

Sports, Health and Fitness Technology Competency Profile



First Aid & Injury Treatment

• **First Aid Concepts**

Obtaining Consent
Calling 911
Putting On/Removing Gloves
Treating for Shock
Epipen Injection

• **Emergency Moves**

One/Two Person Assist
Seat Carry
Pack Strap Carry
Clothes / Blanket Drag

• **Soft Tissue Wounds**

Laceration (butterflies/steri-strip)
Abrasion
Amputation (finger)
Embedded Object
Severe Bleeding
Protruding Organ

• **Spineboarding**

Common Person
Football Player

• **CPR**

1&2 Person Adult/Child CPR
AED
1&2 Person Infant CPR
Conscious/Unconscious Choking
Facemask & Bag Mask

• **Crutches**

Crutch Fitting
Non-Weight Bearing
Partial Weight Bearing
Stairs

• **Taping/Wrapping**

Ankle
Arch
Turf Toe
Simple Wrist
Advanced Wrist
Buddy
Simple Thumb
Advanced Thumb
Elbow
Hip Spica
Shoulder Spica
Compression Wrap

• **Common Item Splinting**

Rigid (magazines)
Soft (blanket)
Anatomical (legs)
Sling (triangular bandage)

• **Commercial Splinting**

SAM Splint
Finger Splints
Knee Immobilizer
Vacuum Splint
Wrist Splint
Sling
Aircast
Walking Boot

• **Brace & Pad Fitting**

Ankle Brace (lace-up, active ankle)
Knee Hinge Brace
Patellofemoral Brace
Shoulder Harness
AC Pad

Health Appraisal & Fitness Testing

- **Vital Signs**

Pulse (radial & carotid)
Heart Rate (stethoscope)
Respiratory Rate
Manual Blood Pressure
Automatic Blood Pressure
Oral Temperature
Pupil Reactivity

- **Preparticipation Screening**

Par-Q
Attitudinal Assessment
Health/Medical Questionnaire
Health Risk Analysis

- **Flexibility**

Sit & Reach
Hip Goniometry

- **Strength Testing**

Dynamometer (hand, wrist, elbow,
shoulder, hip, knee, & ankle)
Bench Press (1RM & Predicted 1RM)
Squat (Predicted 1RM)
Functional Leg Strength Test
Endurance (sit-ups, push-ups, chin-ups,
squat, & core)

- **Anaerobic Power**

Vertical
Line Drill
Broad Jump

- **Speed**

40 yd. Sprint

- **Agility**

T-Test
Edgren Side Step

- **Cardio**

3 Min. Step Test
1.5 Mile Run/Walk

Nutrition & Weight Management

- **Body Composition**

BMI
Skin Fold
Bioelectrical Impedance
Navy Circumference
Waist Circumference

- **Anthropometry**

Height & Weight
Girth Measurement

Injury Evaluation & Prevention

- **Evaluation Process**

Evaluation Simulation

- **Ankle Testing**

ROM
Strength Testing
Bump Test
Compression Test
Talar Tilt
Anterior Drawer Test
Thompson's Test

- **Knee Testing**

ROM
Strength Testing
Valgus Test
Varus Test
Anterior Drawer Test
Lachman's Test
McMurray's Test
Apley's Compression/Distracton Test
Posterior Drawer Test
Godfrey's Test

- **Hip Testing**

ROM
Strength Testing
Thomas Test
Ober's Test

- **Shoulder Testing**

ROM

Strength Testing

Apprehension Test

Sulcus Sign

Piano Key Test

Hawkins-Kennedy Test

Drop Arm Test

Empty Can Test

- **Elbow/Wrist Testing**

ROM

Strength Testing

Medial Epicondylitis Test

Lateral Epicondylitis Test

Valgus Test

Varus Test

Tinel's Sign

Phalen's Test

Exercise Programming and Rehabilitation

- **Flexibility**

Static Stretching

Partner Stretching

Dynamic Stretching

Band Stretching

PNF Stretching

- **Strength Training**

Calisthenics

Medicine Balls

Stability Balls

Machine Weights

Resistance Bands

TRX Suspension Training

Free Weights

Safety & Spotting

Bench Press Technique

Squat Technique

Deadlift Technique

Power Clean

- **Sport Specific**

Speed Training Techniques

Agility Training Techniques

Plyometrics

- **Aerobic**

Continuous Training (FITT)

Interval Training

Fartlek Training

- **Therapeutic Modalities**

Ice Pack

Ice Massage

Cold Whirlpool

Heat Pack

Warm Whirlpool

Ultrasound

- **Range of Motion**

Goniometry

AROM/PROM Exercises

Therapeutic Stretching

- **Strength Rehab**

Isometric Strengthening

Open Chain Strengthening

Closed Chain Strengthening

Core Strengthening

- **Neuromuscular Facilitation**

Proprioception Exercises

Kinesthetic Exercises

- **Functional Testing**

Functional Progression

- **Patient Management**

Gait Belt Ambulation

Walker Ambulation

Cane Ambulation