

## HHPA 449 – Clinical Experience in Athletic Training V

Fall 2012

Location: FH005

Time: Tues 4-5:15p / 1 semester hour

### **Sarah M. Mitchell, MS, ATC, LAT**

Instructor / Clinical Coordinator of Athletic Training Education

**Office:** Field House 210

**Phone:** (903) 886-5543

**Email:** Sarah.Mitchell@tamuc.edu

**Office Hours:** Mon-Thurs 9:30-11am; or by appointment

### **Course Materials:**

Van Ost, L, Manfre, K, & Lew, K. Athletic Training Exam Review. 4<sup>th</sup> ed. SLACK Inc, 2009.

ATEP Athletic Training Student (ATS) Handbook

ATEP Educational Competencies & Proficiencies Manual

Various textbooks used in current or previous athletic training coursework.

### **Course Description:**

Under the direct supervision of a licensed/certified athletic trainer or other licensed medical professional, students will be provided the opportunity to observe, learn, practice, and demonstrate a variety of skills directly related to the profession of athletic training. In addition, students are expected to successfully demonstrate required clinical proficiencies. Clinical experiences will take place both on and off campus in a variety of settings. Prerequisites: HHPA 379

### **Course Objectives:**

ATEP Educational Competencies & Proficiencies assigned to the course.

#### **Exercise**

##### **EX-CP**

Synthesize information obtained in a patient interview and physical examination to determine the indications, contraindications and precautions for the selection, application, and evidence-based design of a therapeutic exercise program for injuries to the upper extremity, lower extremity, trunk, and spine. The student will formulate a progressive rehabilitation plan and appropriately demonstrate and/or instruct the exercises and/or techniques to the patient. Effective lines of communication should be established to elicit and convey information about the patient's status and the prescribed exercise(s). While maintaining patient confidentiality, all aspects of the exercise plan should be documented using standardized record-keeping methods.

##### **EX-CP1**

Program for injuries to the upper extremity

##### **EX-CP1.1**

Exercises and Techniques to Improve Joint Range of Motion

##### **EX-CP1.2**

Exercises to Improve Muscular Strength

##### **EX-CP1.3**

Exercises to Improve Muscular Endurance

##### **EX-CP1.4**

Exercises to Improve Muscular Speed

##### **EX-CP1.5**

Exercises to Improve Muscular Power

##### **EX-CP1.6**

Exercises to Improve Balance, Neuromuscular Control, and Coordination

##### **EX-CP1.7**

Exercises to Improve Agility

##### **EX-CP1.8**

Exercises to Improve Cardiorespiratory Endurance

##### **EX-CP1.9**

Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening

##### **EX-CP2**

Program for injuries to the lower extremity

##### **EX-CP2.1**

Exercises and Techniques to Improve Joint Range of Motion

##### **EX-CP2.2**

Exercises to Improve Muscular Strength

##### **EX-CP2.3**

Exercises to Improve Muscular Endurance

##### **EX-CP2.4**

Exercises to Improve Muscular Speed

##### **EX-CP2.5**

Exercises to Improve Muscular Power

##### **EX-CP2.6**

Exercises to Improve Balance, Neuromuscular Control, and Coordination

##### **EX-CP2.7**

Exercises to Improve Agility

##### **EX-CP2.8**

Exercises to Improve Cardiorespiratory Endurance

EX-CP2.9	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening Program for injuries to the trunk
EX-CP3.1	Exercises and Techniques to Improve Joint Range of Motion
EX-CP3.2	Exercises to Improve Muscular Strength
EX-CP3.3	Exercises to Improve Muscular Endurance
EX-CP3.4	Exercises to Improve Muscular Speed
EX-CP3.5	Exercises to Improve Muscular Power
EX-CP3.6	Exercises to Improve Balance, Neuromuscular Control, and Coordination
EX-CP3.7	Exercises to Improve Agility
EX-CP3.8	Exercises to Improve Cardiorespiratory Endurance
EX-CP3.9	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening Program for injuries to the spine
EX-CP4.1	Exercises and Techniques to Improve Joint Range of Motion
EX-CP4.2	Exercises to Improve Muscular Strength
EX-CP4.3	Exercises to Improve Muscular Endurance
EX-CP4.4	Exercises to Improve Muscular Speed
EX-CP4.5	Exercises to Improve Muscular Power
EX-CP4.6	Exercises to Improve Balance, Neuromuscular Control, and Coordination
EX-CP4.7	Exercises to Improve Agility
EX-CP4.8	Exercises to Improve Cardiorespiratory Endurance
EX-CP4.9	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening Program for injuries to the spine

### **Psychosocial**

PS-CP2	Demonstrate the ability to select and integrate appropriate motivational techniques into a patient's treatment or rehabilitation program. This includes, but is not limited to, verbal motivation, visualization, imagery, and/or desensitization. Effective lines of communication should be established to elicit and convey information about the techniques. While maintaining patient confidentiality, all aspects of the program should be documented using standardized record-keeping techniques.
--------	---

### **Meeting Time and Location:**

At the beginning of the semester the instructor will schedule a meeting time once a week for this course. Additionally, students will be scheduled Clinical Experiences according to their class schedule, assigned clinical rotation and the ACI's/CI's sports coverage schedule. A minimum 250 clinical hours are required, with 300 clinical hours needed to earn maximum points. The student's schedule will typically be during the following times: Monday –Friday, 1:00 to 7:00 PM, with additional mornings, evenings, and/or weekends utilized according to the ACI's/CI's sports coverage schedule. Depending on the student's assigned clinical rotation the following locations will be used:

1. T-Lounge Athletic Training Room, located on the south end of Memorial Stadium
2. Athletic Training Rehabilitation Center, located in Field House Room 014
3. Medical or Allied-Health Rotation locations as assigned see instructor for details.

### **Course Information:**

The clinical experience portion of the athletic training curriculum is designed to provide athletic training students the opportunity to acquire supervised hands-on experience in a variety of settings. Clinical experiences will vary from one semester to the next, depending upon the individual needs and ability level of each student. All students will have the opportunity to gain experience in the following settings: lower extremity sports, upper extremity sports, equipment intensive sports, general medical, high school, physical therapy, and orthopedic.

### **Attendance:**

Class attendance is **required**. Excused absences include university approved absences or those that the instructor receives appropriate notification of (i.e. sudden/serious illness, death to immediate family member, etc.). It is the student's responsibility to notify the instructor ahead of time if they are going to miss class due to an excused absence and make arrangements for all materials and assignments that will be missed on that day. In the case of excused absences due to unavoidable or emergency situations, the student must promptly notify the instructor via **phone call** or **email** (sending a text is not considered

professional and is not an acceptable means of notification) explaining the circumstances. Prompt notification is required to have an absence excused; additionally, written documentation may be required to have the absence excused. If a student misses a class, excused or unexcused, the student is responsible for obtaining all information presented and turning in all assignments by the due date. Remember: Poor planning on your part is not an emergency on my part. Unexcused absences beyond **three (3)** will automatically drop your **final** grade by 5% (i.e. if your final grade = 83 with 3 or fewer absences, the 83 stands; but drops to a 78 with 4 absences; 73 with 5 absences, etc.). A student who misses 5 or more classes must meet with the instructor to determine if they need to drop the course.

Tardiness WILL NOT be tolerated. Classroom doors will be locked at the beginning of class. If a student cannot attend class because the door is locked it will be considered an unexcused absence.

Additionally, this course requires each student to be in attendance for assigned clinical experience according to the Athletic Training Student's assigned rotation. Each student is responsible to contact the ACI/CI directly if unable to attend their assigned clinical hours. See Clinical Experience Guidelines for more information on attendance related disciplinary action and how it can affect a student's grade in this course.

NOTE: Both failing to attend the scheduled weekly class meeting time and disciplinary action in your clinical experience assignment will affect your grade for this course!

### Course Evaluation:

Upon the completion of the course, grades will be calculated by adding up the total number of points each student has earned and dividing it by the total amount of points available in the course. This will produce a percentage of points earned (Ex. Student earned 850 points out a possible 1000 in the course:  $850/1000 = 85\%$  "B"). Grades will be assigned based upon the percentages below.

Clinical Experience Requirement:	500 pts	Grading Scale:
Student Evaluations:	100 pts	A = 90-100%
Clinical Journals (10):	400 pts	B = 80-89%
Competency/Proficiency Evaluations:	300 pts	C = 70-79%
		D = 60-69%
		F = 0-59%

Students are expected to earn points toward their final grade during the course of the semester with the assignments and tests that are scheduled. All students are graded based on the exact same criteria and no exceptions will be made for individual assignments, tests, or final point values.

Students will receive back all graded assignments in a timely manner. Students are encouraged to keep all graded assignments as well as keep up with their grades throughout the semester. Any questions or concerns about assignments/grades should be brought to the instructor's attention immediately (i.e. Do not wait until the end of the semester)

### Clinical Experience Requirement:

The Clinical Experience portion of the ATEP is essential for the development of the ATS. ATSs are required to accumulate a minimum of 200 hours of supervised clinical experience over the course of the semester for successful completion of this course and ATEP requirements. ATSs will need to accumulate a total of 250 supervised clinical experience hours in order to receive the full 500 points allotted for the clinical experience portion of the course. ATSs will lose 3 points from their clinical experience points for every hour they are short of 250 down to the minimum of 200 hours. ATSs who fail to accumulate a minimum of 200 hours will receive an Incomplete "I" in the course and will be expected to make-up the hours they missed. ATSs who fail to accumulate at least 150 hours of clinical experience will receive an "F" in the course and will be required to re-take the course. ATSs will be notified of their clinical experience assignment/rotation. Clinical experiences will involve: practice and game treatments, rehab sessions, field set-up/tear-down, cleaning of athletic training equipment and facilities, documentation of injuries and treatments, attending athletic competitions, etc. Also, ATSs must document their clinical

experiences on the appropriate form. All clinical experience hours must be supervised by an Approved Clinical Instructor (ACI), Clinical Instructor (CI), licensed medical (or) allied health care professional.

250+ hours:           ATS will receive full credit (500 points) for the Clinical Experience portion of the course requirements

200 – 249 hours:   ATS will have three (3) points deducted from the 500 point total for every hour the ATS falls below 250 hours.

Below 199 hours:   ATS will receive a failing grade “F” in the course and be required to re-take the course the next time it is offered.

**All clinical hours are to be performed under the direct supervision of an ACI or CI as indicated above. Unsupervised clinical experiences are not part of the educational program and cannot be required, furthermore, they are in violation of CAATE Standards, ATEP Policy, and are not permitted.**

While completing the Clinical Experience Requirements, the ATS is expected to practice and perform skills as they are taught in the courses he/she is enrolled in. ATS are required to be taught and evaluated on the athletic training skills prior to performing the skills on patients or athletes under the supervision of an ACI/CI. Once an ATS has completed the required coursework and has sufficiently demonstrated proficiency on specific athletic training skills through evaluation by an ACI, the ATS is expected to continue to practice and perform these skills in order to refine and advance the skills to ensure learning over time.

#### **ATEP Clinical Hours Policy**

ATS typically complete an average of 20-25 hours of Clinical Hours each week in order to meet the Clinical Experience Requirements set forth by the ATEP. Because some weeks an ATS may complete less than 20 hours, students are allowed to complete more than 20 hours so they can successfully meet the Clinical Experience Requirements of 200-250 hours each semester (i.e. one week an ATS may complete 28 clinical hours and the following week 12 clinical hours). ATS should not complete more than 30 clinical hours each week and will be closely monitored that they do not exceed this amount. ATS must continue to report for their Clinical Experience assignment as scheduled by their ACI or CI even if they have met the minimum clinical experience requirement. ATS should discuss their schedule with their ACI or CI if they have met the minimum requirement and would like to have their schedule adjusted. ATS should not exceed more than 400 clinical hours over the course of a semester.

#### **ATEP Clinical Placement Prerequisites**

Documentation of the following prerequisites is required before a student can be placed in the clinical setting for Clinical Observation OR Clinical Experiences:

1. Current certification in CPR/AED and First Aid
2. Completion of blood-borne pathogen
3. Proof of immunization against bacterial meningitis and hepatitis B\* (HBV)  
\* a signed declination form can substitute for HBV
4. ATEP Athletic Training Student Handbook Acknowledgement Form

#### **Clinical Experience Hours:**

It is the responsibility of the student to keep track of their Clinical Experience Hours and record them on the appropriate hour sheet. Once the hour sheet is completed, it must be signed by both the student and their ACI or CI. Completed hour sheets must be turned in to the ATEP Clinical Coordinator by 5pm on the Thursday of the following week. Students who turn in hours late will lose points from their Clinical Experience. The first time an hour sheet is turned in late, a verbal warning will be given to the student. The second time an hour sheet is turned in late and anytime thereafter, 15 points will be subtracted from the 500 total points possible for the Clinical Experience. Any points lost due to late hours, will be in

addition to points lost due to not meeting the hour requirement. Turning in an hour sheet that is not signed by the student and/or their ACI/CI will be considered late as well.

It must be understood that CAATE defined "Direct Clinical Supervision" will be sanctioned to fulfill the clinical hour requirements of this course. Please see the ATEP ATS Handbook for the definition and explanation of Direct Supervision.

### **Student Evaluations:**

Each student will be expected to complete a mid-term and final self evaluation followed by an ACI/CI evaluation. The student will have a time to meet with their assigned ACI/CI to review the evaluation and receive feedback after both the mid-term and final evaluation. The "Supervisor's Rating - ACI" scores will be summed and divided by the total number of skills assessed. A score of 0 or N/A will not count into the total number of skills assessed. For the end of the semester, the Average Semester Score for each evaluation period will be summed and divided by 2. The Average Semester Score will be used to calculate your grade for the course.

### **Clinical Journals:**

Journals will be a three (3) part adventure about a situation, or condition that you found interesting while doing your clinical experience. The first (1) section should be a description of the situation, summarize what you saw that was interesting. The second (2) section should be an article, case study, or section from a text book (any hard evidence) that explains the condition, why it is treated a certain way or basically any evidence as to why that situation took place the way it did. You must summarize the article and discuss how it applies to the situation. The third (3) and final section is an interview or discussion with an ACI. Have the ACI explain the situation to you and the decision making process. A good starting point would be how and why the situation or athlete was handled in that manner. Journals should be 1 ½ to 2 pages long.

### **Goal Sheets:**

Each student will be required to complete a semester goal sheet. The purpose of this form is to provide athletic training students with the opportunity to have more control over their learning outcomes within their clinical experiences. It will also serve an important function by providing ACI's/CI's a better understanding of what each athletic training student specifically needs to achieve/learn throughout the semester.

### **Competency/Proficiency Evaluations:**

All ATS are required to learn, practice, and be evaluated on multiple clinical proficiencies (skills) throughout their course of study within the ATEP. The evaluation process consists of a peer evaluation(s) **followed by** evaluation(s) by an ACI. Please see ATEP ATS Handbook and the ATEP Educational Competencies & Proficiencies Manual for more information on the specific proficiencies related to this course.

Each student will be required to complete 100% of the proficiency skills assigned to the class. Please see the "Progression / Retention Criteria" in the ATEP Athletic Training Student Handbook for more information. Points will be deducted for missing scheduled proficiency evaluations. Student will be expected to demonstrate proficiency skill on an athlete under direct supervision of the ACI. If the skill is such that it can not be demonstrated on an athlete, the ACI will set up a scenario to provide the real-life situation.

### **24 Hour Rule for Testing by an ACI**

When you are ready to be tested on competencies and/or proficiencies by your ACI, you **MUST** schedule a time with them and give at least 24 hours notice. Requests to be tested with less than a 24 hour notice will be honored at the ACI's discretion and as their schedule permits.

### **Missed Work & Late Work**

In-class activities will not be allowed for make-up unless prior arrangements have been made, the absence/tardy is deemed to be excused by the instructor, and the nature of the activity allows for it to be made up.

All assignments are due as assigned and must be turned in on or before the due date to receive credit. This includes assignments that are due when you have an absence. Assignments turned in beyond the due date will not be accepted and the student will receive zero (0) points for the assignment. It is the student's responsibility to be aware of assignment due dates as the dates are included with the assignment and posted on eCollege. Technical and computer problems associated with email and/or eCollege is not a valid excuse for turning in an assignment late.

### **eCollege**

This course will utilize your eCollege account through MyLeo. Course lecture notes, assignments, information, and grades will be posted through this site. It is the students' responsibility to check this site frequently. If you need assistance with eCollege, please contact: [helpdesk@online.tamuc.org](mailto:helpdesk@online.tamuc.org) or 1-866-656-5511.

### **Academic Dishonesty**

It is the philosophy of Texas A&M - Commerce that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. (see Student's Guide Handbook).

### **Americans with Disabilities Act (ADA) Statement**

The ADA is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. Students requesting accommodations for disabilities must go through the Office of Student Disability Resources and Services. For more information, please contact SDRS at Gee Library – Rm. 132; (903)886-5150 or (903)886-5835; [StudentDisabilityServices@tamuc.edu](mailto:StudentDisabilityServices@tamuc.edu)

All athletic training students (ATS) must sign the program's **Technical Standards Form**. Any student that requires assistance related to an ADA eligible problem needs to inform the instructor as soon as possible.

### **Classroom/Student Expectations**

Students are expected to prepare for, participate in, and attend each scheduled class. Failure to do so may/will lead to a decline in the student's overall grade. Forming study groups to prepare for class will also greatly benefit students throughout the semester.

Students are also expected to behave appropriately in class and avoid being a distraction to their fellow students and the instructor. Appropriate behavior involves paying attention, actively participating, and following instructions. Cell phones (including text messaging), music, inappropriate language/gestures, and any other behavior determined to be a distraction will not be tolerated. Students who are considered to be a disturbance in class will be asked to leave.

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook, Policies and Procedure, Conduct).

Students are expected to follow the ATEP Clinical Experience Guidelines while completing the clinical experience portion of this course.

## Tentative Course Schedule

		<b>Course Topics / Assignments Due</b>	<b>Assignment Due</b>	<b>Clinical Hours Due</b>
wk 1	8/28	Syllabus; Dr. Wallace Clinic Info		
wk 2	9/4	Journal/Article Info; Goal Sheets; Proficiencies Due this Semester	Journal 1	
wk 3	9/11	LAT and BOC Exam info	Journal 2	Wk 1-2 Due
wk 4	9/18	Work on rehab plan		
wk 5	9/25	Rehab Plan Due (EX-CP1)	Journal 3	Wk 3-4 Due
wk 6	10/2	BOC study and prep info	Journal 4	
wk 7	10/9	Work on rehab plan	Journal 5	Wk 5-6 Due
wk 8	10/16	Rehab Plan Due (EX-CP2);	Journal 6	
wk 9	10/23	Mid-term Evaluations Due		Wk 7-8 Due
wk 10	10/30	Discussion and practice spineboarding	Journal 7	
wk 11	11/6	Rehab Plan Due (EX-CP3); Practice Spineboarding	Journal 8	Wk 9-10 Due
wk 12	11/13	BOC study and prep info	Journal 9	
wk 13	11/20	Motivation Techniques for Rehab plan (PS-CP2)	Journal 10	Wk 11-12 Due
wk 14	11/27	Rehab Plan Due (EX-CP4)		
wk 15	12/4	Final Evaluations (ATS, ACI, Facility) Due; All competencies/proficiencies Due		Wk 13-14 Due
wk 16	12/14	All Clinical Hours Due		Wk 15-16 Due