

**EXERCISE SCIENCE/SPORTS MEDICINE  
PERFORMANCE CHECKLIST**

**Prepare a Basic SOAP Note  
Objective 1.3**

**Performance rating scale:**

<b>4=skilled</b>	Successfully demonstrated without supervision
<b>3=moderately skilled</b>	Successfully demonstrated with limited supervision
<b>2=limited skill</b>	Demonstrated with close supervision
<b>1=not skilled</b>	Demonstration requires direct instruction and supervision

**A score ranging from 1-4 is placed next to each of the steps in the evaluation. If the student does not perform a step, a score of “1” should be placed on the corresponding line. An average minimum score of “3” must be achieved to meet state skill certification requirements.**

The student will read a scenario and complete the SOAP note below.

\_\_\_\_\_ S

\_\_\_\_\_ O

\_\_\_\_\_ A

\_\_\_\_\_ P

\_\_\_\_\_ Correct information is placed in the appropriate area.

\_\_\_\_\_ **Total Score**

\_\_\_\_\_ **Average Score**

**EXERCISE SCIENCE/SPORTS MEDICINE  
PERFORMANCE CHECKLIST**

**Tape an Ankle Within Five Minutes Using The Standard Prophylactic Method  
Objective 3.2**

**Performance rating scale:**

<b>4=skilled</b>	Successfully demonstrated without supervision
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\_\_\_\_\_ Foot is placed in the neutral dorsiflexion/eversion position.

\_\_\_\_\_ Pre-wrap is applied from the mid-arch to the musculotendinous junction of the gastrocnemius and the Achilles tendon.

\_\_\_\_\_ Follow proper sequence of taping procedure; anchors, stirrups, fill-ins and heel locks (using two layers throughout).

\_\_\_\_\_ Tape is applied uniformly to prevent tape cuts and/or blisters.

\_\_\_\_\_ **Total Score**

\_\_\_\_\_ **Average Score**

**EXERCISE SCIENCE/SPORTS MEDICINE  
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**Demonstrate Proper Techniques of Static Stretching  
Objective 4.6**

**Performance rating scale:**

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\_\_\_\_\_ Instruct the athlete to slowly stretch to the point where he/she feels tension (not pain), and hold that position for 10 to 30 seconds. The stretch is repeated three to five times.

**Demonstrate the correct stretch for the following muscles/muscle groups:**

- \_\_\_\_\_ Trapezius, neck (using rotation)
- \_\_\_\_\_ Anterior shoulder
- \_\_\_\_\_ Posterior shoulder
- \_\_\_\_\_ Abdominal
- \_\_\_\_\_ Lower back/lumbar region
- \_\_\_\_\_ Hamstrings
- \_\_\_\_\_ Quadriceps
- \_\_\_\_\_ Groin
- \_\_\_\_\_ Hip flexors
- \_\_\_\_\_ Gastrocnemius/Achilles tendon

\_\_\_\_\_ **Total Score**

\_\_\_\_\_ **Average Score**

**EXERCISE SCIENCE/SPORTS MEDICINE  
PERFORMANCE CHECKLIST**

**Fit Crutches to Any Size Individual  
Objective 7.4**

**Performance rating scale:**

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\_\_\_\_\_ Student asks the height of the subject and locates a pair of crutches that is in the approximate range.

\_\_\_\_\_ Student places the crutches under the subject's armpit with the crutch tips two inches in front and four inches to the side of the tip of his/her foot. With the crutch in this position, the axillary pad should be two finger widths below the armpit. If not, the legs should be adjusted.

\_\_\_\_\_ With the crutch in this same position, the hand pad should be adjusted so that they elbow is flexed 15 to 20 degrees.

\_\_\_\_\_ The subject should be instructed to move the injured limb with the crutches. When going upstairs, the uninjured leg leads first and the injured limb and crutches follow. When going downstairs, the injured limb and crutches go down first and the uninjured leg follows.

\_\_\_\_\_ **Total Score**

\_\_\_\_\_ **Average Score**

**EXERCISE SCIENCE/ SPORTS MEDICINE  
PERFORMANCE CHECKLIST**

**Prepare an Ice Bag/Pack  
Objective 9.2**

**Performance rating scale:**

- |                             |   |
|-----------------------------|---|
| <b>4=skilled</b>            | Successfully demonstrated without supervision             |
| <b>3=moderately skilled</b> | Successfully demonstrated with limited supervision        |
| <b>2=limited skill</b>      | Demonstrated with close supervision                       |
| <b>1=not skilled</b>        | Demonstration requires direct instruction and supervision |

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- \_\_\_\_\_ Fills bag with appropriate amount of ice for body part receiving ice treatment. Makes sure the bag will conform properly to body part.
- \_\_\_\_\_ Removes all excess air by placing the bag on a hard surface and squeezing the air out or by sucking excess air out with mouth.
- \_\_\_\_\_ Ties bag with knot in a high position so bag will conform to body part receiving ice.
- \_\_\_\_\_ Instructs athlete to leave ice on the appropriate treatment time that is suitable for the area being treated (20-30 min).

\_\_\_\_\_ **Total Score**

\_\_\_\_\_ **Average Score**

**Compression Wrap (Ankle)**  
**Objective 9.2**

**Performance rating scale:**

- |                             |   |
|-----------------------------|---|
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- |       |  |
|-------|--|
| _____ | Positions athlete so that no obstacle interferes with procedure  |
| _____ | Begins first revolution at metatarsal heads  |
| _____ | Completes one wrap around the foot to secure the edge of the elastic wrap  |
| _____ | Continues the wrap diagonally upward across the dorsum of the foot and then around the bottom of the foot                  |
| _____ | Completes this revolution by bring it forward diagonally downward creating an inverted "V"                                 |
| _____ | Continues up the foot in like manor using alternating upward and downward patterns to continue inverted "V" with each wrap |
| _____ | Makes sure each revolution is overlapped half the width of the wrap and all skin is covered                                |
| _____ | Makes sure each revolution is tight and snug without restricting blood flow  |
| _____ | Checks distal circulation by capillary refill  |
| _____ | Asks athletes if the wrap feels comfortable  |

\_\_\_\_\_ **Total Score**

\_\_\_\_\_ **Average Score**

# PERFORMANCE CHECKLIST

## Compression Wrap (Knee) Objective 9.2

### Performance rating scale:

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- \_\_\_\_\_ Positions athlete so that no obstacle interferes with procedure
- \_\_\_\_\_ Begins distal to the knee just below visible swelling
- \_\_\_\_\_ Completes one wrap around the leg to secure the edge of the elastic wrap
- \_\_\_\_\_ Continues the wrap diagonally upward and around the back of the leg
- \_\_\_\_\_ Completes this revolution by bring it forward diagonally downward creating an inverted "V"
- \_\_\_\_\_ Continues up the leg in like manor using alternating upward and downward patterns to continue inverted "V" with each wrap
- \_\_\_\_\_ Makes sure each wrap is overlapped half the width of the wrap
- \_\_\_\_\_ Makes sure each wrap is tight and snug without restricting blood flow
- \_\_\_\_\_ Checks distal circulation by pulse or capillary refill
- \_\_\_\_\_ Asks athletes if the wrap feels comfortable

\_\_\_\_\_ **Total Score**

\_\_\_\_\_ **Average Score**