Unit/ Standard Number	State College High School CTC **Sports Therapy and Exercise Science- CIP 51.2604 Task Grid** (Official Title: Rehabilitation Aide) Studnet Name _____ ID#_____ Years in Program _____, _____, _____ Instructors: Jennifer Reed, Maryanne Neal, Donna Woolley, Kathy Seeland, Brett Rodkey, Jeremy Dinsmore	Proficiency Level Achieved: (X) Indicates Competency Achieved to Industry Proficiency Level								
100	**ORGANIZATIONAL AND PROFESSIONAL HEALTH AND WELLBEING**									
101	Identify school and health care/fitness facility partner rules, regulations and attendance requirements									
102	Identify school layout, resources and evacuation procedures									
103	Follow safety and emergency procedures of the facility (RACE/PASS) and report emergencies immediately									
104	Identify course objectives, expectations and grading procedures									
105	Outline standards for health care professionals by identifying professionalism (behavior, appearance, communication, etc.)									
106	Identify opportunity to demonstrate membership/leadership/citizenship skills through participation in a career and technical student organization									
107	Differentiate between fitness and health care careers by: describing historical foundations, comparing and contrasting roles/responsibilities, describing educational/license requirements and analyzing different occupational opportunities of various sports medicine careers (NATA 1.1/1.2/1.3/1.4/1.5/4.1/13.2)									
108	Demonstrate understanding of proper use of medical/fitness equipment and report on non-functioning equipment immediately									
109	Demonstrate understanding and use of proper body mechanics for personal and client safety (NATA 9.7)									
110	Identify the "chain of command" in the organizational structure of the health care agency and scope of practice									
111	Identify effective interpersonal conflict management skills									
200	**DOCUMENTATION, LEGAL AND ETHICAL ISSUES**									
201	Identify the differences and maintain the confidentiality of records/information as required by HIPAA/FERPA (NATA 2.5)									
202	Identify the components of Informed Consent and how to implement									
203	Identify the legal importance of accurate, clear and up to date record keeping to the benefit of all parties (NATA 2.3/3.6)									
204	Identify legal concepts of liability, negligence, supervision and assumption of risk (NATA 3.3/4.1)									
205	Demonstrate knowledge of electronic medical records (EMR)									
206	Identify and analyze legal considerations via scenarios that differentiate between legal and ethical actions (NATA 2.4/3.2/3.4)									
207	Demonstrate awarenss of advanced directives									
208	Demonstrate understanding of how to protect a patient/client's privacy while assisiting or caring for them									
300	**EMERGENCY CARE AND INFECTION CONTROL**									
301	Identify the components of an EAP (NATA 11.2)									

302	Demonstrate knowledge of signs and symptoms, prevention and treatment of weather-related illnesses (NATA 5.1/5.2/5.3/5.5/5.6/11.3)										
303	Demonstrate knowledge of Basic Life Support with CPR, AED and Basic First Aid (NATA 11.3 /11.5)										
304	Demonstrate knowledge of signs and symptoms, prevention and treatment of head injuries/MTBI's (NATA 11.3/11.4)										
305	Demonstrate knowledge of signs and symptoms, prevention and treatment of acute traumatic cervical spine injuries (NATA 11.3)										
306	Demonstrate knowldege of common causes of cardiorespiratory complications in athletes and clients (NATA 11.3/11.6)										
307	Demonstrate knowledge of emergency management techniques for shock, allergic reaction, asthma, and seizure (NATA 11.3)										
308	Demonstrate knowledge of emergency management techniques for contusions, wounds, hemorrhaging, sprains, strains, dislocations and fractures (NATA 11.3)										
309	Demonstrate how to apply PRICE principle										
310	Identify diseases and their mode of transmission										
311	Perform basic cleaning and disinfection of objects and surfaces to prevent disease transmission										
312	Demonstrate proper hand washing technique										
313	Investigate various blood borne pathogens (NATA 10.2)										
314	Demonstrate understandng of OSHA blood borne pathogen standards (NATA 10.3)										
315	Outline the components of a written exposure plan (NATA 10.4)										
316	Identify need for and proper use of PPE										
317	Demonstrate knowledge of basic wound care procedures and apply a dressing (NATA 10.5)										
318	Locate and discuss the significance of SDS/MSDS										
400	**INJURY PREVENTION AND PROTECTION**										
401	Demonstrate awareness of types of marketed and fabricated bracing/splinting devices and techniques (NATA 7.3)										
402	Debate the advantages and disadantages of taping vs bracing (NATA 7.4)										
403	Determine the appropriate and demonstrate basic athletic taping and wrapping techniques for client's needs (NATA 7.5/7.6/7.7)										
404	Identify safety measures that prevent accidents to clients including the proper use of equipment (bed rails and locks, wheelchair locks, gait belts,etc.)										
405	Demonstrate knowledge of modifications strategies for client's with special needs or special populations of clients										
500	**TREATMENT, REHABILITATION AND CLINICAL SKILLS**										
501	Demonstrate ability to take an accurate client history										
502	Differentiate between HOPS (history/observation/palaption/special tests) and SOAP (subjective/objective/assessment/plan) (NATA 15.1)										
503	Measure and record height and weight										
504	Measure and record vital signs (VS) temperature, pulse, blood pressure, respirations, pain										
505	Perform visual acuity test										
506	Identify normal values for and measure ROM with goniometer (NATA 15.3)										
507	Demonstrate basic UE and LE MMT (NATA 15.3)										
508	Differentiate and perform active, active assistive, passive and resistive range of motion exercises (NATA 15.3)										
509	Demonstrate understanding of the phases of rehabilitation (NATA 13.3)										
510	Demonstrate knowledge of signs and symptoms, prevention and treatment of lower extremity injuries										

511	Demonstrate knowledge of signs and symptoms, prevention and treatment of upper extremity injuries										
512	List the types of modalities and safety procuedures with each (NATA 13.1)										
513	Apply basic cryo/thermotherapy modalities										
514	Assist the client with ambulatory and transfer devices (e.g. cane, quad cane, walker, crutches, wheelchair, etc) utilizing proper safety devices (gait belt, transfer board, transfer disc, etc)										
600	**NUTRITION, HYDRATION AND PHARMACOLOGY**										
601	Demonstrate understanding of daily nutritional requirements and caloric intake needs/BMR										
602	Demonstrate ability to read and understand food labels										
603	List general principles of basic and sport nutrition and hydration including the six classes of nutrients (NATA 8.1)										
604	Identify signs and symptoms of dehydration and describe the appropriate methods for maintaining hydration during exercise										
605	Demonstrate understanding of proper nutrition in enhancing performance, healing from injury and injury prevention (NATA 8.2)										
606	Differentiate and identify methods to assess body weight and composition and issues associated with each method (NATA 8.3/8.4)										
607	Identify safe methods for weight loss and weight gain (NATA 8.5)										
608	Identify and plan basic diets										
609	Describe the difference between OTC and prescription medications (NATA 14.1)										
610	Identify socially used drugs, ergogenic aides and problems associated with general health and athletic performance (NATA 14.4)										
700	**EXERCISE SCIENCE AND PRESCRIPTION**										
701	Describe the role of pre-exercise screening in determining physical activity participation										
702	Demonstrate ability to utilize health/fitness intake questionnaire										
703	Identify and conduct baseline testing for body composition, cardiorespiratory, strength, muscular endurance and flexibility										
704	Demonstrate an understanding of the FITTE (frequency, intensity, time, type, enjoyment) components of exercise prescription and modification (NATA 4.4/4.5)										
705	Select appropriate exercises to improve cardiorespiratory fitness, muscular strength, muscular endurance and flexibility for a client (NATA 4.6)										
706	Select appropriate exercises to improve agility, function, power, speed, balance and proprioception for a client										
707	Demonstrate understanding of short term, long term and SMART (specific, measurable, attainable, realistic and time bound) goals										
708	Identify correct spotting techniques for resistance training exercise										
800	**HUMAN DEVELOPMENT AND MENTAL HEALTH**										
801	Demonstrate knowledge of human growth and development through the lifespan										
802	Identify types of diversity (age/culture, etc) and communicate in respectful, mature manner according to the client's stage of development and background										
803	Demonstrate understanding of how culture and religion influence a person's attitude toward aspects of care (NATA 15.4)										
804	Demonstrate knowledge of how age, illness and disability affect psychosocial and physical changes in the client (NATA 12.1/12.2)										
805	Identify and discuss various types of mental health disorders										
806	Identify and discuss various types of disordered eating										
807	Identify physical and psychological indicators of stress in self and others and identify stress reduction techniques										

808	Demonstrate knowledge of feelings and attitudes about loss and grief													
900	**MEDICAL TERMINOLOGY**													
901	Identify combining forms													
902	Identify abbreviations													
903	Identify, demonstrate and interpret proper use of medical terminology													
1000	**ANATOMY, PHYSIOLOGY AND PATHOPHYSIOLOGY**													
1001	Identify the basic structure of the human body													
1002	Identify anatomical position, body planes, directions and cavities (NATA 15.2)													
1003	Identify organs, functions and disease processes of the integumentary system (NATA 6.1)													
1004	Identify organs, functions and disease processes of the skeletal system (NATA 6.2/6.6)													
1005	Identify organs, functions and disease processes of the muscular system (NATA 6.2/6.6)													
1006	Identify organs, functions and disease processes of the nervous system (NATA 6.2/6.6)													
1007	Identify organs, functions and disease processes of the cardiovascular system (NATA 6.4)													
1008	Identify organs, functions and disease processes of the endocrine system (NATA 6.5)													
1009	Identify organs, functions and disease processes of the lymphatic system (NATA 6.7)													
1010	Identify organs, functions and disease processes of the respiratory system (NATA 6.8)													
1011	Identify organs, functions and disease processes of the urinary/excretory system (NATA 6.9/6.10)													
1012	Identify organs, functions and disease processes of the digestive/excretory system (NATA 6/10/6.12)													
1013	Identify organs, functions and disease processes of the reproductive system (NATA 6.11)													
1014	Identify organs, functions and disease processes of the immune system (NATA 6.13/9.1)													
2000	**MATHEMATICS APPLIED TO HEALTH CARE AND WELLNESS PROFESSIONS**													
2001	Demonstrate proper use of mathematics applications in healthcare													
2002	Identify systems of measurements used within health care and wellness professions													
2003	Identify and convert between measurement systems including metric system (i.e.: lbs to kg and in to cm, etc.)													