Unit/ Standard Number	High School Graduation Years 2018, 2019, and 2020 Rehabilitation Aide CIP 51.2604 Task Grid	Proficiency Level Achieved: (X) Indicates Competency Achieved to Industry Proficiency Level				
	Secondary Competency Task List					
100	ORGANIZATIONAL AND PROFESSIONAL HEALTH AND WELLBEING					
	Comply with school and health care/fitness facility partner rules and regulations.					
	Comply with course objectives, expectations and grading procedures.					
	Apply interpersonal conflict management skills.					
104	Utilize safety and emergency procedures and report emergencies immediately.					
105	Adhere to the professional standards for health care providers.					
106	Investigate fitness and health care careers by: describing historical foundations, comparing and contrasting scopes of practice, describing educational/licensure requirements and analyzing different occupational opportunities. (NATA 1.1/1.2/1.3/1.4/1.5/4. 1/13.2)					
107	Use medical/fitness equipment.					
108	Use proper body mechanics for personal and patient/client safety. (NATA 9.7)					
	DOCUMENTATION, LEGAL AND ETHICAL ISSUES					
201	Maintain the confidentiality of records/information as required by HIPAA/FERPA. (NATA 2.5)					
	Implement the components of informed consent.					
	Identify the legal importance of accurate record keeping to the benefit of all parties. (NATA 2.3/3.6)					
	Define legal concepts of liability, negligence, supervision and assumption of risk. (NATA 3.3/4.1)					
	Analyze legal considerations and ethical actions. (NATA 2.4/3.2/3.4)					
206	Review advanced directives.					
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	EMERGENCY CARE AND INFECTION CONTROL					I
	Emergency Action Plan (EAP). (NATA 11.2)					I
	Identify signs and symptoms, prevention and treatment of weather-related illnesses. (NATA 5.1/5.2/5.3/5.5/5.6/11.3)					L
	Perform CPR, AED and Basic-First Aid skills. (NATA 10.5/11.3/11.5)					
304	Identify signs and symptoms, prevention and treatment of head injuries/traumatic brain injuries (TBI's). (NATA 11.3/11.4)					
	Identify signs and symptoms, prevention and treatment of acute traumatic spine injuries. (NATA 11.3)					
	Identify common causes of cardiorespiratory complications. (NATA 11.3/11.6) Identify emergency management techniques for neuromusculoskeletal conditions. (NATA 11.3)					
	Apply protect, rest, ice, compress and elevate (PRICE) principle.					
	Clean and disinfect objects and surfaces to prevent disease transmission.					
	Perform proper hand washing technique.					
	Identify various blood borne pathogens and comply with OSHA standards. (NATA 10.2./10.3/10.4)					
	Utilize personal protective equipment (PPE).					
400	INJURY PREVENTION AND PROTECTION					
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404		I	I	1	r	
	Identify of bracing/splinting devices and techniques. (NATA 7.3)					
	Select the appropriate taping, bracing and wrapping techniques. (NATA 7.4/7.5/7.6/7.7)					L
	Utilize patient/client safety measures.					
404	Adapt strategies for special populations.					L
500	TREATMENT, REHABILITATION AND CLINICAL SKILLS					
501	Compose HOPS (history/observation/palpation/special tests) and SOAP (subjective/objective/assessment/plan) notes. (NATA 15.1)					
502	Measure and record height and weight.					
503	Measure and record vital signs (VS).					
504	Perform visual acuity test.					
505	Measure and perform range of motion (ROM). (NATA 15.3)					
-	Perform manual muscle test (MMT). (NATA 15.3)					
	Distinguish the phases of rehabilitation. (NATA 13.3)					
	Identify signs and symptoms, prevention and treatment of neuromusculoskeletal injuries.					
	Identify treatment modalities and related safety procedures. (NATA 13.1)					
	Assist the patient/client with activities of daily living (ADL) and necessary assistive devices (AD).					
	Demonstrate understanding of how to protect a patient's/client's privacy while treating him/her.	+				-
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600	NUTRITION, HYDRATION AND PHARMACOLOGY					l
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	Explain daily nutritional requirements, caloric intake needs and calculate basal metabolic rate (BMR).					l
	Evaluate food labels.					l
	Evaluate basic and sport nutrition needs, including hydration. (NATA 8.1/8.2)					l
	Identify signs and symptoms of dehydration.					l
	Identify safe methods for weight loss and weight gain. (NATA 8.5)					L
	Differentiate between over the counter (OTC) and prescription medications. (NATA 14.1)					
607	Identify supplements and ergogenic aids. (NATA 14.4)					
700	EXERCISE SCIENCE AND PRESCRIPTION					
701	Simulate pre-exercise screening in determining physical activity participation.					
702	Utilize health/fitness intake questionnaire.					
703	Conduct baseline testing for body composition, cardiorespiratory, muscular strength, muscular endurance and flexibility. (NATA 8.3/8.4)					
704	Implement the components of exercise prescription and modification. (NATA 4.4/4.5)					
705	Select and demonstrate exercises to improve body composition, cardiorespiratory fitness, muscular strength, muscular endurance and flexibility. (NATA 4.6)					
	Select and demonstrate exercises to improve agility, power, speed, balance and proprioception.					
	Create short-term and long-term goals utilizing the SMART (specific, measurable, attainable, realistic and time bound) principle.					<u> </u>
	Execute spotting techniques for resistance training exercise.					<u> </u>
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	HUMAN DEVELOPMENT AND MENTAL HEALTH	<u> </u>				l
	Identify the stages of human growth and development. (NATA 12.1/12.2)					l
	Communicate according to the patient's/client's stage of development and background. (NATA 15.4)					<b> </b>
	Identify and discuss types of mental health disorders.					<b> </b>
	Identify and discuss types of disordered eating.					<b> </b>
	Identify physical and psychological indicators of stress.					<b> </b>
806	Identify the stages of grief.					
900	MEDICAL TERMINOLOGY					

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•NARIOWI, PHYSICLOGY AND PATHOPHYSICLOGY••<	901	Use medical terminology and abbreviations/acronyms.				
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