

DACUM Research Chart for Certified Athletic Trainer

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A	Prevent Injuries	A-1 (1) Use Universal Precautions	A-2 (1) Maintain safe treatment facility	A-3 (1) Perform activity venue inspection	A-4 (1) Monitor environmental conditions	A-5 (1) Apply preventative taping	A-6 (1) Provide hydration	A-7 (1) Perform stretching techniques	A-8 (2) Instruct stretching techniques	A-9 (2) Advise seasonal conditioning	A-10 (2) Advise callisthenic conditioning	A-11 (2) Advise plyometric conditioning	A-12 (2) Advise strength conditioning
		A-13 (2) Advise cardio conditioning	A-14 (3) Interpret pre-performance exam (PPE)	A-15 (3) Monitor sports techniques	A-16 (2) Advise nutrition principles	A-17 (2) Fit sports equipment	A-18 (2) Modify sports equipment	A-19 (1) Maintain sports equipment					
B	Assess Physical and Mental Conditions	B-1 (1) Recognize illness and injury signs and symptoms	B-2 (1) Obtain accurate history	B-3 (1) Inspect / observe physical indicators	B-4 (2) Palpate anatomic structures	B-5 (2) Perform Special and Functional Tests	B-6 (3) Interpret findings and medical results	B-7 (1) Develop treatment plan	B-8 (2) Determine return-to-play readiness	B-9 (2) Determine functional ability	B-10 (2) Perform fitness strength tests	B-11 (2) Perform fitness flexibility tests	B-12 (2) Perform fitness body composition tests
		B-13 (2) Perform fitness cardiovascular testing	B-14 (3) Recognize mental conditions										
C	Provide Emergency Care	C-1 (1) Perform primary survey	C-2 (1) Perform triage	C-3 (1) Activate emergency action plan	C-4 (1) Apply life-saving techniques	C-5 (1) Perform secondary survey	C-6 (1) Assess vital signs	C-7 (1) Control Bleeding	C-8 (1) Identify injuries	C-9 (1) Perform cervico-spinal stabilization techniques	C-10 (1) Identify and treat shock	C-11 (1) Treat acute wounds	C-12 (1) Apply immobilization techniques
		C-13 (1) Monitor neurological signs	C-14 (1) Facilitate safe transfer	C-15 (1) Utilize ambulatory aids									
D	Provide Treatment	D-1 (3) Provide psychosocial intervention	D-2 (1) Tape injuries	D-3 (1) Perform wound care	D-4 (1) Apply wrapping, padding, bracing, casting	D-5 (1) Apply cryotherapy modalities	D-6 (1) Apply thermomodalities	D-7 (2) Apply electrotherapeutic modalities	D-8 (1) Apply mechanical devices	D-9 (1) Utilize flexibility exercises	D-10 (2) Perform manual therapy	D-11 (2) Utilize resistive tubing	D-12 (1) Utilize free-weight exercise
		D-13 (2) Utilize exercise equipment	D-14 (2) Utilize proprioceptive techniques	D-15 (2) Utilize functional training	D-16 (2) Utilize agility drills	D-17 (2) Supervise re-conditioning—cardio respiratory	D-18 (3) Apply photo stimulation						
E	Maintain Administrative Policies and Procedures	E-1 (1) Follow standards of practice	E-2 (1) Protect patient rights	E-3 (1) Follow governing regulations	E-4 (2) Develop protocols (e.g., EAP, injury, referral)	E-5 (1) Maintain medical records	E-6 (3) Communicate with appropriate entities	E-7 (2) Maintain practice and game schedules	E-8 (2) Manage human resources	E-9 (2) Develop professional relationships	E-10 (3) Manage budget	E-11 (3) Manage inventory	E-12 (3) Organize PPE screenings
F	Maintain Professional Development	F-1 (1) Follow code of ethics	F-2 (1) Demonstrate appropriate professional conduct	F-3 (3) Maintain credentials	F-4 (1) Maintain CPR (health care provider) certification	F-5 (2) Mentor students and peer professionals	F-6 (1) Educate about athletic training profession	F-7 (2) Provide sports medicine education	F-8 (2) Attend classes, conferences and workshops	F-9 (3) Participate in research			

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General Knowledge and Skills

Anatomy and physiology
 Biomechanics
 Knowledge of diseases
 Knowledge of blood-borne pathogens
 Pharmacology
 Drug interactions
 Medical terminology
 HIPAA
 FERPA
 Conditioning principles
 Therapeutic modalities
 Nutrition
 Exercise physiology
 Emergency procedures
 Sports psychology
 Pathology of disease
 Sports rules
 Professional conduct
 Computer skills
 Writing skills
 Time management
 Service plans for Idaho
 Athletic trainer practices act
 Codes of ethics
 Appropriate touching

Future Trends and Concerns

Fewer enrollments in sports medicine
 Low salaries
 Turf wars between: PT, massage, personal trainers and physiologists
 ATCs moving to clinics for money
 Insurance reimbursement and paperwork
 Over-regulation
 Competition with private clinics
 Hours too long
 No career trajectory for advancement
 More schools with trainers
 Newer and cheaper diagnostic tools
 Software documentation
 National high school injury study
 Changing work ethic
 No off-season for athletes and trainers
 Younger kids with adult injuries
 Expanding (age) active population
 Obesity
 NCLB dollars go to academics
 Devaluation of ATC by clinics that contract with school, teams, etc. lower cost than employing trainer
 Increasing opportunities for high school students to pursue ATC through organizations like HOSA
 Population shift to Meridian school district
 Drug use and sharing OTC, prescribed & illegal
 Eating disorders
 Increasing performance pressure
 Increasing medical problems
 Quick fix mentality
 Responsibilities transferred to unqualified trainers
 Certification from accredited agencies

Worker Attitudes

Proper dress
 People skills
 Social skills
 Tactful
 Phone etiquette
 Adaptability
 Punctuality
 Reliability
 Multi-tasking
 Proper vocabulary
 Penmanship
 Sense of humor
 Common sense
 Able to understand scientific concepts
 Ethical
 Has integrity
 Assertiveness
 Emotional stability
 Self-motivated
 Confident
 Ability to work with people
 Non-judgmental
 Cooperative
 Empathetic
 High energy
 Optimistic
 Upbeat
 Respect for diversity
 Respect for patient privacy
 Creative
 Ability to take criticism
 Mature
 Time management

Tools, Equipment, Supplies and Materials

Training room	Gloves	Tape supplies
Emergency equipment	Tubing	Wound care
AED	Cuff weights	Nail drill
Spine board	Balancing equipment	Ring cutter
Splints	Physio-ball	Otoscope
Crutches	Ice machine	Ophthalmoscope
Bandages	Whirlpool	Pen light
Neck collars	Walkie-talkies	Skin callipers
Slings	Cell phones	Bio-impedance
Exercise bike	Treatment table	Scissors
Exercise treadmill	Foam roller	Sharps
Face mask removal tool	Computer software	Wedges
CPR mask	Cleaning supplies	Coolers
Stethoscope	Pee strips	Water supplies
Thermometer	Refractometer	Fanny packs
Blood pressure cuff	WBGT	Ice bags
Biohazard waste	Sling psy...?	

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