

# Foundation Competencies

1. Fundamentals of podiatric sports medicine	1.1 The pathophysiological processes relevant to podiatric practice	1.2 The origins and mechanisms of pain in the podiatric sports patient	1.3 Injury classification	1.4 Principles of injury prevention and management			
2. Have an advanced podiatric understanding of biomechanics and sports injury	2.1 Fundamentals of biomechanics	2.2. Biomechanical modelling of foot and lower limb function	2.3 Common anomalies of the foot and lower limb	2.4 Analysis of gait and movement patterns	2.5 Sport specific biomechanics	2.6 Design and function of footwear, orthoses, and aids and appliances	2.7 Technologies available for movement analysis
3. Demonstrate an understanding of the medical intra-relationship of the athlete	3.1 The different stages of life relative to the athlete and sport	3.2 Considerations for the gender-specific athlete	3.3 The psychology of a sports patient	3.4 Pharmacology of a sports patient	3.5 General medical conditions affecting a sports patient		
4. Apply evidence informed practice to Sports Podiatry	4.1 Fundamentals of evidence-based research	4.2 Search, retrieve and integrate scientific literature	4.3 Be aware of trending topical issues				
5. Demonstrate professional practice	5.1 Appropriate professional work environment	5.2 Ethical and legal requirements	5.3 Appropriate consent processes	5.4 Patient/client and practitioner safety	5.5 Participate in on-going professional development	5.6 Use all media in an appropriate and responsible way	
6. Function within a professional network	6.1 Understand different treatment paradigms employed by complimentary professions	6.2 Work within podiatric boundaries	6.3 Explain treatment versus prevention	6.4 Know when to refer and to whom	6.5 Make referrals through appropriate access pathways		

# Practical Competencies

7. Obtain a comprehensive patient history	7.1 Specific sport and potential for mechanisms of injury	7.2 Structured, reproducible record of the patient's history				
8. Examination techniques specific to the sports patient	8.1 Examination techniques of the lower limb	8.2 Global examination techniques	8.3 Movement analysis			
9. Investigative modalities relevant to the sports patient	9.1 Indications and limitations of various technologies	9.2 Principles of investigation				
10. Effectively diagnose the patient's condition	10.1 Clinical rationale by selecting, analysing and interpreting relevant information	10.2 Podiatric sports pathology	10.3 Differential diagnoses in the podiatric sports patient	10.4 Create a management plan based on clinical diagnosis		
11. Management relevant to podiatric practice	11.1 Advanced understanding of orthotics, appliances, aids and braces in a therapeutic setting	11.2 Effective communication	11.3 Management of foot and lower limb sports injuries	11.4 Functional retraining and exercise prescription	11.5 Provide systems to ensure optimal long-term outcomes	11.6 Know appropriate funding pathways for the athlete