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.		ESR1
102	Comply with course objectives, expectations and grading procedures.		ESR1
103	Apply interpersonal conflict management skills.		ESR1
104	Utilize safety and emergency procedures and report emergencies immediately.		ESR1
105	Adhere to the professional standards for health care providers.		ESR1
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.		ESR1
107	Use medical/fitness equipment.		ESR1
108	Use body mechanics for personal and patient/client safety.		ESR1

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.		ESR1
202	Implement the components of informed consent.		ESR1
203	Identify the legal importance of accurate record keeping to the benefit of all parties.		ESR1
204	Define legal concepts of professional practice (liability, negligence, supervision, standard of care, assumption of risk, etc.).		ESR1

205	Analyze legal considerations and ethical actions.		ESR1
	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).		ESR1
302	Identify signs and symptoms, prevention, and treatment of weather-related illnesses.		ESR1
303	Perform cardiopulmonary resuscitation (CPR), automated external defibrillator (AED), and basic First Aid skills.		ESR1
304	Identify signs and symptoms, prevention, and treatment of head injuries/traumatic brain injuries (TBI's).		ESR1
305	Identify signs and symptoms, prevention, and treatment of acute traumatic spine injuries.		ESR1
306	Identify common causes of cardiorespiratory conditions.		ESR1
307	Identify emergency management techniques for neuromusculoskeletal conditions.		ESR1
308	Apply protect, rest, ice, compress, and elevate (PRICE) principle.		ESR1
309	Clean and disinfect objects and surfaces to prevent disease transmission.		ESR1
310	Perform hand hygiene.		ESR1
311	Identify blood borne pathogens and comply with OSHA standards.		ESR1
312	Utilize personal protective equipment (PPE).		ESR1

400 Injury Prevention and Protection

Item	Task	(X) Indicates Proficiency [1]	Secondary Course Cross-Walk
401	Identify types of bracing/splinting devices and techniques.		ESR1
402	Apply taping and wrapping techniques.		ESR1
403	Utilize patient/client safety measures.		ESR1

404	Adapt therapeutic techniques to the needs of each patient/client.		ESR1

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.		ESR2
502	Measure and record height and weight.		ESR2
503	Measure and record vital signs (VS).		ESR2
	RESERVED (504)		ESR2
505	Measure and perform range of motion (ROM).		ESR2
506	Perform manual muscle test (MMT).		ESR2
507	Distinguish the phases of rehabilitation.		ESR2
508	Identify signs and symptoms, prevention, and treatment of neuromusculoskeletal conditions.		ESR2
509	Identify therapeutic modalities and related safety procedures.		ESR2
510	Assist the patient/client with activities of daily living (ADL) and necessary assistive devices (AD).		ESR2
511	Protect a patient's/client's privacy.		ESR2

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).		ESR1
602	Evaluate food labels.		ESR1
603	Evaluate basic and sport nutrition needs, including hydration.		ESR1
604	Identify signs and symptoms of dehydration.		ESR1
605	Identify safe methods for weight loss and weight gain.		ESR1
	RESERVED (606)		

607	Differentiate between supplements and ergogenic aids.		ESR1

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.		ESR2
702	Interpret the results of a health/fitness intake questionnaire.		ESR2
703	Conduct baseline testing for body composition, cardiorespiratory, muscular strength, muscular endurance, and flexibility.		ESR2
704	Implement the components of exercise prescription and modification.		ESR2
705	Select and demonstrate exercises to improve body composition, cardiorespiratory fitness, muscular strength, muscular endurance, and flexibility.		ESR2
706	Select and demonstrate exercises to improve agility, power, speed, balance, and proprioception.		ESR2
707	Create short-term and long-term goals utilizing the SMART (specific, measurable, attainable, realistic and time bound) principle.		ESR2
708	Execute spotting techniques for resistance training exercise.		ESR2

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.		ESR2
802	Communicate according to the patient's/client's stage of development and social determinants of health.		ESR2
803	Identify and discuss types of mental health disorders.		ESR2
804	Identify and discuss types of disordered eating.		ESR2
805	Identify physical and psychological indicators of stress.		ESR2
	RESERVED (806)		

900 Medical Terminology

Item	Task	(X) Indicates Proficiency [1]	Secondary Course Cross-Walk
901	Use medical terminology and abbreviations/acronyms.		ESR1

1000 Anatomy, Physiology and Pathophysiology

Item	Task	(X) Indicates Proficiency [1]	Secondary Course Cross-Walk
1001	Identify anatomical position, body planes, directions, and cavities.		ESR1
1002	Identify organs, functions, and disease processes of the integumentary system.		ESR1
1003	Identify organs, functions, and disease processes of the skeletal system.		ESR1
1004	Identify organs, functions, and disease processes of the muscular system.		ESR1
1005	Identify organs, functions, and disease processes of the nervous system.		ESR1
1006	Identify organs, functions, and disease processes of the cardiovascular system.		ESR1
1007	Identify organs, functions, and disease processes of the endocrine system.		ESR1
1008	Identify organs, functions, and disease processes of the lymphatic system.		ESR1
1009	Identify organs, functions, and disease processes of the respiratory system.		ESR1
1010	Identify organs, functions, and disease processes of the urinary system.		ESR1
1011	Identify organs, functions, and disease processes of the digestive system.		ESR1
1012	Identify organs, functions, and disease processes of the reproductive system.		ESR1
1013	Identify organs, functions, and disease processes of the immune system.		ESR1