

ARIZONA CTE CAREER PREPARATION STANDARDS & MEASUREMENT CRITERIA

SPORTS MEDICINE AND REHABILITATION, 51.0800.5	
STANDARD 1.0—DETERMINE CRITICAL FACTORS IN PROVIDING SUPPORT AND CARE IN SPORTS MEDICINE AND REHABILITATION	
1.1	Apply psychology and motivation techniques to athletic training and physical fitness
1.2	Relate cultural, religious, and socioeconomic differences in individuals to their beliefs and values about wellness and rehabilitation
1.3	Describe an individual's reaction to injury prevention, injury and restoration of function
STANDARD 2.0—SUMMARIZE KNOWLEDGE OF THE BODY'S SYSTEMS AND ITS DEVELOPMENT ACROSS THE LIFE SPAN	
2.1	Describe factors that influence body development
2.2	Use specific abbreviations and terms used in physical therapy, kinesiology, and sports medicine
2.3	Relate the demands of exercise and the results of injury on body systems
STANDARD 3.0—APPRAISE WELLNESS AND HEALTH PROMOTION	
3.1	Describe concepts of wellness and the elements of active living
3.2	Assess the dimensions of health promotion and their impact on active living
3.3	Apply nutritional concepts to evaluate dietary intake
3.4	Analyze the relationship between dietary intake, physical activity, and body weight
3.5	Assess body composition and appropriate body fat values
3.6	Identify the ways in which humans can stay flexible
3.7	Determine the different types of exercise needed for special populations
3.8	Interpret cardiorespiratory endurance and strength tests to determine fitness
3.9	Examine the process of appraising fitness and developing a personal fitness plan
STANDARD 4.0—PROMOTE SAFETY AND INJURY PREVENTION	
4.1	Apply strategies that individuals can use to promote a safe home and work environment to prevent falls, sprains, strains, and fractures
4.2	Use taping techniques and protective equipment to prevent, support, or treat sports injuries
4.3	Employ techniques that can be used to increase strength, mobility, and endurance
4.4	Perform standard first aid skills

These technical knowledge and skill standards were validated by a Skill Standards Validation Committee on August 15, 2007, and used in the adaptation, adoption, and development of test items for pilot testing in Spring 2008.

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4.5	Maintain knowledge of simple first aid and CPR procedures
STANDARD 5.0—ASSESS THE IMPACT OF INJURIES, SPORTS TRAUMA AND PHYSICAL DYSFUNCTIONS/DISORDERS ON INDIVIDUALS	
5.1	Identify the signs and symptoms of injuries
5.2	Relate the tissue's reaction to injury
5.3	Explain the impact on the body when there is a fracture or joint replacement
5.4	Describe signs and symptoms of nervous or vascular system disorders
5.5	Describe different types of injuries to the lower body, spine, abdomen, head and shoulders, wrist and hands
5.6	Investigate how injuries can cause secondary injuries on the body due to change of gait, carrying capacity, etc
5.7	Analyze methods of managing pain including medication and complementary approaches
5.8	Identify situations when emergency treatment is needed
5.9	Use proper body mechanics when transporting an injured individual
5.10	Select the needed transport procedures for the injury and setting
5.11	Use methods of stabilization such as bandaging and taping
STANDARD 6.0—SUPPORT A REGIMEN OF THERAPEUTIC AND MOBILITY EXERCISE AND TRAINING, AND RECONDITIONING	
6.1	Prepare the individual for the exercise, training, and/or reconditioning
6.2	Select appropriate equipment
6.3	Provide necessary instructions
6.4	Discuss strength, mobility, balance and pain control
6.5	Explain indications, contraindications and safety precautions for aerobic and weight training
6.6	Explain indications, contraindications and safety precautions of various therapeutic exercises such as isotonic, isometric, and isokinetic
6.7	Select needed exercises, training, and reconditioning regimens for various types of individual situations
6.8	Analyze methods of managing pain including medication and complementary approaches
6.9	Identify situations when emergency treatment is needed
6.10	Use proper body mechanics when transporting and/or treating an injured individual
6.11	Select the needed transport procedures for the injury and setting

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6.12	Use methods of stabilization such as bandaging and taping
STANDARD 7.0—USE SELECTED THERAPY MODALITIES	
7.1	Ensure preparation for treatment including transfers and positioning for comfort and support
7.2	Prepare the individual for the treatment with any special instructions
7.3	Select appropriate equipment
7.4	Explain indications, contraindications and safety precautions related to the use of superficial heat, cold, light and electrical stimulation applications
7.5	Explain indications, contraindications and safety precautions related to the use of whirlpools, paraffin, and ultrasound
7.6	Explain indications, contraindications and safety precautions and proper techniques for gait training such as weight bearing, assistive device, prosthetics and orthotic devices
7.7	Apply selected therapy modalities in accordance with needed treatment
7.8	Provide a report on the response to treatment
STANDARD 8.0—SUPPORT COMMUNICATION OF REQUIRED INFORMATION AND MAINTENANCE OF NEEDED SUPPLIES	
8.1	Report results of observations and treatments in appropriate documents
8.2	Select the billing appropriate to the environment
8.3	Check for adequate inventory of supplies
8.4	Use proper protocol for ordering needed supplies
STANDARD 9.0—DEMONSTRATE ACTIVITIES THAT REFLECT CURRENCY IN THE PRACTICE OF THE ASSISTANT ROLE	
9.1	Use resources common in the field to stay current with advances in sports and rehabilitation therapies
9.2	Assess the benefits of active involvement in local, state, and national associations and organizations