



SPORTS MEDICINE AND REHABILITATION

51.0913.00

TECHNICAL STANDARDS

An Industry Technical Standards Validation Committee developed and validated these standards on April 16, 2026. The Arizona Career and Technical Education Quality Commission, the validating authority for the Arizona Skills Standards Assessment System, endorsed these standards on July 12, 2026.

Note: Arizona's Professional Skills are taught as an integral part of the Sports Medicine and Rehabilitation program.

The Technical Skills Assessment for Cosmetology and Related Services is available SY2027-2028.

Note: In this document i.e. explains or clarifies the content and e.g. provides examples of the content that must be taught.

STANDARD 1.0 USE MEDICAL TERMINOLOGY AS APPLIED IN HEALTHCARE

- 1.1 Use medical terms, acronyms, abbreviations, root words, prefixes, and suffixes commonly used in sports medicine and rehabilitation services
- 1.2 Use anatomical terms commonly used in sports medicine and rehabilitation services (e.g., primary directions, body planes, and movement terms)

STANDARD 2.0 DEMONSTRATE BASIC KNOWLEDGE OF BODY SYSTEMS AND HUMAN ANATOMY

- 2.1 Classify the four primary tissue types (epithelial, connective, muscular, and nervous) and describe their roles
- 2.2 Explain the structure and function of the musculoskeletal system (e.g., axial, upper, and lower extremities)
- 2.3 Explain each type of joint and its various locations, including articular structures and functions
- 2.4 Explain the basic structure and function of the neurological system
- 2.5 Explain the basic structure and function of the cardiopulmonary system

STANDARD 3.0 EXAMINE HEALTH AND PERFORMANCE CONCEPTS

- 3.1 Describe nutritional concepts and physical composition of food (e.g., six basic nutrients: protein, carbohydrates, fats, vitamins, minerals, and water)
- 3.2 Calculate and analyze caloric intake in relation to recommended daily allowance and USDA dietary guidelines
- 3.3 Explain nutrition considerations for diverse populations (i.e., patients with medical conditions, cultural considerations, food intolerances, etc.)
- 3.4 Explain exercise considerations for diverse populations (i.e., patients with medical conditions, cultural considerations, weight management, etc.)
- 3.5 Describe general concepts of athletic hydration (e.g., pre-practice/competition, competition, and post-practice/competition)
- 3.6 Interpret tests used to determine fitness for cardiorespiratory endurance, strength, flexibility, and body composition
- 3.7 Evaluate the safety and efficacy of dietary supplements and performance enhancement drugs (PEDs)
- 3.8 Explain general strength and conditioning training principles as they apply to fitness regimens

STANDARD 4.0 DEMONSTRATE SAFETY AND INFECTION CONTROL

- 4.1 Set up a treatment area utilizing proper cleaning, disinfecting, and sterilizing sanitation methods
- 4.2 Apply universal precautions (e.g., use and disposal of PPE and biohazard materials)
- 4.3 Explain risk management strategies according to OSHA compliance [i.e., safety data sheets (SDSs) and chemical management database system for injury and illness solutions]

STANDARD 5.0 MANAGE ACUTE CARE EMERGENCY AND NON-EMERGENCY SITUATIONS

- 5.1 Assess normal and abnormal vital signs (i.e., temperature, pulse, respirations, skin, pupils, blood pressure, pulse oximetry, etc.)
- 5.2 Recognize signs and symptoms of sudden health issues and describe their treatment (e.g., fainting, seizures, types of shock, poisoning, heart attack, stroke, and choking)
- 5.3 Recognize causes, signs, and symptoms, and describe treatment of environmentally related emergencies (e.g., effects of heat and cold, altitude, and asthma)

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- 5.4 Perform CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) procedures for infants, children, and adults
- 5.5 Demonstrate common taping, wrapping, and bracing techniques that prevent, support, or treat injuries and conditions
- 5.6 Describe common open and closed wounds including bleeding control techniques (e.g., abrasions, incisions, lacerations, punctures, blisters, and contusions)
- 5.7 Demonstrate proper wound care to assess and prevent infection, including home-care instructions (e.g., signs and symptoms of infection, cleaning, bandaging, and dressing)
- 5.8 Demonstrate splinting techniques (e.g., soft, rigid, and anatomical)
- 5.9 Explain proper procedures for removing and transporting an injured patient in an emergent situation, including the use of proper body mechanics (e.g., logroll, spine board, and stretcher)
- 5.10 Explain proper procedures for removing and transporting an injured patient in a nonemergent situation, including the use of proper body mechanics (i.e., manual conveyance techniques, etc.)
- 5.11 Describe key components of emergency action plans and conditions for activation
- 5.12 Identify appropriate first-aid supplies utilized in various healthcare settings (i.e., hospital/clinic, athletic training room, physical therapy office, etc.)

STANDARD 6.0 ASSESS THE IMPACT OF INJURIES, SPORTS TRAUMA, AND PHYSICAL DYSFUNCTIONS AND DISORDERS

- 6.1 Evaluate an injury using H.I.P.S., or H.O.P.S.
- 6.2 Recognize and explain the etiology, signs, and symptoms related to injuries to the head and face
- 6.3 Recognize and explain the etiology, signs, and symptoms related to injuries to axial regions
- 6.4 Recognize and explain the etiology, signs, and symptoms related to injuries to upper extremity
- 6.5 Recognize and explain the etiology, signs, and symptoms related to injuries to lower extremity
- 6.6 Identify and describe common techniques used to evaluate musculoskeletal disorders [i.e., special orthopedic testing, range of motion (ROM) measurement, manual muscle testing, etc.]
- 6.7 Identify phases of tissue healing
- 6.8 Investigate the cause of secondary injuries (i.e., gait, compensatory posture, etc.)

STANDARD 7.0 ANALYZE THERAPEUTIC EXERCISE, TRAINING, AND RECONDITIONING TECHNIQUES

- 7.1 Differentiate among various kinds of exercises (i.e., isometric, isotonic, manual resistance, isokinetic, circuit training, etc.)
- 7.2 Consider indications, contraindications, and safety precautions related to various injury rehabilitation and strength and conditioning activities
- 7.3 Describe types of stretching and flexibility strategies (i.e., static, ballistic, dynamic, proprioceptive neuromuscular facilitation, etc.)
- 7.4 Explain strength, mobility, and proprioception as related to performance and injury prevention
- 7.5 Explain indications, contraindications, precautions, and proper fitting of devices for mobility and ambulation (e.g., weight-bearing assistive devices, prosthetics, and orthotic devices)
- 7.6 Explain proper use and fitting of protective equipment (i.e., ankle braces, shoulder pads, etc.)
- 7.7 Describe appropriate rehabilitation progression [e.g., return-to-play, work, and daily activity criteria (full strength, free from pain, skill performance tests, and emotional readiness)]

STANDARD 8.0 ANALYZE THERAPEUTIC INTERVENTIONS AND PAIN MANAGEMENT TECHNIQUES

- 8.1 Explain treatment expectations, physiological changes, and special instructions for specific interventions (i.e., thermotherapy, cryotherapy, electric stimulation, ultrasound, hydrotherapy, compression, etc.)
- 8.2 Explain indications, contraindications, safety precautions, and applications related to interventions (i.e., thermotherapy, cryotherapy, electric stimulation, ultrasound, hydrotherapy, compression, etc.)
- 8.3 Differentiate between traditional and non-traditional approaches to pain management (i.e., pros and cons of pharmaceutical vs. complementary techniques, etc.)
- 8.4 Demonstrate proper acute injury management (i.e., PRICE, RICE, POLICE, PEACE and LOVE, etc.)

STANDARD 9.0 APPLY PSYCHOLOGICAL TECHNIQUES TO PHYSICAL PERFORMANCE, INJURY EVALUATION, AND REHABILITATION

- 9.1 Describe emotional/psychological responses to injury, illness, and rehabilitation (i.e., depression, anxiety, fear, etc.)
- 9.2 Explain motivational techniques for physical conditioning and rehabilitation (i.e., goal setting, positive reinforcement, celebrating successes, etc.)

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- 9.3 Identify risk factors, signs, and symptoms for patients in need of interventional counseling (i.e., eating disorders, depression, head injury, substance abuse, etc.)

STANDARD 10.0 DEMONSTRATE HEALTHCARE ORGANIZATION AND ADMINISTRATION ACTIVITIES

- 10.1 Document the results of observations and treatments [i.e., EMR (electronic medical record), SOAP, daily treatment records etc.]
- 10.2 Describe the basic terminology of health insurance [i.e., co-pay, third-party payment, reimbursement, explanation of benefits (EOB), visit authorizations, referrals, PPO/HMO, etc.]
- 10.3 Explain the process of maintenance and inventory of supplies and equipment
- 10.4 Explain budgeting strategies for supplies and equipment purchasing (i.e., capital versus expendable, etc.)
- 10.5 Utilize professional resources to stay current with advances in healthcare [i.e., Centers for Disease Control and Prevention (CDC), professional journals, position statements, etc.]
- 10.6 Assess the benefits of active involvement in local, state, and national associations and organizations [i.e., HOSA, American Physical Therapy Association (APTA), Arizona Athletic Trainers' Association (AzATA), etc.]
- 10.7 Evaluate methods to protect patient rights through legal, moral, and ethical measures (e.g., HIPAA legal liability, codes of ethics, and standards of care)