

| Unit/ Standard Number | <p style="text-align: right;"><u>High School Graduation Years 2021, 2022, and 2023</u></p> <p style="text-align: center;">Rehabilitation Aide CIP 51.2604 Task Grid</p> | <p style="text-align: center;">Proficiency Level Achieved: (X) Indicates Competency Achieved to Industry Proficiency Level</p> |
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| Secondary Competency Task List | | |
| 100 | ORGANIZATIONAL AND PROFESSIONAL HEALTH AND WELLBEING | |
| 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 proper body mechanics for personal and patient/client safety. | |
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| 200 | DOCUMENTATION, LEGAL AND ETHICAL ISSUES | |
| 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 liability, negligence, supervision, and assumption of risk. | |
| 205 | Analyze legal considerations and ethical actions. | |
| 206 | RESERVED | |
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| 300 | EMERGENCY CARE AND INFECTION CONTROL | |
| 301 | Identify the components of an Emergency Action Plan (EAP). | |
| 302 | Identify signs and symptoms, prevention, and treatment of weather-related illnesses. | |
| 303 | Perform CPR, 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 complications. | |
| 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 proper hand washing technique. | |
| 311 | Identify various blood borne pathogens and comply with OSHA standards. | |
| 312 | Utilize personal protective equipment (PPE). | |
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| 400 | INJURY PREVENTION AND PROTECTION | |
| 401 | Identify types of bracing/splinting devices and techniques. | |
| 402 | Select the appropriate taping, bracing, and wrapping techniques. | |

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| 403 | Utilize patient/client safety measures. | |
| 404 | Adapt strategies for special populations. | |
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| 500 | TREATMENT, REHABILITATION, AND CLINICAL SKILLS | |
| 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). | |
| 504 | Perform visual acuity test. | |
| 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 injuries. | |
| 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 while treating him/her. | |
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| 600 | NUTRITION AND HYDRATION | |
| 601 | Explain daily nutritional requirements, caloric intake needs, and calculate 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. | |
| 606 | RESERVED | |
| 607 | Identify supplements and ergogenic aids. | |
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| 700 | EXERCISE SCIENCE AND PRESCRIPTION | |
| 701 | Simulate pre-exercise screening in determining physical activity participation. | |
| 702 | Utilize 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. | |
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| 800 | HUMAN DEVELOPMENT AND MENTAL HEALTH | |
| 801 | Identify the stages of human growth and development. | |

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| 802 | Communicate according to the patient's/client's stage of development and background. | |
| 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. | |
| 806 | RESERVED | |
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| 900 | MEDICAL TERMINOLOGY | |
| 901 | Use medical terminology and abbreviations/acronyms. | |
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| 1000 | ANATOMY, PHYSIOLOGY AND PATHOPHYSIOLOGY | |
| 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. | |