ATHLETIC TRAINING STUDENT AIDE OD38613

ALIGNED WITH NATA BOARD OF CERTIFICATION
COMPETENCY-BASED EDUCATION: OKLAHOMA’S RECIPE FOR SUCCESS

BY THE INDUSTRY FOR THE INDUSTRY

Oklahoma’s CareerTech system of competency-based education uses industry professionals and certification standards to identify the knowledge and abilities needed to master an occupation. This industry input provides the foundation for development of instructional materials that help prepare the comprehensively trained, highly skilled employees demanded by our workplace partners.

TOOLS FOR SUCCESS

CareerTech relies on three basic instructional components to deliver competency-based instruction: skills standards, curriculum materials, and competency assessments.

Skills standards provide the foundation for competency-based instruction in Oklahoma’s CareerTech system. The skills standards outline the knowledge, skills, and abilities needed to perform related jobs within an industry. Skills standards are aligned with national skills standards; therefore, a student trained to the skills standards possesses technical skills that make him/her employable in both state and national job markets.

Curriculum materials contain information and activities that teach students the knowledge and skills outlined in the skills standards. In addition to complementing classroom instruction, curriculum resources provide supplemental activities to enhance learning and provide hands-on training experiences.

Competency Assessments test the student over material outlined in the skills standards and taught using the curriculum materials. When used with classroom performance evaluations, written competency assessments provide a means of measuring occupational readiness.

Although each of these components satisfy a unique purpose in competency-based education, they work together to reinforce the skills and abilities students need to gain employment and succeed on the job.

MEASURING SUCCESS

Written competency assessments are used to evaluate student performance. Results reports communicate competency assessment scores to students and provide a breakdown of assessment results by duty area. The results breakdown shows how well the student has mastered skills needed to perform major job functions and identifies areas of job responsibility that may require additional instruction and/or training.

Group analysis of student results also provides feedback to instructors seeking to improve the effectiveness of career and technology training. Performance patterns in individual duties indicate opportunities to evaluate training methods and customize instruction.

TRUE TO OUR PURPOSE

“Helping Oklahomans succeed in the workplace” defines the mission of Oklahoma CareerTech and its competency-based system of instruction. Skills standards, curriculum, and assessments that identify and reinforce industry expectations provide accountability for programs and assure CareerTech’s continued role in preparing skilled workers for a global job market.

The Oklahoma Department of Career and Technology Education does not discriminate on the basis of race, creed, color, national origin, sex, age, veteran status, or qualified handicap.
CIMC... We've Got the Instructional Materials You Need
Practical Nursing Series

Nursing Skills
Table of Contents
Safety Skills • Skills for Asepsis • Skills for Managing the Patient’s Environment • Vital Sign Skills • Personal Care Skills • Skills for Moving Patients • Wound Care Skills • Respiratory Care Skills • Digestive Care Skills • Urinary Care Skills • Skills for Applying Heat and Cold • Assessment Skills • Decision-Making Skills • Documentation Skills • Skills for Admitting, Transferring, and Discharging Patients • Pre- and Post-Operative Care Skills • Skills for the Care of a Dying Patient • Skills for Managing Pain • Skills for Oncology Care • Skills for Geriatric Care • Phlebotomy Skills

Nursing Focus
Table of Contents
Introduction to Nursing Focus • Skin Focus • Musculoskeletal Focus • Cardiac Focus • Vascular Focus • Hematology Focus • Respiratory Focus • Digestive Focus • Urinary Focus • Brain and Nerve Focus • Mental Focus • Sensory Focus • Immune Focus • Hormone and Reproductive Focus • Pregnancy Focus • Labor and Delivery Focus • Postpartum Focus • Infant Focus • Child Focus • Adolescent Focus

Nursing Extensions
Table of Contents
Leadership Skills • Skills for Success • Practice Settings

Employment Skills for the 21st Century, Volume I and II
The volume covers:
• Career Exploration
• Skills Practices
• Internet Activities
• 16 Career Clusters

201 activities on each CD to:
• Develop and apply skills for tomorrow’s workplace
• Develop thinking and problem-solving skills on a higher cognitive level
• Develop teamwork and cooperation skills
• Develop oral communications and listening skills
• Develop research and organizational skills
• Develop self-esteem and leadership skills
• Develop reading, writing and computational skills

Online Competency Assessment
The following competency test may be give online with immediate results:

Health Science Technology Core
For more information on this test, call 405-743-5412 or visit our website at www.okcicmc.com

For more information and pricing on these products, call 405-654-4502 or visit our website at www.okcicmc.com
Duty A: Demonstrate Knowledge of Anatomy and Physiology
Duty B: Demonstrate Knowledge of Exercise Physiology
Duty C: Demonstrate Understanding of Therapeutic Modalities and Their effects on the Body
Duty D: Clinically Evaluate Athletic Injuries
Duty E: Apply Basic Concepts of Rehabilitation
Duty F: Demonstrate Knowledge of First Aid and Emergency Medical Skills
Duty G: Demonstrate Administrative and Organizational Skills
Duty H: Demonstrate Basic Understanding of Nutrition
Duty I: Demonstrate a Basic Understanding of Pharmacology
Duty J: Demonstrate Knowledge of Basic Counseling Techniques
Duty K: Demonstrate Taping and Wrapping Techniques
Duty L: Demonstrate Skill in the Construction and Fitting of Equipment to Comply with Safety Regulations

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**Frequency:** represents how often the task is performed on the job. Frequency rating scales vary for different occupations. The rating scale used in this publication is presented below:

1 = less than once a week  
2 = at least once a week 
3 = once or more a day

**Criticality:** denotes the level of consequence associated with performing a task incorrectly. The rating scale used in this publication is presented below:

1 = slight  
2 = moderate  
3 = extreme

**DUTY A: Demonstrate Knowledge of Anatomy and Physiology**

<table>
<thead>
<tr>
<th>CODE</th>
<th>TASK</th>
<th>F/C</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.01</td>
<td>Identify basic structures and describe functions of the skeletal system</td>
<td>3/3</td>
</tr>
<tr>
<td>A.02</td>
<td>Identify basic structures and describe functions of the muscular system</td>
<td>3/3</td>
</tr>
<tr>
<td>A.03</td>
<td>Identify basic structures and describe functions of the integumentary system</td>
<td>1/2</td>
</tr>
<tr>
<td>A.04</td>
<td>Identify basic structures and describe functions of the digestive system</td>
<td>1/2</td>
</tr>
<tr>
<td>A.05</td>
<td>Identify basic structures and describe functions of the circulatory system</td>
<td>2/3</td>
</tr>
<tr>
<td>A.06</td>
<td>Identify basic structures and describe functions of the respiratory system</td>
<td>2/3</td>
</tr>
<tr>
<td>A.07</td>
<td>Identify basic structures and describe functions of the urinary system</td>
<td>1/1</td>
</tr>
<tr>
<td>A.08</td>
<td>Identify basic structures and describe functions of the central nervous system</td>
<td>2/3</td>
</tr>
<tr>
<td>A.09</td>
<td>Identify basic structures and describe functions of the peripheral nervous system</td>
<td>2/3</td>
</tr>
<tr>
<td>A.10</td>
<td>Identify basic structures and describe functions of the endocrine system</td>
<td>1/1</td>
</tr>
</tbody>
</table>
A.11 Identify basic structures and describe functions of the reproductive system 1/1
A.12 Identify basic structures and describe functions of the immune system 2/2
A.13 Utilize a good working knowledge of medical terminology 3/3

### DUTY B: Demonstrate Knowledge of Exercise Physiology

<table>
<thead>
<tr>
<th>CODE</th>
<th>TASK</th>
<th>F/C</th>
</tr>
</thead>
<tbody>
<tr>
<td>B.01</td>
<td>Perform and describe various stretching techniques</td>
<td>3/2</td>
</tr>
<tr>
<td>B.02</td>
<td>Demonstrate understanding of body function during warm-up and cool-down</td>
<td>2/2</td>
</tr>
<tr>
<td>B.03</td>
<td>Demonstrate understanding of the body’s response to exercise</td>
<td>2/3</td>
</tr>
<tr>
<td>B.04</td>
<td>Perform proper techniques for determining body fat percentages</td>
<td>1/1</td>
</tr>
<tr>
<td>B.05</td>
<td>Perform and understand vital signs</td>
<td>2/3</td>
</tr>
</tbody>
</table>

### DUTY C: Demonstrate Understanding of Therapeutic Modalities and Their Effects on the Body

<table>
<thead>
<tr>
<th>CODE</th>
<th>TASK</th>
<th>F/C</th>
</tr>
</thead>
<tbody>
<tr>
<td>C.01</td>
<td>Identify and explain the use of thermo-therapeutic modalities</td>
<td>3/3</td>
</tr>
<tr>
<td></td>
<td>• Indications/contraindications/safety</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Hydrocollator packs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Paraffin bath</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Topical analgesic</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Ultrasound</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Hot whirlpool</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Diathermy</td>
<td></td>
</tr>
<tr>
<td>C.02</td>
<td>Identify and explain the use of cryo-therapeutic modalities</td>
<td>3/3</td>
</tr>
<tr>
<td></td>
<td>• Indications/contraindications/safety</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Ice packs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Ice massage</td>
<td></td>
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<tr>
<td></td>
<td>• Ice water immersion</td>
<td></td>
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<tr>
<td></td>
<td>• Cold whirlpool</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Chemical coolants</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Ice and Stretch</td>
<td></td>
</tr>
<tr>
<td>C.03</td>
<td>Identify and explain the use of hydro-therapeutic modalities</td>
<td>3/3</td>
</tr>
<tr>
<td></td>
<td>• Indications/contraindications/safety</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Contrast immersion</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Hot and cold whirlpools</td>
<td></td>
</tr>
<tr>
<td>C.04</td>
<td>Identify and explain the use of electrical stimulation modalities</td>
<td>3/3</td>
</tr>
<tr>
<td></td>
<td>• Indications/contraindications/safety</td>
<td></td>
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<tr>
<td></td>
<td>• TENS</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Interferential</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Pre-Mod</td>
<td></td>
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<tr>
<td>C.05</td>
<td>Identify and explain the use of manual and mechanical modalities</td>
<td>2/3</td>
</tr>
<tr>
<td></td>
<td>• Indications/contraindications/safety</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Intermittent compression unit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Ice and stretch</td>
<td></td>
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<td></td>
<td>• Massage</td>
<td></td>
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<tr>
<td></td>
<td>• Traction</td>
<td></td>
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<tr>
<td>C.06</td>
<td>Identify and explain the use of light modalities</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>• Indications/contraindications/safety</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Laser therapy</td>
<td></td>
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</tbody>
</table>
### DUTY D: Clinically evaluate Athletic Injuries

<table>
<thead>
<tr>
<th>CODE</th>
<th>TASK</th>
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</table>
| D.01  | Demonstrate the ability to obtain and document injury information and refer as necessary  
       | - Utilize appropriate S.O.A.P note format                      | 3/3 |
| D.02  | Identify and describe signs of closed soft tissue injuries to the upper and lower extremities  
       | - Muscle  
       | - Tendon  
       | - Ligament  
       | - Joint Capsule  
       | - Nerves  
       | - Cartilage | 3/3 |
| D.03  | Identify and describe signs of open soft tissue injuries  
       | - Wounds | 3/3 |
| D.04  | Define and identify injuries to bony tissue  
       | - Fractures (open, closed, stress)  
       | - Common fractures to upper and lower extremities | 2/3 |
| D.05  | Identify signs and symptoms of infection and disease | 3/3 |
| D.06  | Identify signs and symptoms of head, neck, and spinal injuries  
       | - Facial  
       | - Brain/concussion  
       | - Spinal cord | 2/3 |

### DUTY E: Apply Basic Concepts of Rehabilitation

<table>
<thead>
<tr>
<th>CODE</th>
<th>TASK</th>
<th>F/C</th>
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</thead>
<tbody>
<tr>
<td>E.01</td>
<td>Demonstrate a working knowledge of the phases of healing</td>
<td>3/3</td>
</tr>
<tr>
<td>E.02</td>
<td>Demonstrate a working knowledge of rehabilitation as it pertains to individualized patient needs</td>
<td>3/3</td>
</tr>
</tbody>
</table>
| E.03  | Demonstrate and use rehabilitation techniques and equipment  
       | - Decrease pain  
       | - Increase range-of-motion and flexibility  
       | - Increase strength  
       | - Increase proprioception  
       | - Increase cardiovascular endurance  
       | - Return to activity criteria | 3/3 |

### DUTY F: Demonstrate Knowledge of First Aid and Emergency Medical Skills

<table>
<thead>
<tr>
<th>CODE</th>
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</thead>
<tbody>
<tr>
<td>F.01</td>
<td>Understand and perform CPR, AED, rescue breathing, and skills for clearing obstructed airways</td>
<td>1/3</td>
</tr>
</tbody>
</table>
| F.02  | Recognize signs and demonstrate skill to control bleeding and care for wounds using universal precautions  
       | - Internal bleeding  
       | - External bleeding | 3/3 |
| F.03  | Demonstrate understanding and treatment of heat and cold illness  
       | - Heat cramps  
       | - Heat exhaustion  
       | - Heat stroke | 2/3 |
### DUTY F: Demonstrate Patient Care Skills

<table>
<thead>
<tr>
<th>Code</th>
<th>Task</th>
<th>Percentage</th>
</tr>
</thead>
</table>
| F.04 | Demonstrate understanding of immobilization techniques and equipment  
- Spineboarding  
- Splinting  
- Cervical collar | 1/3 |
| F.05 | Identify signs and symptoms of illness  
- Body temperature  
- Skin temperature  
- Dizziness  
- Blood pressure  
- Vomiting  
- Skin appearance  
- Pulse  
- Diarrhea  
- Headache | 2/3 |
| F.06 | Demonstrate understanding and treatment of illness  
- Diabetes  
- Heart attack  
- Shock  
- Fainting  
- Seizure  
- Asthma  
- Poisoning  
- Allergic reactions  
- Internal organs  
- Male/Female-specific conditions  
- Sickle cell | 1/3 |
| F.07 | Demonstrate understanding and treatment of closed soft tissue injuries to upper and lower extremities | 3/3 |
| F.08 | Demonstrate understanding and treatment of open soft tissue to upper and lower extremities | 3/3 |
| F.09 | Demonstrate understanding and treatment of injuries to bony tissue | 2/3 |
| F.10 | Demonstrate understanding and treatment of head, neck, spinal and facial injuries | 2/3 |

### DUTY G: Demonstrate Administrative and Organizational Skills

<table>
<thead>
<tr>
<th>Code</th>
<th>Task</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>G.01</td>
<td>Provide and maintain appropriate documentation of all individualized patient records</td>
<td>3/3</td>
</tr>
<tr>
<td>G.02</td>
<td>Organize pre-participation physicals</td>
<td>1/3</td>
</tr>
</tbody>
</table>
| G.03 | Maintain open lines of communication and referral with sports medicine team members  
- Athlete  
- Family physician  
- Athletic director  
- Allied health professionals  
- Parents  
- Team physician  
- Coaches | 3/3 |
| G.04 | Demonstrate knowledge of emergency/catastrophic management plan | 1/3 |
| G.05 | Understand principles of athletic training room design and function | 3/2 |
| G.06 | Utilize safety and sanitation procedures in the athletic training room | 3/3 |
DUTY H: Demonstrate Basic Understanding of Nutrition

<table>
<thead>
<tr>
<th>CODE</th>
<th>TASK</th>
<th>F/C</th>
</tr>
</thead>
</table>
| H.01 | Demonstrate knowledge of the basics of human nutrition  
   - Carbohydrates  
   - Fat  
   - Proteins  
   - Vitamins  
   - Minerals  
   - Water | 2/2 |
| H.02 | Recognize the special nutritional needs of the athlete | 2/2 |
| H.03 | Identify and explain the nutritional supplements/ergogenic aids | 2/3 |
| H.04 | Demonstrate understanding of proper hydration techniques | 3/3 |
| H.05 | Demonstrate understanding of eating disorders  
   - Anorexia nervosa  
   - Bulimia nervosa | 1/3 |
| H.06 | Demonstrate knowledge of proper weight-loss or weight-gain methods | 1/3 |

DUTY I: Demonstrate a Basic Understanding of Pharmacology

<table>
<thead>
<tr>
<th>CODE</th>
<th>TASK</th>
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</tr>
</thead>
<tbody>
<tr>
<td>I.01</td>
<td>Define anti-pyretic and identify its effect on the body</td>
<td>2/3</td>
</tr>
<tr>
<td>I.02</td>
<td>Define anti-inflammatory and identify its effect on the body</td>
<td>2/3</td>
</tr>
<tr>
<td>I.03</td>
<td>Define analgesic and identify its effect on the body</td>
<td>2/3</td>
</tr>
</tbody>
</table>
| I.04 | Understand the role of medications  
   - Anti-fungal  
   - Gastrointestinal  
   - Antibiotics  
   - OTC medication  
   - Asthma medication | 2/3 |
| I.05 | Understand legal regulations of medication  
   - Minors  
   - Prescription drugs | 3/3 |
• OTC drugs

**DUTY J: Demonstrate Knowledge of Basic Counseling Techniques**

<table>
<thead>
<tr>
<th>CODE</th>
<th>TASK</th>
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</thead>
<tbody>
<tr>
<td>J.01</td>
<td>Demonstrate understanding of psychosocial conditions that require referral of patient to appropriate care giver</td>
<td>2/3</td>
</tr>
<tr>
<td>J.02</td>
<td>Utilize basic understanding of interpersonal skills</td>
<td>3/3</td>
</tr>
<tr>
<td>J.03</td>
<td>Maintain confidentiality</td>
<td>3/3</td>
</tr>
</tbody>
</table>
  * HIPAA

**DUTY K: Demonstrate Taping, Wrapping, and Bracing Techniques**

<table>
<thead>
<tr>
<th>CODE</th>
<th>TASK</th>
<th>F/C</th>
</tr>
</thead>
<tbody>
<tr>
<td>K.01</td>
<td>Identify and understand the use of taping, wrapping and bracing supplies</td>
<td>3/3</td>
</tr>
<tr>
<td>K.02</td>
<td>Demonstrate common taping, wrapping and bracing techniques of the shoulder</td>
<td>2/3</td>
</tr>
<tr>
<td>K.03</td>
<td>Demonstrate common taping, wrapping and bracing techniques of the elbow, wrist, and hand</td>
<td>3/3</td>
</tr>
<tr>
<td>K.04</td>
<td>Demonstrate common taping, wrapping and bracing techniques of the hip and thigh</td>
<td>2/3</td>
</tr>
<tr>
<td>K.05</td>
<td>Demonstrate common taping, wrapping and bracing techniques of the knee</td>
<td>1/3</td>
</tr>
<tr>
<td>K.06</td>
<td>Demonstrate common taping, wrapping and bracing techniques of the lower leg, ankle, and foot</td>
<td>3/3</td>
</tr>
</tbody>
</table>

**DUTY L: Demonstrate Skill in the Construction and Fitting of Equipment to Comply with Safety Regulations**

<table>
<thead>
<tr>
<th>CODE</th>
<th>TASK</th>
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</thead>
<tbody>
<tr>
<td>L.01</td>
<td>Demonstrate proper fitting of football helmet</td>
<td>1/3</td>
</tr>
<tr>
<td>L.02</td>
<td>Demonstrate proper fit of protective gear for all applicable sports</td>
<td>2/3</td>
</tr>
<tr>
<td>L.03</td>
<td>Demonstrate knowledge of proper crutch fitting/gait training</td>
<td>1/3</td>
</tr>
</tbody>
</table>
### CIMC CURRICULUM

(1) Anatomy and Physiology Section A  
(2) Anatomy and Physiology Section B  
(3) Nursing Skills  
(4) Nursing Focus  
(5) Nursing Concepts  
(6) Pharmacology Skills

<table>
<thead>
<tr>
<th>CODE</th>
<th>TASK</th>
<th>BOC RDS</th>
<th>CIMC</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.01</td>
<td>Identify basic structures and describe functions of the skeletal system</td>
<td>0201 0202 0203 0401</td>
<td>(2) Module 2 (4) Module 3</td>
</tr>
<tr>
<td>A.02</td>
<td>Identify basic structures and describe functions of the muscular system</td>
<td>0201 0202 0203 0401</td>
<td>(2) Module 3 (4) Module 3</td>
</tr>
<tr>
<td>A.03</td>
<td>Identify basic structures and describe functions of the integumentary system</td>
<td>0201 0202 0203</td>
<td>(2) Module 1 (4) Module 2</td>
</tr>
<tr>
<td>A.04</td>
<td>Identify basic structures and describe functions of the digestive system</td>
<td>0201 0202 0203 0401</td>
<td>(2) Module 12 (4) Module 8</td>
</tr>
<tr>
<td>A.05</td>
<td>Identify basic structures and describe functions of the circulatory system</td>
<td>0201 0202 0203 0401</td>
<td>(2) Module 7-9 (4) Module 5</td>
</tr>
<tr>
<td>A.06</td>
<td>Identify basic structures and describe functions of the respiratory system</td>
<td>0201 0202 0203 0401</td>
<td>(2) Module 11 (4) Module 7</td>
</tr>
<tr>
<td>A.07</td>
<td>Identify basic structures and describe functions of the urinary system</td>
<td>0201 0202 0203</td>
<td>(2) Module 13 (4) Module 9</td>
</tr>
<tr>
<td>A.08</td>
<td>Identify basic structures and describe functions of the central nervous system</td>
<td>0201 0202 0203</td>
<td>(2) Module 4 (4) Module 10</td>
</tr>
<tr>
<td>A.09</td>
<td>Identify basic structures and describe functions of the peripheral nervous system</td>
<td>0201 0202 0203</td>
<td>(2) Module 5 (4) Module 14</td>
</tr>
<tr>
<td>A.10</td>
<td>Identify basic structures and describe functions of the endocrine system</td>
<td>0201 0202 0203</td>
<td>(2) Module 5 (4) Module 14</td>
</tr>
</tbody>
</table>

OD38613: Athletic Training Student Aide Crosswalk
<table>
<thead>
<tr>
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<th>CIMC</th>
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<tbody>
<tr>
<td>A.11</td>
<td>Identify basic structures and describe functions of the reproductive system</td>
<td>0201 0202 0203</td>
<td>(2) Module 14-15 (4) Module 15</td>
</tr>
<tr>
<td>A.12</td>
<td>Identify basic structures and describe functions of the immune system</td>
<td>0201 0202 0203</td>
<td>(1) Module 3 (2) Module 10 (4) Module 13</td>
</tr>
<tr>
<td>A.13</td>
<td>Utilize a good working knowledge of medical terminology</td>
<td>0201 0205</td>
<td>(5) Module 6</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
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<tr>
<td>B.01</td>
<td>Perform and describe various stretching techniques</td>
<td>0106 0401</td>
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<tr>
<td>B.02</td>
<td>Perform and describe proper warm-up and cool-down techniques</td>
<td>0106 0401</td>
<td>(2) Module 9</td>
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<tr>
<td>B.03</td>
<td>Demonstrate understanding of the body's response to exercise</td>
<td>0106 0401</td>
<td>(2) Module 9</td>
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<td>B.04</td>
<td>Perform proper techniques for determining body fat percentages</td>
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<tr>
<td>B.05</td>
<td>Perform and understand vital signs</td>
<td>0106 0201 0203 0204 0301</td>
<td>(3) Module 4</td>
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<tr>
<td>C.01</td>
<td>Identify and explain the use of thermo-therapeutic modalities Indications/contraindications/safety Hydrocollator packs Paraffin bath Topical analgesic Ultrasound Hot whirlpool Diathermy</td>
<td>0402 0404</td>
<td>(3) Module 11</td>
</tr>
<tr>
<td>C.02</td>
<td>Identify and explain the use of cryo-therapeutic modalities Indications/contraindications/safety Ice packs Ice massage Ice water immersion Cold whirlpool Chemical coolants Ice and Stretch</td>
<td>0302 0402 0404</td>
<td>(3) Module 11</td>
</tr>
</tbody>
</table>
C.03  Identify and explain the use of hydro-therapeutic modalities  
Indications/contraindications/safety  
Contrast immersion  
Hot and cold whirlpools  

C.04  Identify and explain the use of electrical stimulation modalities  
Indications/contraindications/safety  
TENS  
Interferential  
Pre-Mod  

C.05  Identify and explain the use of manual and mechanical modalities  
Indications/contraindications/safety  
Intermittent compression unit  
Ice and stretch  
Massage  
Traction  

C.06  Identify and explain the use of light modalities  
Indications/contraindications/safety  
Laser Therapy  

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</table>
| D.01 | Demonstrate the ability to obtain injury information and refer as necessary  
Utilize appropriate S.O.A.P note format | 0201 0202 0203 0204 0301 0303 | (3) Module 14-15 |
| D.02 | Identify and describe signs of closed soft tissue injuries to the upper and lower extremities  
Muscle  
Tendon  
Ligament  
Joint Capsule  
Nerves  
Cartilage | 0201 0202 0203 0204 0301 0302 0303 | (2) Module 3-4  
(3) Module 15 |
| D.03 | Identify and describe signs of open soft tissue injuries  
Wounds | 0201 0202 0203 0204 0301 0302 0303 | (1) Module 4  
(3) Module 15 |
| D.04 | Define and identify injuries to bony tissue  
Fractures (open, closed, stress)  
Common fractures to upper and lower extremities | 0201 0202 0203 0204 0301 0302 0303 | (2) Module 2  
(3) Module 15 |
### Duty E: Apply Basic Concepts of Rehabilitation

<table>
<thead>
<tr>
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<tr>
<td>E.01</td>
<td>Demonstrate a working knowledge of the phases of healing</td>
</tr>
<tr>
<td>E.02</td>
<td>Demonstrate a working knowledge of rehabilitation as it pertains to individualized patient needs</td>
</tr>
<tr>
<td>E.03</td>
<td>Demonstrate and use rehabilitation techniques and equipment</td>
</tr>
</tbody>
</table>

#### Demonstrate a working knowledge of the phases of healing

- Pain
- Inflammation
- Repair
- Resolution

#### Demonstrate a working knowledge of rehabilitation as it pertains to individualized patient needs

<table>
<thead>
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<td>4</td>
<td>0404</td>
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<td>0405</td>
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</table>

#### Demonstrate and use rehabilitation techniques and equipment

- Decrease pain
- Increase range-of-motion and flexibility
- Increase strength
- Increase proprioception
- Increase cardiovascular endurance
- Return to activity criteria

<table>
<thead>
<tr>
<th>Module</th>
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</table>

### Duty F: Demonstrate Knowledge of First Aid and Emergency Medical Skills

<table>
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<tr>
<th>CODE</th>
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<tbody>
<tr>
<td>F.01</td>
<td>Understand and perform DPR, rescue breathing, and skills for clearing obstructed airways</td>
</tr>
<tr>
<td>F.02</td>
<td>Recognize signs and demonstrate skill to control bleeding and care for wounds using universal precautions</td>
</tr>
</tbody>
</table>

#### Understand and perform DPR, rescue breathing, and skills for clearing obstructed airways

- CPR
- Airway management
- Ventilation

<table>
<thead>
<tr>
<th>Module</th>
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<tbody>
<tr>
<td>1.11</td>
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</tbody>
</table>

#### Recognize signs and demonstrate skill to control bleeding and care for wounds using universal precautions

- Internal bleeding
- External bleeding

<table>
<thead>
<tr>
<th>Module</th>
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<tr>
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<tr>
<td>7</td>
<td>0303</td>
</tr>
</tbody>
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OD38613: Athletic Training Student Aide Crosswalk
| F.03   | Demonstrate understanding and treatment of heat and cold illness  
|       | Heat cramps                      
|       | Heat exhaustion                  
|       | Heat stroke                      
|       | Hypothermia                      
|       | Frostbite                        
|       |                                | 0101  
|       |                                | 0105  
|       |                                | (2) Module 9  
|       |                                | (3) Module 4  

| F.04   | Demonstrate understanding of immobilization techniques and equipment  
|       | Spineboarding                    
|       | Splinting                        
|       | Cervical collar                  
|       |                                | 0302  
|       |                                | 0303  
|       |                                | (3) Module 6  

| F.05   | Identify signs and symptoms of illness and disease  
|       | Body temperature                  
|       | Skin temperature                  
|       | Dizziness                         
|       | Blood pressure                    
|       | Vomiting                          
|       | Skin appearance                   
|       | Pulse                             
|       | Diarrhea                          
|       | Headache                          
|       |                                | 0201  
|       |                                | 0202  
|       |                                | 0204  
|       |                                | 0302  
|       |                                | 0303  
|       |                                | (3) Module 4 & 15  

| F.06   | Demonstrate understanding and treatment of illness and disease  
|       | Diabetes                         
|       | Heart attack                     
|       | Shock                             
|       | Fainting                         
|       | Seizure                           
|       | Asthma                            
|       | Poisoning                        
|       | Allergic reactions                
|       | Internal organs                   
|       | Male/Female-specific conditions   
|       | Sickle cell                       
|       |                                | 0201  
|       |                                | 0202  
|       |                                | 0204  
|       |                                | 0302  
|       |                                | 0303  
|       |                                | (3) Module 4  

| F.07   | Demonstrate understanding and treatment of closed soft tissue injuries to upper and lower extremities  
|       |                                | 0201  
|       |                                | 0202  
|       |                                | 0204  
|       |                                | 0302  
|       |                                | 0303  
|       |                                | (3) Module 7  

| F.08   | Demonstrate understanding and treatment of open soft tissue to upper and lower extremities  
|       |                                | 0201  
|       |                                | 0202  
|       |                                | 0204  
|       |                                | 0302  
|       |                                | 0303  
|       |                                | (3) Module 7  

| F.09   | Demonstrate understanding and treatment of injuries to bony tissue  
|       |                                | 0201  
|       |                                | 0202  
|       |                                | 0204  
|       |                                | 0302  
|       |                                | 0303  
|       |                                | (3) Module 7  

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<tr>
<td>G.10</td>
<td>Demonstrate understanding and treatment of head, neck, spinal and facial injuries</td>
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<td></td>
<td><strong>Duty G: Demonstrate Administrative and Organizational Skills</strong></td>
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<tr>
<td>G.01</td>
<td>Provide and maintain appropriate documentation of all individualized patient records</td>
<td>0201</td>
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<td>G.02</td>
<td>Organize pre-participation physicals</td>
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<td>G.03</td>
<td>Maintain open lines of communication and referral with sports medicine team members</td>
<td>0101</td>
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<tr>
<td></td>
<td>Athlete</td>
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<td>Family physician</td>
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<td>Allied health professionals</td>
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<td>Team physician</td>
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<td>G.04</td>
<td>Demonstrate knowledge of emergency/catastrophic management plan</td>
<td>0302</td>
<td>(3) Module 1.12</td>
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<td>G.05</td>
<td>Understand principles of athletic training room design and function</td>
<td>0501</td>
<td>(3) Module 2</td>
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<tr>
<td>G.06</td>
<td>Utilize safety and sanitation procedures in the athletic training room</td>
<td>0501</td>
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<tr>
<td>G.07</td>
<td>Demonstrate knowledge of education, certification/licensure requirements, and professional organizations</td>
<td>0503</td>
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<td>G.08</td>
<td>Identify, understand, and comply with regulations and policies</td>
<td>0205</td>
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<td>G.09</td>
<td>Develop knowledge of athletic training room supplies and their use</td>
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<td>Emergency supplies</td>
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<tr>
<td>H.01</td>
<td>Demonstrate knowledge of the basics of human nutrition Carbohydrates Fat Proteins Vitamins Minerals Water</td>
<td>0101 0107</td>
<td>(3) Module 9 (5) Module 5</td>
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<tr>
<td>H.02</td>
<td>Recognize the special nutritional needs of the athlete</td>
<td>0101 0107</td>
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<tr>
<td>H.04</td>
<td>Demonstrate understanding of proper hydration techniques</td>
<td>0101 0107</td>
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<td>H.05</td>
<td>Demonstrate understanding of eating disorders Anorexia nervosa Bulimia nervosa</td>
<td>0107</td>
<td>(3) Module 11</td>
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<tr>
<td>H.06</td>
<td>Understand proper weight-loss or weight-gain methods</td>
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<tr>
<td>I.01</td>
<td>Define anti-pyretic and identify its effect on the body</td>
<td>0302 0404</td>
<td>(6) Module 2</td>
</tr>
<tr>
<td>I.02</td>
<td>Define anti-inflammatory and identify its effect on the body</td>
<td>0302 0404</td>
<td>(6) Module 2</td>
</tr>
<tr>
<td>I.03</td>
<td>Define analgesic and identify its effect on the body</td>
<td>0302 0404</td>
<td>(3) Module 18 (6) Module 2</td>
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<td>I.04</td>
<td>Understand the role of medications Anti-fungal Gastrointestinal Antibiotics OTC medication Asthma medication</td>
<td>0302 0404</td>
<td>(6) Module 2, 3, and 4</td>
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<td>I.05</td>
<td>Understand legal regulations of medication Minors Prescription drugs OTC drugs</td>
<td>0505</td>
<td>(6) Module 2</td>
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<td>J.01</td>
<td>Demonstrate understanding of psychosocial conditions that require referral of patient to appropriate care giver</td>
<td>0205</td>
<td>(5) Module 2, 5</td>
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<td>J.02</td>
<td>Utilize basic understanding of interpersonal skills</td>
<td>0107 0506</td>
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<td>Maintain confidentiality HIPAA FERPA</td>
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<tr>
<td>K.01</td>
<td>Identify and understand the use of taping, wrapping and bracing supplies</td>
<td>0101 0403</td>
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<tr>
<td>K.02</td>
<td>Demonstrate common taping, wrapping and bracing techniques of the shoulder</td>
<td>0101 0403</td>
<td></td>
</tr>
<tr>
<td>K.03</td>
<td>Demonstrate common taping, wrapping and bracing techniques of the elbow, wrist, and hand</td>
<td>0101 0403</td>
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<tr>
<td>K.04</td>
<td>Demonstrate common taping, wrapping and bracing techniques of the hip and thigh</td>
<td>0101 0403</td>
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</tr>
<tr>
<td>K.05</td>
<td>Demonstrate common taping, wrapping and bracing techniques of the knee</td>
<td>0101 0403</td>
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<tr>
<td>K.06</td>
<td>Demonstrate common taping, wrapping and bracing techniques of the lower leg, ankle, and foot</td>
<td>0101 0403</td>
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<tr>
<td>L.01</td>
<td>Demonstrate proper fitting of football helmet</td>
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</tr>
<tr>
<td>L.02</td>
<td>Demonstrate proper fit of protective gear for all applicable sports</td>
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<tr>
<td>L.03</td>
<td>Demonstrate knowledge of proper crutch fitting/gait training</td>
<td>0302 0403</td>
<td>(3) Module 4.18</td>
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