ANGELO STATE UNIVERSITY

College of Health and Human Services Doctor of Physical Therapy Program

STUDENT SELF-ASSESSMENT OF COMPETENCY

NAME	DATE
(print)	
Instructions: Indicate for each item listed b	elow if you have received instruction about the item during
classroom, lab or clinical situations using the	following scale:
4 = clinical, classroom and lab	
3 = clinical only	
2 = classroom and lab	Add a (+) or a minus (-) to indicate much or little
1 = no exposure	exposure.
Competency means to perform the activity	y accurately, appropriately, skillfully and consistently. Under the
competency column indicate how competent	you feel in each area listed using the following scale:
5 = competent with minimal supervision	ision
4 = competent with occasional supe	rvision

Comment in the space provided as needed.

3 = competent with supervision

1 = require assistance to be competent

EXAMINATION SKILLS EXPOSURE COMPETENCE

2 = require suggestions and guidance to perform competently

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Aerobic capacity and endurance	
Anthropometric characteristics	
Arousal, attention, and cognition	
Assistive and adaptive devices	
Community and work	
(job/school/play) barriers	
Ergonomics and body mechanics	
Gait, locomotion and balance	
Integumentary integrity	
Joint integrity and mobility	
Motor function (motor control	
and motor learning)	
Muscle performance (strength,	
power, endurance)	
Neuromotor development and	
sensory integration	
Orthotic, protective and	
supportive devices	
Pain	
Posture	
Prosthetic requirements	
Range of Motion (including	
muscle length)	
Self-care and home management	
(ADL and IADL)	
Sensory integrity (including	
proprioception and kinesthesia)	
Ventilation, respiration (gas	
exchange) and circulation	

Student comments:			
ACCE comments:			
DIRECT INTERVENTIONS: Physical Agents and Mechanical	Modalities:	EXPOSURE	COMPETENCE
Paraffin		Err opere	
Hot Packs			
Cryotherapy techniques			
Short-wave Diathermy			
Whirlpool/Hubbard			
Tank/Therapeutic Pool			
Ultrasound			
Mechanical Traction			
(cervical/pelvic)			
Phonophoresis			
Tilt Table			
Intermittent Compression Pump			
Student Comments:			
Student Comments.			
A COST CO			
ACCE Comment:			
DIRECT INTERVENTIONS:	E	XPOSURE	COMPETENCE
Electrotherapeutic Modalities:	I		
Biofeedback			
Electrical Stimulation for Pain			
Control			
Electrical Stimulation for Edema Reduction			
Electrical Stimulation for Muscle			
Pathology/Dysfunction			
Electrical Stimulation for Wound			
Healing			
Iontophoresis			

DIRECT INTERVENTIONS:	EXPOSURE	COMPETENCE
Therapeutic Exercise:		
Range of Motion		
Active Exercise		
Progressive Resistive Exercise		
Closed Chain Exercise		
Coordination and Balance		
Posture Awareness		
Endurance/Aerobic		
Isokinetic		
Conditioning/Flexibility		
	EXPOSURE	COMPETENCE
Cardiac/Pulmonary Exercise	EAFOSURE	CONFETENCE
Cardiac/Pulmonary Rehab		
Relaxation Exercise		+
Pre & Post Partum		
PNF Techniques		
Vascular Exercise		
(venous/arterial/lymphatic)		
Vascular Rehab		
Aquatics		
1		
DIRECT INTERVENTIONS:	EXPOSURE	COMPETENCE
Other:		
Manual Therapy Techniques		
a. Peripheral Joint Mobilization		
b. Spinal Mobilization		
c. Soft Tissue Mobilization		
d. Muscle Energy Techniques		
e. Massage		
Taping and Wrapping		
Wound Management		
a. Debridement (wound/thermal		
injury)		
Sharp		
Mechanical		
Chemical		
Autolytic		_
b. Wound Dressings		_
c. Sterile Technique/Standard		
Precautions Airway Classes Tachniques		
Airway Clearance Techniques		
a. Effective cough		
b. Bronchial hygiene		
c. Suctioning Student Comments:		
Student Comments:		

Attend/Participate in Rounds/Clinics			
Observation of other Allied			
Health Departments			
Patient/Team Conferences			
ICD 9/CPT Coding/Billing			
QA/UR/Peer Review			
Medical Record Review			
Interpretation of Lab Values			
interpretation of Lab values			
GENERIC ABILITIES ASSESSI	MENT:		
Generic Ability	··	Level (Beginnin	g, Developing, Entry Level_
Commitment to Learning			<u> </u>
2. Interpersonal Skills			
3. Communication Skills			
4. Effective Use of Time and Reso	urces		
5. Use of Constructive Feedback			
6. Problem Solving			
7. Professionalism			
8. Responsibility			
9. Critical Thinking			
10. Stress Management			
DIAGNOSTIC CATEGORES:			
Provide a narrative below of the type			
environment. In the narrative inclu-			
patient/clients, inpatient or outpatie			ed in the setting, etc. Indicate your
level of competence with the patien	t/client population	S.	
			

Student Comments:		
ACCE Comments:	 	
		_
Student Signature	Date	
ACCE Signature	 Date	