


Unit/ Standard Number	 pennsylvania DEPARTMENT OF EDUCATION	<u>High School Graduation Years 2018, 2019, and 2020</u>	Proficiency Level Achieved: (X) Indicates Competency Achieved to Industry Proficiency Level					
	Rehabilitation Aide CIP 51.2604 Task Grid							
	Secondary Competency Task List							
100	ORGANIZATIONAL AND PROFESSIONAL HEALTH AND WELLBEING							
101	Comply with school and health care/fitness facility partner rules and regulations.							
102	Comply with course objectives, expectations and grading procedures.							
103	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)							
200	DOCUMENTATION, LEGAL AND ETHICAL ISSUES							
201	Maintain the confidentiality of records/information as required by HIPAA/FERPA. (NATA 2.5)							
202	Implement the components of informed consent.							
203	Identify the legal importance of accurate record keeping to the benefit of all parties. (NATA 2.3/3.6)							
204	Define legal concepts of liability, negligence, supervision and assumption of risk. (NATA 3.3/4.1)							
205	Analyze legal considerations and ethical actions. (NATA 2.4/3.2/3.4)							
206	Review advanced directives.							
300	EMERGENCY CARE AND INFECTION CONTROL							
301	Emergency Action Plan (EAP). (NATA 11.2)							
302	Identify signs and symptoms, prevention and treatment of weather-related illnesses. (NATA 5.1/5.2/5.3/5.5/5.6/11.3)							
303	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)							
305	Identify signs and symptoms, prevention and treatment of acute traumatic spine injuries. (NATA 11.3)							
306	Identify common causes of cardiorespiratory complications. (NATA 11.3/11.6)							
308	Identify emergency management techniques for neuromusculoskeletal conditions. (NATA 11.3)							
309	Apply protect, rest, ice, compress and elevate (PRICE) principle.							
311	Clean and disinfect objects and surfaces to prevent disease transmission.							
312	Perform proper hand washing technique.							
313	Identify various blood borne pathogens and comply with OSHA standards. (NATA 10.2/10.3/10.4)							
316	Utilize personal protective equipment (PPE).							
400	INJURY PREVENTION AND PROTECTION							

401	Identify of bracing/splinting devices and techniques. (NATA 7.3)						
402	Select the appropriate taping, bracing and wrapping techniques. (NATA 7.4/7.5/7.6/7.7)						
403	Utilize patient/client safety measures.						
404	Adapt strategies for special populations.						
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)						
506	Perform manual muscle test (MMT). (NATA 15.3)						
507	Distinguish the phases of rehabilitation. (NATA 13.3)						
508	Identify signs and symptoms, prevention and treatment of neuromusculoskeletal injuries.						
509	Identify treatment modalities and related safety procedures. (NATA 13.1)						
510	Assist the patient/client with activities of daily living (ADL) and necessary assistive devices (AD).						
511	Demonstrate understanding of how to protect a patient's/client's privacy while treating him/her.						
600	NUTRITION, HYDRATION AND PHARMACOLOGY						
601	Explain daily nutritional requirements, caloric intake needs and calculate basal metabolic rate (BMR).						
602	Evaluate food labels.						
603	Evaluate basic and sport nutrition needs, including hydration. (NATA 8.1/8.2)						
604	Identify signs and symptoms of dehydration.						
605	Identify safe methods for weight loss and weight gain. (NATA 8.5)						
606	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)						
706	Select and demonstrate exercises to improve agility, power, speed, balance and proprioception.						
707	Create short-term and long-term goals utilizing the SMART (specific, measurable, attainable, realistic and time bound) principle.						
708	Execute spotting techniques for resistance training exercise.						
800	HUMAN DEVELOPMENT AND MENTAL HEALTH						
801	Identify the stages of human growth and development. (NATA 12.1/12.2)						
802	Communicate according to the patient's/client's stage of development and background. (NATA 15.4)						
803	Identify and discuss types of mental health disorders.						
804	Identify and discuss types of disordered eating.						
805	Identify physical and psychological indicators of stress.						
806	Identify the stages of grief.						
900	MEDICAL TERMINOLOGY						

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