ATHT3003 Clinical in Athletic Training

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_ Section:\_\_\_\_\_\_\_\_

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| ATHT 3003 Competencies Sheet | | | | | | |
| # | Obj. # | Name/Description | Observations | | Proficiency | Competency |
| 1 | 1,2 | Documentation of Rehabilitation Records |  |  |  |  |
| 2 | 4,7,9 | Perform Rubber Tubing Exercise for Shoulder Rotation |  |  |  |  |
| 3 | 4,7,9 | Perform Cuff Weight Exercise for Hip Flexion |  |  |  |  |
| 4 | 4,5,13 | Perform Balance Board for Ankle injury |  |  |  |  |
| 5 | 4,5,13 | Perform Angle Board for Achilles Stretch |  |  |  |  |
| 6A |  | Demonstrates eccentric vs. concentric strengthening tech. |  |  |  |  |
| 6B |  | Demonstrates the ability to use and instruct isokinetic exercises |  |  |  |  |
| 7 | 2,4,5,7 | Perform Slideboard for Knee Proprioception |  |  |  |  |
| 8 | 2,3 | Use of Skinfold Caliper |  |  |  |  |
| 9 | 1,2 | Manual Muscle Test for Rhomboids |  |  |  |  |
| 10 | 1,2 | Manual Muscle Test for Pectoralis Minor |  |  |  |  |
| 11 | 1,2 | Manual Muscle Test for Extensor Pollicis Longus |  |  |  |  |
| 12 | 1,2 | Manual Muscle Test for Sartorius |  |  |  |  |
| 13 | 1,2 | Manual Muscle Test for Gluteus Medius |  |  |  |  |
| 14 | 1,2 | Manual Muscle Test for Peroneus Longus |  |  |  |  |
| 15 | 1,2 | Manual Muscle Test for Biceps Brachii |  |  |  |  |
| 16 | 1,2 | Manual Muscle Test for Serratus Anterior |  |  |  |  |
| 17 | 1,2 | Manual Muscle Test for Hip Extension |  |  |  |  |
| 18 | 1,2 | Manual Muscle Test for Deep Neck Flexors |  |  |  |  |
| 19 | 2,3 | Leg Length Measurements |  |  |  |  |
| 20 | 2,3 | Measurement of Q-angle |  |  |  |  |
| 21 | 1,2,3 | Girth Measurement of Calf |  |  |  |  |
| 22 | 1,2,3 | Girth Measurement of Quadriceps |  |  |  |  |
| 23 | 1,2,3 | Girth Measurement for Biceps Brachii |  |  |  |  |
| 24 | 1,2,3 | Figure 8 Girth Measurement for Ankle |  |  |  |  |
| 25 | 1,2,3 | Goniometric Measurement of Plantarflexion |  |  |  |  |
| 26 | 1,2,3 | Goniometric Measurement of Inversion |  |  |  |  |
| 27 | 1,2,3 | Goniometric Measurement of Great Toe Flexion |  |  |  |  |
| 28 | 1,2,3 | Goniometric Measurement of Knee Flexion |  |  |  |  |
| 29 | 1,2,3 | Goniometric Measurement of Hip Flexion |  |  |  |  |
| 30 | 1,2,3 | Goniometric Measurement of Hip External Rotation |  |  |  |  |
| 31 | 1,2,3 | Goniometric Measurement of Shoulder Extension |  |  |  |  |
| 32 | 1,2,3 | Goniometric Measurement of Shoulder Abduction |  |  |  |  |
| 33 | 1,2,3 | Goniometric Measurement of Shoulder Int. Rotation |  |  |  |  |
| 34 | 1,2,3 | Goniometric Measurement of Elbow Flexion |  |  |  |  |
| 35 | 1,2,3 | Goniometric Measurement of Forearm Supination |  |  |  |  |
| 36 | 1,2,3 | Goniometric Measurement of Wrist Extension |  |  |  |  |
| 37 | 1,2,3 | Goniometric Measurement of Radial Deviation |  |  |  |  |
| 38 | 1,2,3 | Goniometric Measurement of PIP Flexion |  |  |  |  |
| 39 | 1,2,3 | Goniometric Measurement of Thumb Abduction |  |  |  |  |
| 40 | 1,2,3 | Goniometric Measurement of Neck Lateral Flexion |  |  |  |  |
| 41 | 1,6 | Demonstrates ability to use a dynamometer |  |  |  |  |

Instructor Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ATHT 3003 Competencies Sheet | | | | | | |
| # | Obj. # | Name/Description | Observations | | Proficiency | Competency |
| 42 | 18 | Simulate verbal motivation techniques during rehabilitation |  |  |  |  |
| 43 | 18 | Simulate visualization techniques during rehabilitation |  |  |  |  |
| 44 | 18 | Simulate imagery techniques during rehabilitation |  |  |  |  |
| 45 | 18 | Simulate desensitization techniques during rehabilitation |  |  |  |  |
| 46 | 1 | Perform a physical examination to identify the current inflammatory stage |  |  |  |  |
| 47 | 4,8 | Demonstrate the ability to instruct passive ROM exercises for knee flexion |  |  |  |  |
| 48 | 4,8 | Demonstrate the ability to instruct active ROM exercises for knee extension |  |  |  |  |
| 49 | 4,8 | Demonstrate the ability to instruct active-assisted ROM exercises |  |  |  |  |
| 50 | 4,8,15, 16 | Demonstrate the ability to instruct joint mobilization |  |  |  |  |
| 51 | 4,8,15,16 | Demonstrate the ability to instruct self-mobilizations |  |  |  |  |
| 52 | 4,9,10 | Demonstrate the ability to instruct exercises using isometric and progressive resistance techniques for the upper extremity |  |  |  |  |
| 53 | 4,9,10 | Demonstrate the ability to instruct exercises using isometric and progressive resistance techniques for the cervical spine |  |  |  |  |
| 54 | 4,9,10 | Demonstrate the ability to instruct exercises using isometric and progressive resistance techniques for the trunk and torso |  |  |  |  |
| 55 | 4,9,10,15 | Demonstrate the ability to instruct aquatic lower and upper body exercises |  |  |  |  |
| 56 | 4,9,12, 13,17 | Demonstrate the ability to instruct weighted-ball rebounding or toss exercises |  |  |  |  |
| 57 | 4,9,12,13,17 | Demonstrate the ability to instruct PNF patterns for lower and upper body |  |  |  |  |
| 58 | 4,13 | Demonstrate the ability to instruct single-leg balancing exercise |  |  |  |  |
| 59 | 4,9,13 | Demonstrate the ability to instruct stabilization exercises for neck |  |  |  |  |
| 60 | 4,9,13 | Demonstrate the ability to instruct postural correction exercises for neck |  |  |  |  |
| 61 | 4,9,13 | Demonstrate the ability to instruct trunk stabilization exercises |  |  |  |  |
| 62 | 4,9,13 | Demonstrate the ability to instruct trunk postural correction exercises |  |  |  |  |
| 63 | 4,11, 14, 17 | Demonstrate the ability to instruct carioca exercises |  |  |  |  |
| 64 | 4,11, 14, 17 | Demonstrate the ability to instruct figure eight (8) exercises |  |  |  |  |
| 65 |  | Demonstrates how to use both open and closed chain exercises |  |  |  |  |
| 66 |  | Demonstrates double/single arm balance exercises |  |  |  |  |
| 67 |  | Demonstrates rhythmic stabilization |  |  |  |  |
| 68 |  | Demonstrates the ability to inspect equipment properly |  |  |  |  |
| 69 |  | Establishes a return to play criteria |  |  |  |  |
| 70 |  | Demonstrates the ability to throw and catch correctly |  |  |  |  |
| 71 |  | Demonstrates usage of the wobbleboard for upper extremity |  |  |  |  |
| 72 |  | Demonstrates ability to carry out sport specific activity |  |  |  |  |
| 73 |  | Demonstrates ability to perform soft tissue mobilizations. |  |  |  |  |
| 74 |  | Student demonstrates the ability to instruct lower and upper body exercises using physioballs |  |  |  |  |
| 75 |  | Demonstrates ability to instruct upper body ergometer and stationary bicycle |  |  |  |  |

Instructor Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_