Rehabilitation Aide CIP 51.2604 Competency Achieved: (X) Indicates Competency Achieved to Indu		High School Graduation Years 2021, 2022, and 2023	
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312 Otilize personal protective equipment (FFE).		,	
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400 INJURY PREVENTION AND PROTECTION	400	INJURY PREVENTION AND PROTECTION	
401 Identify types of bracing/splinting devices and techniques.			
402 Select the appropriate taping, bracing, and wrapping techniques.			
403 Utilize patient/client safety measures.	403	Utilize patient/client safety measures.	

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	High School Graduation Years 2021, 2022, and 2023	
Unit/ Standard Number	Rehabilitation Aide CIP 51.2604 Task Grid	Proficiency Level Achieved: (X) Indicates Competency Achieved to Industry Proficiency Level
404	Adapt strategies for special populations.	
500	TREATMENT, REHABILITATION, AND CLINICAL SKILLS	
	Compose HOPS (history/observation/palpation/special tests) and SOAP (subjective/objective/assessment/plan) notes.	
	Measure and record height and weight.	
	Measure and record vital signs (VS).	
	Perform visual acuity test.	
	Measure and perform range of motion (ROM).	
	Perform manual muscle test (MMT).	
	Distinguish the phases of rehabilitation.	
	Identify signs and symptoms, prevention, and treatment of neuromusculoskeletal injuries.	
	Identify therapeutic modalities and related safety procedures.	
	Assist the patient/client with activities of daily living (ADL) and necessary assistive devices (AD).	
	Protect a patient's/client's privacy while treating him/her.	
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.	
	EXERCISE SCIENCE AND PRESCRIPTION	
	Simulate pre-exercise screening in determining physical activity participation.	
	Utilize health/fitness intake questionnaire.	
	Conduct baseline testing for body composition, cardiorespiratory, muscular strength, muscular endurance, and flexibility. Implement the components of exercise prescription and modification.	
	Select and demonstrate exercises to improve body composition, cardiorespiratory fitness, muscular strength, muscular endurance, and flexibility.	
	Select and demonstrate exercises to improve agility, power, speed, balance, and proprioception.	
	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	
	Identify the stages of human growth and development.	
	Communicate according to the patient's/client's stage of development and background.	
	Identify and discuss types of mental health disorders.	
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	High School Graduation Years 2021, 2022, and 2023	
Unit/ Standard Number	Rehabilitation Aide CIP 51.2604 Task Grid	Proficiency Level Achieved: (X) Indicates Competency Achieved to Industry Proficiency Level
804	Identify and discuss types of disordered eating.	
805	Identify physical and psychological indicators of stress.	
806	RESERVED	
	MEDICAL TERMINOLOGY	
901	Use medical terminology and abbreviations/acronyms.	
	ANATOMY, PHYSIOLOGY AND PATHOPHYSIOLOGY	
	Identify anatomical position, body planes, directions, and cavities.	
	Identify organs, functions, and disease processes of the integumentary system.	
	Identify organs, functions, and disease processes of the skeletal system.	
	Identify organs, functions, and disease processes of the muscular system. Identify organs, functions, and disease processes of the nervous system.	
	Identify organs, functions, and disease processes of the rervous system.	
	Identify organs, functions, and disease processes of the endocrine system.	
	Identify organs, functions, and disease processes of the lymphatic system.	
	Identify organs, functions, and disease processes of the respiratory system.	
	Identify organs, functions, and disease processes of the urinary system.	
	Identify organs, functions, and disease processes of the digestive system.	
	Identify organs, functions, and disease processes of the reproductive system.	
1013	Identify organs, functions, and disease processes of the immune system.	

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