

SPORTS THERAPEUTICS (180 Hours)

Course No.: 76-45-55

COMPETENCY CHECKLIST

Student Name _____

Teacher Name _____ School Site _____

Start Date _____ Completion Date _____ Certificate Date _____

Teacher Signature _____ Student Signature _____

(Signatures verify completion of course competencies)

A. **ORIENTATION** (2 hrs)

- _____ 1. Scope and purpose of course
- _____ 2. Classroom policies and procedures
- _____ 3. Define physical therapy and sports therapy
- _____ 4. Jobs in field that impact sports therapy aides
- _____ 5. Promoting gender equity and non-trad hiring
- _____ 6. EPA legislation impact on industry practices
- _____ 7. Use of MSDS as it applies to sports therapy
- _____ 8. Cal/OSHA laws governing sports therapist
- _____ 9. Licensing/certification requirements
- _____ 10. Class/training room emergency procedures
- _____ 11. Three basic principles of body mechanics
- _____ 12. History/evolution of sports medicine
- _____ 13. Safety test with 100% accuracy

B. **ETHICAL AND LEGAL ISSUES IN SPORTS THERAPY**

(3 hrs)

- _____ 1. Define listed terms related to topic
- _____ 2. Ethical and legal issues
- _____ 3. Inter-professional and justice issues
- _____ 4. Define confidentiality
- _____ 5. Patient's Bill of Rights/HIPAA requirements

C. **SAFETY AND INFECTION CONTROL** (6 hrs)

- _____ 1. Define listed terms related to topic
- _____ 2. Identify and use standards precautions
- _____ 3. How microorganisms affect the body
- _____ 4. Signs and symptoms of infection
- _____ 5. How to control spread of infection
- _____ 6. Safe/effective methods to move/lift patients
- _____ 7. Safe methods to apply support devices
- _____ 8. Use of ambulatory aids & roles of assistants

D. **OBSERVATION, REPORTING & CHARTING** (5 hrs)

- _____ 1. Importance of listed skills in health care
- _____ 2. List patient observation techniques

- _____ 3. Review mechanics of grammar in listed areas
- _____ 4. Components of a Patient Care Report
- _____ 5. Report and record patient care
- _____ 6. General guidelines (ABCs) of charting
- _____ 7. Demo charting procedures
- _____ 8. Demo how to correct charting errors

E. **COMMUNICATION AND INTERPERSONAL SKILLS**

(3 hrs)

- _____ 1. Effective speaking skills in health care
- _____ 2. Define communication
- _____ 3. Ways to remove barriers in communication
- _____ 4. Demo nonverbal communication
- _____ 5. Elements of effective leadership
- _____ 6. Demo effective leadership skills

F. **MATHEMATICS PROFICIENCY** (8 hrs)

- _____ 1. Effective computational skills in health care
- _____ 2. Apply listed math skills to sports therapy

G. **MEDICAL TERMINOLOGY** (18 hrs)

- _____ 1. Define listed words related to topic
- _____ 2. Demo correct use of listed terms
- _____ 3. Pass exam on medical terms

H. **NUTRITION AND METABOLISM** (12 hrs)

- _____ 1. Define listed terms related to topic
- _____ 2. Functions of components of digestive system
- _____ 3. Relation between digestion and metabolism
- _____ 4. Metabolic role of nutrients, vitamins, minerals
- _____ 5. Presence above items in food pyramid
- _____ 6. Nutritional requirements for athlete
- _____ 7. Concept of dietary planning
- _____ 8. Use of dietary supplements in dietary plan
- _____ 9. Various diets for weight loss/weight gain

I. FIRST AID AND CPR (10 hrs)

- _____ 1. Purpose of emergency medical system
- _____ 2. Preparing for emergency response
- _____ 3. First aid/temporary care of listed conditions
- _____ 4. Common/frequent injuries in athletics
- _____ 5. Signs and symptoms of shock
- _____ 6. Identify/treatment for listed injuries
- _____ 7. Proper use of AED
- _____ 8. Components of CPR course
- _____ 9. Pass CPR test by ARC or AHA

J. PHYSICAL THERAPY PROCEDURES (45 hrs)

- _____ 1. Define/describe listed items related to topic
- _____ 2. List types of muscles
- _____ 3. Define/demo range of motion
- _____ 4. Musculoskeletal dysfunctions/disorders
- _____ 5. Injury assessment methods
- _____ 6. Define additional terms related to topic
- _____ 7. Perform listed ROM exercises
- _____ 8. Items that assist mobility
- _____ 9. Terms related to gait
- _____ 10. Areas affected and therapies for gait issues
- _____ 11. Specialized therapies
- _____ 12. Ambulation problems & appropriate device
- _____ 13. Types of fractures
- _____ 14. Area/injuries for specialized therapies
- _____ 15. Nerves, CNS, PNS
- _____ 16. Effect of therapy on CNS, PNS
- _____ 17. Torso, abdomen, quadrants
- _____ 18. Treatments for injuries to torso
- _____ 19. Treatment for abdominal injuries
- _____ 20. Injury prevention strategies
- _____ 21. Communication during physical therapy

K. PHYSICAL THERAPY MODALITIES (46 hrs)

- _____ 1. Define listed terms related to heart
- _____ 2. Anatomy and functions of the heart
- _____ 3. Draw/label parts of heart & blood journey
- _____ 4. Define terms related to respiratory system
- _____ 5. Functions of respiratory system
- _____ 6. Define vital signs
- _____ 7. Define/demo aerobic exercise
- _____ 8. Effect of aerobic exercise on listed systems
- _____ 9. Define/demo forms of exercise
- _____ 10. Exercise effect on nervous/skeletal systems
- _____ 11. Demo how to measure muscle strength
- _____ 12. Functions of integumentary system
- _____ 13. Use of superficial and deep heating agents
- _____ 14. Changes by use of superficial/deep heating
- _____ 15. Use of hydrotherapy and cold therapy
- _____ 16. Changes by use of cold & hydrotherapy

- _____ 17. Treatments based on patient profiles
- _____ 18. Importance of communication during therapy

L. SPORTS AND THERAPEUTIC EQUIPMENT (2 hrs)

- _____ 1. Identify equipment and principles of use
- _____ 2. Injury prevention during use of equipment
- _____ 3. Protective pads, knee and ankle braces
- _____ 4. Proper use of canes and crutches
- _____ 5. Communication while using equipment

M. PHARMACOLOGY (5 hrs)

- _____ 1. Define listed terms related to topic
- _____ 2. Identify proper medication storage
- _____ 3. Identify different forms of medicine
- _____ 4. Describe/demo routes of drug administration
- _____ 5. Examples of listed medications
- _____ 6. Use of listed drugs in sports therapy settings
- _____ 7. Effect of listed medications on body systems

N. PATIENT CARE SKILLS (8 hrs)

- _____ 1. Preparation for patient care
- _____ 2. Methods in turning and positioning patient
- _____ 3. Demo listed patient transfer skills
- _____ 4. Communication performing patient care skills

O. CLINICAL PROTOCOL (3 hrs)

- _____ 1. Describe listed activities for a clinical setting
- _____ 2. Identify listed procedures of clinical protocol

P. EMPLOYABILITY SKILLS (4 hrs)

- _____ 1. Employer requirements for employees
- _____ 2. Identify potential employers
- _____ 3. Role of social networking in job search
- _____ 4. Design sample résumés and cover letters
- _____ 5. Importance of accurate job application
- _____ 6. Complete sample job application correctly
- _____ 7. Importance of enthusiasm on job
- _____ 8. Importance of appropriate appearance on job
- _____ 9. Importance of continuous upgrading of skills
- _____ 10. Customer service as way to build business
- _____ 11. Demo appropriate interviewing techniques
- _____ 12. Materials/resource for successful interview
- _____ 13. Sample follow-up letters
- _____ 14. Demo appropriate follow-up procedures