

Career and Technical Education State-Developed Competency Task List

Rehabilitation Aide CIP 51.2604 Competency Task List

100 Organizational and Professional Health and Wellbeing

| Item | Task | (X) Indicates Proficiency ¹ | Secondary Course Cross-Walk |
|------|---|--|-----------------------------|
| 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. | | |
| 107 | Use medical/fitness equipment. | | |
| 108 | Use body mechanics for personal and patient/client safety. | | |

200 Documentation, Legal and Ethical Issues

| Item | Task | (X) Indicates Proficiency ¹ | Secondary Course Cross-Walk |
|------|--|--|-----------------------------|
| 201 | Maintain the confidentiality of records/information as required by HIPAA/FERPA. | | |
| 202 | Implement the components of informed consent. | | |
| 203 | Identify the legal importance of accurate record keeping to the benefit of all parties. | | |
| 204 | Define legal concepts of professional practice (liability, negligence, supervision, standard of care, assumption of risk, etc.). | | |

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| 205 | Analyze legal considerations and ethical actions. | | |
| | RESERVED (206) | | |

300 Emergency Care and Infection Control

| Item | Task | (X) Indicates Proficiency ¹ | Secondary Course Cross-Walk |
|------|--|--|-----------------------------|
| 301 | Identify the components of a Risk Management/Emergency Action Plan (EAP). | | |
| 302 | Identify signs and symptoms, prevention, and treatment of weather-related illnesses. | | |
| 303 | Perform cardiopulmonary resuscitation (CPR), automated external defibrillator (AED), and basic First Aid skills. | | |
| 304 | Identify signs and symptoms, prevention, and treatment of head injuries/traumatic brain injuries (TBI's). | | |
| 305 | Identify signs and symptoms, prevention, and treatment of acute traumatic spine injuries. | | |
| 306 | Identify common causes of cardiorespiratory conditions. | | |
| 307 | Identify emergency management techniques for neuromusculoskeletal conditions. | | |
| 308 | Apply protect, rest, ice, compress, and elevate (PRICE) principle. | | |
| 309 | Clean and disinfect objects and surfaces to prevent disease transmission. | | |
| 310 | Perform hand hygiene. | | |
| 311 | Identify blood borne pathogens and comply with OSHA standards. | | |
| 312 | Utilize personal protective equipment (PPE). | | |

400 Injury Prevention and Protection

| Item | Task | (X) Indicates Proficiency ¹ | Secondary Course Cross-Walk |
|------|---|--|-----------------------------|
| 401 | Identify types of bracing/splinting devices and techniques. | | |
| 402 | Apply taping and wrapping techniques. | | |
| 403 | Utilize patient/client safety measures. | | |

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| 404 | Adapt therapeutic techniques to the needs of each patient/client. | | |
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500 Treatment, Rehabilitation, and Clinical Skills

| Item | Task | (X) Indicates Proficiency ¹ | Secondary Course Cross-Walk |
|------|---|--|-----------------------------|
| 501 | Compose HOPS (history/observation/palpation/special tests) and SOAP (subjective/objective/assessment/plan) notes. | | |
| 502 | Measure and record height and weight. | | |
| 503 | Measure and record vital signs (VS). | | |
| | RESERVED (504) | | |
| 505 | Measure and perform range of motion (ROM). | | |
| 506 | Perform manual muscle test (MMT). | | |
| 507 | Distinguish the phases of rehabilitation. | | |
| 508 | Identify signs and symptoms, prevention, and treatment of neuromusculoskeletal conditions. | | |
| 509 | Identify therapeutic modalities and related safety procedures. | | |
| 510 | Assist the patient/client with activities of daily living (ADL) and necessary assistive devices (AD). | | |
| 511 | Protect a patient's/client's privacy. | | |

600 Nutrition and Hydration

| Item | Task | (X) Indicates Proficiency ¹ | Secondary Course Cross-Walk |
|------|--|--|-----------------------------|
| 601 | Explain daily nutritional requirements, caloric intake, condition specific needs and basal metabolic rate (BMR). | | |
| 602 | Evaluate food labels. | | |
| 603 | Evaluate basic and sport nutrition needs, including hydration. | | |
| 604 | Identify signs and symptoms of dehydration. | | |
| 605 | Identify safe methods for weight loss and weight gain. | | |
| | RESERVED (606) | | |

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| 607 | Differentiate between supplements and ergogenic aids. | | |
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700 Exercise Science and Prescription

| Item | Task | (X) Indicates Proficiency ¹ | Secondary Course Cross-Walk |
|------|--|--|-----------------------------|
| 701 | Conduct pre-exercise screening to determine physical activity readiness. | | |
| 702 | Interpret the results of a health/fitness intake questionnaire. | | |
| 703 | Conduct baseline testing for body composition, cardiorespiratory, muscular strength, muscular endurance, and flexibility. | | |
| 704 | Implement the components of exercise prescription and modification. | | |
| 705 | Select and demonstrate exercises to improve body composition, cardiorespiratory fitness, muscular strength, muscular endurance, and flexibility. | | |
| 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

| Item | Task | (X) Indicates Proficiency ¹ | Secondary Course Cross-Walk |
|------|---|--|-----------------------------|
| 801 | Identify the stages of human growth and development. | | |
| 802 | Communicate according to the patient's/client's stage of development and social determinants of health. | | |
| 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. | | |
| | RESERVED (806) | | |

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900 Medical Terminology

| Item | Task | (X) Indicates Proficiency ¹ | Secondary Course Cross-Walk |
|------|---|--|-----------------------------|
| 901 | Use medical terminology and abbreviations/acronyms. | | |

1000 Anatomy, Physiology and Pathophysiology

| Item | Task | (X) Indicates Proficiency ¹ | Secondary Course Cross-Walk |
|------|---|--|-----------------------------|
| 1001 | Identify anatomical position, body planes, directions, and cavities. | | |
| 1002 | Identify organs, functions, and disease processes of the integumentary system. | | |
| 1003 | Identify organs, functions, and disease processes of the skeletal system. | | |
| 1004 | Identify organs, functions, and disease processes of the muscular system. | | |
| 1005 | Identify organs, functions, and disease processes of the nervous system. | | |
| 1006 | Identify organs, functions, and disease processes of the cardiovascular system. | | |
| 1007 | Identify organs, functions, and disease processes of the endocrine system. | | |
| 1008 | Identify organs, functions, and disease processes of the lymphatic system. | | |
| 1009 | Identify organs, functions, and disease processes of the respiratory system. | | |
| 1010 | Identify organs, functions, and disease processes of the urinary system. | | |
| 1011 | Identify organs, functions, and disease processes of the digestive system. | | |
| 1012 | Identify organs, functions, and disease processes of the reproductive system. | | |
| 1013 | Identify organs, functions, and disease processes of the immune system. | | |