

## HHP 250 COMPETENCIES/PROFICIENCIES INSTRUCTED (I) AND EVALUATED (E)

### RISK MANAGEMENT

RM-C2	Identify and explain the risk factors associated with common congenital and acquired abnormalities, disabilities, and diseases. (I, E)
RM-C6	Describe 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. (I, E)
RM-C15	Describe the components for self-identification of the warning signs of cancer. (I, E)
RM-C20	Recognize the clinical signs and symptoms of environmental stress. (I, E)

### PATHOLOGY

PA-C4	Identify the normal acute and chronic physiological and pathological responses (e.g., inflammation, immune response, and healing process) of the human body to trauma, hypoxia, microbiologic agents, genetic derangements, nutritional deficiencies, chemicals, drugs, and aging affecting the musculoskeletal and other organ systems, and musculoskeletal system adaptations to disuse. (I, E)
PA-C5	Describe the etiology, pathogenesis, pathomechanics, signs, symptoms, and epidemiology of common orthopedic injuries, illnesses and diseases to the body's systems. (I, E)
PA-C6	Describe the body's responses to physical exercise during common diseases, illnesses, and the injury. (I, E)

### MEDICAL CONDITIONS

MC-C2	Understand the effects of common illnesses and diseases in physical activity. (I, E)
MC-C3	Describe common techniques and procedures for evaluating common medical conditions and disabilities including taking a history, inspection/observation, palpation, functional testing, special evaluation techniques (e.g., assessing heart, lung and bowel sounds), and neurological and circulatory tests. (I, E)
MC-C4	Describe and know when to refer common eye pathologies from trauma and/or localized infection (e.g., conjunctivitis, hyphema, corneal injury, sty, scleral trauma). (I)
MC-C5	Describe and know when refer common ear pathologies from trauma and/or localized infection (e.g., otitis, ruptured tympanic membrane, impacted cerumen). (I, E)
MC-C6	Describe and know when to refer common pathologies of the mouth, sinus, oropharynx, and nasopharynx from trauma and/or localized infection (e.g., gingivitis, sinusitis, laryngitis, tonsillitis, pharyngitis). (I, E)
MC-C7	Describe and know when to refer common and significant respiratory infections, thoracic trauma, and lung disorders. (e.g., influenza, pneumonia, bronchitis, rhinitis, sinusitis, upper-respiratory infection (URI), pneumothorax, hemothorax, pneumomediastinum, exercise-induced bronchospasm, exercise-induced anaphylaxis, asthma). (I, E)
MC-C8	Explain the importance and proper use of a peak flowmeter or similar device in the evaluation and management of respiratory conditions. (I)
MC-C9	Describe strategies for reducing the frequency and severity of asthma attacks. (I, E)
MC-C10	Explain the possible causes of sudden death syndrome. (I, E)

MC-C11	Describe and know when to refer common cardiovascular and hematological medical conditions from trauma, deformity, acquired disease, conduction disorder, and drug abuse (e.g., coronary artery disease, hypertrophic cardiomyopathy, heart murmur, mitral valve prolapse, commotion cordis, Marfan's syndrome, peripheral embolism, hypertension, arrhythmogenic right ventricular dysplasia, Wolf-Parkinson-White syndrome, anemias, sickle cell anemia and sickle cell trait [including rhabdomyolysis], hemophilia, deep vein thrombosis, migraine headache, syncope). (I, E)
MC-C12	Describe and know when to refer common medical conditions that affect the gastrointestinal and hepatic-biliary systems from trauma, chemical and drug irritation, local and systemic infections, psychological stress, and anatomic defects (e.g., hepatitis, pancreatitis, dyspepsia, gastroesophageal reflux, peptic ulcer, gastritis and gastroenteritis, inflammatory bowel disease, irritable bowel syndrome, appendicitis, sports hernia, hemorrhoids, splenomegaly, liver trauma). (I, E)
MC-C13	Describe and know when to refer common medical conditions of the endocrine and metabolic systems from acquired disease and acute and chronic nutritional disorders (e.g., diabetes mellitus and insipidus, hypothyroidism, Cushing's syndrome, thermoregulatory disorders, gout, osteoporosis). (I, E)
MC-C15	Describe and know when to refer common and/or contagious skin lesions from trauma, infection, stress, drug reaction, and immune responses (e.g., wounds, bacteria lesions, fungal lesions, viral lesions, bites, acne, eczema dermatitis, ringworm). (I, E)
MC-C16	Describe and know when to refer common medical conditions of the immune system from infection, congenital and acquired disease, and unhealthy lifestyle. (e.g., arthritis, gout, upper respiratory tract infection [URTI], influenza, pneumonia, myocarditis, gastrointestinal infection, urinary tract infection [UTI], sexually transmitted diseases [STDs], pelvic inflammatory disease, meningitis, osteomyelitis, septic arthrosis, chronic fatigue and overtraining, infectious mononucleosis, human immunodeficiency virus (HIV) infection and AIDS, hepatitis B virus infection, allergic reaction and anaphylaxis, childhood infectious diseases [measles, mumps, chickenpox]). (I, E)
MC-C17	Describe and know when to refer common neurological medical disorders from trauma, anoxia, drug toxicity, infection, and congenital malformation (e.g., concussion, postconcussion syndrome, second-impact syndrome, subdural and epidural hematoma, epilepsy, seizure, convulsion disorder, meningitis, spina bifida, cerebral palsy, chronic regional pain syndrome [CRPS], cerebral aneurysm). (I, E)
MC-C19	Describe a plan to access appropriate medical assistance on disease control, notify medical authorities, and prevent disease epidemics. (I, E)
MC-C20	Describe and know when to refer common cancers (e.g., testicular, breast). (I, E)

## ACUTE CARE

AC-C4	Know and be able to use appropriately standard nomenclature of injuries and illnesses. (I, E)
AC-C16	Describe the injuries and illnesses that require medical referral. (I, E)
AC-C18	Describe the signs, symptoms, and pathology of acute inflammation. (I, E)
AC-C27b	Diabetic coma (I, E)
AC-C27e	Allergic, thermal, and chemical reactions of the skin (including infestations and insect bites) (I, E)
AC-C28	Identify the signs and symptoms of serious communicable diseases and describe the appropriate steps to prevent disease transmission. (I, E)

## PROFESSIONAL DEVELOPMENT

PD-C11	Identify and access available educational materials and programs in health-related subject matter areas (audiovisual aids, pamphlets, newsletters, computers, software, workshops, and seminars). (I, E)
PD-C12	Summarize the principles of planning and organizing workshops, seminars, and clinics in athletic training and sports medicine for health care personnel, administrators, other appropriate personnel, and the general public. (I, E)
PD-P1	Collect and disseminate injury prevention and health care information to health care professionals, patients, parents/guardians, other appropriate personnel and the general public (e.g., team meetings, parents' nights, parent/teacher organization [PTO] meetings, booster club meetings, workshops, and seminars). (I, E)
PD-P3	Develop and present material (oral, pamphlet/handout, written article, or other media type) for an athletic training-related topic. (I, E)