous physical activity).
- 16 Recognizes the common warning signs and symptoms of cancer.

ASSESSMENT AND EVALUATION

Cognitive Domain

- 2 Distinguishes the anatomical and physiological growth and development characteristics of athletic and physically active males and females in the following stages:pre-adolescent; adolescent; adult; and senior.

ACUTE CARE OF INJURIES AND ILLNESSES

Cognitive Domain

- 40 Recognizes the signs and symptoms of common infectious diseases, and takes appropriate steps to prevent disease transmission through appropriate medical referral (see General Medical Clinical Proficiencies, 61-64, for a list of common infectious diseases). {~X-REF}

THERAPEUTIC EXERCISE

Cognitive Domain

- 4 Describes common surgical techniques, pathology, and any subsequent anatomical alterations that may affect the implementation of a rehabilitation or reconditioning exercise program.

GENERAL MEDICAL CONDITIONS AND DISABILITIES

Cognitive Domain

- 1 Describes congenital or acquired abnormalities, physical disabilities, and diseases.
- 2 Identifies common illnesses and diseases of the body's systems based on contemporary epidemiological studies of the injuries of athletes and others involved in physical activity.
- 3 Describes the general principles of health maintenance and personal hygiene, including skin care, dental hygiene, sanitation, immunizations, avoidance of infectious and contagious diseases, diet, rest, exercise, and weight control.
- 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.
- 7 Lists the common causes, signs, and symptoms of respiratory infections (e.g., pneumonia, bronchitis, sinusitis, URI, and asthma).
- 9 Describes strategies for reducing the frequency and severity of asthma attacks.
- 10 Compares and contrasts the signs and symptoms of respiratory tract conditions (e.g., common cold, influenza, allergic rhinitis, sinusitis, bronchitis, asthma, pneumonia, and pleurisy).
- 11 Identifies the possible causes of sudden death syndrome among athletes and others involved in physical activity.
- 12 Recognizes the relationship between changes in blood pressure and changes in activity level.
- 14 Explains the typical history, signs, and symptoms associated with cardiopulmonary conditions.
- 15 Describes common heart conditions, such as coronary artery disease, hypertrophic cardiomyopathy, heart murmurs, and mitral valve prolapse.
- 16 Identifies the typical symptoms and clinical signs of an injury or illness, including those associated with local tissue inflammation (cellulitis) and systemic infection (lymphangitis, lymphadenitis, bacteremia).
- 17 Describes the common conditions that affect the liver, gall bladder, and pancreas (e.g., jaundice, hepatitis, diabetes mellitus, and pancreatitis).
- 19 Describes the signs and symptoms of the common disorders of the gastrointestinal tract.
- 21 Lists the common infections and conditions of the male reproductive organs (e.g., epididymitis, varicocele, hydrocele, undescended testicle, and testicular cancer).
- 22 Lists the common infections and conditions of the female reproductive organs (e.g., pelvic inflammatory disease (PID), ectopic pregnancy, and pregnancy).

- 23 Describes the common conditions of the breast (e.g., gynecomastia, cancer, and fibrous cysts).
- 24 Describes the various menstrual irregularities, the relationship that physical activity plays in their development, their resolutions, and their implications on performance, as well as detrimental systemic effects (e.g., oligomenorrhea, amenorrhea, and dysmenorrhea).
- 25 Identifies the physiological effects and the changes to woman's body caused by pregnancy, and describes the body's response to exercise during pregnancy. Also identifies the indications and contraindications for exercise throughout pregnancy.
- 27 Recognizes skin lesions (e.g., wounds and thermal, electrical, and radiation injury), infections (e.g., bacterial, fungal, and viral), and disorders (e.g., bites, acne, dermatitis, folliculitis, and eczema); ;
- 28 Identifies skin infections that are potentially contagious (e.g., impetigo, staph infection).
- 34 Identifies the common signs and symptoms of contagious viral diseases.

Psychomotor Domain

- 3 Recognizes and refers individuals exhibiting a history, signs, and symptoms of cardiopulmonary conditions to the appropriate medical authority.
- 6 Acts quickly to contain skin infections that are potentially contagious, and refers the patient when appropriate.
- 16 Refers an individual who presents with complaints, signs, and/or symptoms of genitourinary or reproductive disorders to a physician.

Affective Domain

- 1 Supports the moral and ethical behavior of athletic trainers in issues dealing with diseases of athletics and physical activity.
- 2 Recognizes the moral and ethical responsibility of taking situational control in the containment of common contagious viral and infectious diseases.
- 3 Accepts the roles of medical and allied health personnel in the referral, management, and treatment of athletes and others involved in physical activity suffering from general medical conditions.

NUTRITIONAL ASPECTS

Cognitive Domain

- 16 Locates, obtains, and interprets scientific position papers describing healthy weight loss, fluid maintenance, disordered eating, nutritional ergogenic aids, diet supplements, and assessment of body composition in athletes and others involved in physical activity.

Affective Domain

- 1 Appreciates the role of proper nutrition in the health care of athletes and others involved in physical activity.
- 2 Respects the various recognized position papers that discuss nutrition wellness.
- 3 Appreciates the long-term effects of disordered eating, bone density loss, and secondary amenorrhea on the skeletal health of the physically active.
- 4 Recognizes the need for and implements proper referral for eating disorders.

PSYCHOSOCIAL INTERVENTION AND REFERRAL

Cognitive Domain

- 1 Describes the current psychosocial and sociocultural issues and problems confronting athletic training and sports medicine and identifies their effects on athletes and others involved in physical activity.
- 2 Compares the psychosocial requirements of various sports activities to the readiness of the injured or ill individual to resume physical participation.
- 11 Identifies the symptoms and clinical signs of common disordered eating (anorexia nervosa, bulimia) and the psychological and sociocultural factors associated with these disorders.
- 12 Identifies the psychological issues that relate to physically active women of childbearing years.
- 13 Identifies the medical and community-based resources that disseminate information regarding safe sexual activity and the health risk factors associated with sexually transmitted diseases.
- 24 Cites the potential need for psychosocial intervention and referral when dealing with populations requiring special consideration (e.g., those with exercise-induced asthma, diabetes, seizure disorders, drug allergies and interactions, or unilateral organs).

Affective Domain

- 4 Accepts the need for appropriate interpersonal relationships between all of the parties involved with athletes and other involved in physical activity.

HEALTH CARE ADMINISTRATION

Cognitive Domain

- 4 Lists the current injury/illness surveillance and reporting systems such as, but not limited to, National Electronic Injury Surveillance System (NEISS), National Athletic Head and Neck Injury Registry, and the National Collegiate Athletic Association (NCAA).
- 31 Describes the necessary communication skills for interaction with physicians, allied health care providers, caretakers, and others who work closely with the certified athletic trainer.
- 41 Identifies the current developments, missions, objectives, and professional activities of other allied health and medical organizations and professions.

PROFESSIONAL DEVELOPMENT AND RESPONSIBILITIES

Cognitive Domain

- 10 Summarizes the position statements regarding the practice of athletic training (NATA, NCAA, National Association of Intercollegiate Athletics [NAIA], National Federation of State High School Associations, American College of Sports Medicine [ACSM], American Academy of Pediatrics [AAP], American Academy of Family Physicians [AAFP], American Orthopedic Society for Sports Medicine [AOSSM]).
- 11 Locates and accesses the current activities and requirements for the professional preparation of the certified athletic trainer (NATA Education Council, JRC-AT, CAAHEP, NATABOC).

- 12 Able to access the professional objectives, scope of practice, and services of other health care providers.
- 14 Properly interprets the role of the certified athletic trainer as a health care provider, and provides information regarding the role of the certified athletic trainer to athletes, the physically active, parents/guardians, athletic department personnel, and others.