

LEVEL ONE CHECK OFF SHEET

TAPING

WRIST _____

SHIN _____

FINGER _____

CHO-PAT (PRE WRAP) _____

TREATMENTS

MAKING AN ICE BAG _____

MAKING A HEAT PACK _____

BLOOD PROTECTION & CLEAN UP _____

WOUND CARE _____

PLASTIC WRAP ICE BAG _____

TRAINING ROOM UPKEEP

STOCK MEDICAL KIT _____

CABINETS AND DRAWERS _____

CLEANING TABLES _____

STOCK TAPING TABLE _____

ANATOMY

15 BONES _____

10 MUSCLES _____

VOCABULARY

10 BASIC TERMINOLOGY _____

R.I.C.E. _____

THERAPEUTIC EXERCISES

BASIC STRETCHING _____

OVERALL EXAM _____