

# 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
- Achilles
- 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