Course Description

Involves both a clinical education experience which provides for integration of athletic training psychomotor, cognitive, and affective skills, and clinical proficiencies; and field experiences providing informal leaning and practice and application of clinical proficiencies in a clinical environment under the supervision of an approved instructor. Prerequisite: Consent of the instructor.

Rationale

Athletic training students are required to be involved in clinical education and field experiences in order to gain entry-level proficiencies in the profession. This revised course will replace an existing course and be required in the athletic training major. It will not add additional semester hours to the degree.

General Course Objectives

Course objectives are identified with corresponding competencies covered as defined by the Professional Education Committee of the National Athletic Trainers' Association. Competencies are identified as follows: Cognitive (C), Psychomotor (P), Affective (A) and Clinical Proficiencies (CP). As the athletic training student moves through the six semesters of clinical experience they will:
1. Develop knowledge regarding prevention, evaluation, treatment, rehabilitation, education and counseling and athletic training room management presented by faculty athletic trainers, guest lecturers, and athletic training students.
2. Obtain practical experience in prevention, evaluation, treatment, rehabilitation, education and counseling, and athletic training room management.
3. Develop positive attitudes regarding prevention, evaluation, treatment, rehabilitation, education and counseling, and athletic training room management.
4. Develop self-confidence in themselves through participation in practical skills tests and hands-on practice.
5. Develop an athletic injury/illness vocabulary.

Seminar Skills as Course Objectives (40% of grade)

Athletic training students will become proficient in the following competencies:
1. Basic Rehabilitation Principles
2. PNF
3. Stretching and Flexibility
4. Therapeutic Exercise Techniques for:
   a. Hamstring strain
   b. Low back strain
   c. Lateral Ankle sprain
   d. Extensor Mechanism Syndrome
e. Hip Flexor Strain  
f. Groin Strain  
g. Shin Splints  
h. Rotator Cuff Strain  
i. Shoulder Dislocations

5. Total Gym  
6. Slide board  
7. Surgical Cords  
8. Stationary Bikes  
9. Stair Step

**Instructional Methods and Activities**

1. Attend a one hour biweekly seminar:  
   a. participate in practice and testing of seminar skill tests.  
   b. participate in guest lectures' presentations.  
   c. prepare written reports on journal articles, guest lectures, surgeries observed, resumes, and other topics as assigned. There will be a minimum of 5 article reports required per semester and 5 other reports including summaries from guest lectures, surgeries, and etc.

   *See attached form.*

2. Work with assigned WSU Intercollegiate athletic teams during practice and competition for a minimum of an average of twenty (20) clock hours per week (with a minimum of 600 clock hours for each academic year) to develop skills and abilities in:  
   a. preventive taping and bandaging  
   b. fitting and maintenance of protective equipment  
   c. proper use of emergency equipment  
   d. evaluation of athletic injuries  
   e. use of therapeutic modalities  
   f. techniques of wound care  
   g. use of rehabilitation modalities  
   h. education/counseling of athletes/coaches regarding injury prevention  
   i. record keeping responsibilities  
   j. inventory and purchase of equipment and supplies.

3. KSS 321 (S) athletic training students will be assigned to a sport and serve as the head athletic training student. Students will be given evaluations near midterm by the staff athletic trainer supervising them and a final evaluation at the end of the semester. These evaluations will become part of the student's permanent files. Students will be given the opportunity to discuss any deficiencies noted on the evaluations with the staff athletic trainers. Students will be given opportunities to correct deficiencies (40% of grade).

4. During the classroom portion of the course students will experience two methods of instruction. First, about one third of the class time (one-hour per week) will be used for specific instruction on the **skill sheets** listed above. The students will have a faculty athletic trainer assigned to them and will be instructed, be provided practice time, and be evaluated on the competencies assigned to their course. Performance on these competencies will become a portion of the semester grade for the classroom aspect of the course (40%).
5. All skills tests will be signed off by 3 people (with name, date and level) from a peer at the same level, a peer at a level above yours and the instructor.

6. Individual skills testing will be discussed and times will be set up by the instructor.

7. **Those students not completing skills test within the appropriate times (as set forth by the instructor) will receive a grade of 0 for that skill.** These grades will be figured into the end of the semester grade. The skills test must be made up at the convenience of the instructor or an "I" will be turned in for a grade.

8. Approximately one third of the semester will be used to instruct all athletic training majors together. Presentations by Team Physicians and other Allied Health personnel will occur as well as other instruction. This portion of the class time will also affect the Student's grade (10%).

9. The written reports will make up the remaining 10% of the grade. The written reports will be due according to the schedule printed for the semester. **At least one article review will come from each of the following journals:**

   - The Journal of Athletic Training
   - Journal of Physical Therapy
   - American Journal of Sports Medicine
   - Ultrasound and Medicine and Biology
   - Journal of Sports Rehab

10. All students will be expected to maintain an up-to-date notebook for Athletic Training. This notebook will be continuous for the entire three years of the clinical aspect of the program. **Notebooks will be brought to every seminar class.** Complete notebook contents and student responsibilities will be explained to each student each semester. The notebook will contain:

   - Class Syllabus
   - Skills Tests
   - Reviews: Articles and Presentations
   - Class Notes
   - Time Sheets
   - Schedule of Classes
   - Peer Teaching Check off Sheets
   - Handouts

11. There will be a final review of the notebook with the Program Director each semester.

12. **There will be a midterm and a final exam.** Format, times and dates will be determined by the instructor.

**Course Evaluation and Grade Assignment:**
Athletic training students will be evaluated on four specific areas for this course. First, an evaluation of the athletic training Student's skills, abilities, and professional attitude while serving as a athletic training student in the athletic training room under the supervision of a staff athletic trainer. The attached Evaluation Form will be used for arriving at the semester grade for
the course. Second, an evaluation of the athletic training student's participation in seminar skill tests administered while meeting the class. Third, ten written reports as explained in Methods above. Fourth, ten percent of the grade will be determined by the student's participation in the seminar class meetings.

Grade System:
1. Clinical experience: 40%
2. Seminar skills: 40%
3. Written reports: 10%
4. Seminar Class: 10%
Total: 100%

*See attached for written report form and clinical experience evaluation form.*

**Course Schedule and Policies**

*See attached for schedule.*

**Attendance**

Athletic training students are expected to be in attendance in class and in the clinical experience location as assigned. Students missing class are expected to make up the required work. Students expecting to miss clinical experience responsibilities must notify the supervising athletic trainer.

- **Two unexcused absences will result in a one letter grade drop for the semester grade.**
- **Three unexcused absences will result in a two letter grade drop for the semester grade.**
- **Three unexcused tardies equals one unexcused absence.**

Excused absences/tardies are athletic events, doctor's notes, or pre-approval by the Program Director.

**Textbooks:**

James Andrews & Gary Harrelson (1991)
Carolyn Kisner (1996) *Therapeutic Exercise: Foundation and Techniques*
Detach and Turn In to Instructor at end of Introductory Class

I have reviewed the syllabus and have had an opportunity to ask questions related to areas of the syllabus that I do not understand.

Signed: ________________________ Date: _______________________
ASSESSMENT OF CLINICAL EXPERIENCE

(40% OF GRADE)

Evaluation

JUSTIFICATION: A grade will be given for each evaluation area. The Supervising Athletic Trainer will administer the evaluation near midterm and near the end of each semester and advise the athletic training student of the evaluation score before presenting the evaluation to the Program Director for input in the final grade in the course. Athletic training students may make comments about the evaluation however, the final decision concerning the grade is at the discretion of the Supervising Athletic Trainer. Athletic training students must acknowledge being advised about the evaluation by signing the Evaluation Form.

Point system: (Clinical Experience Skills)

4 - indicates complete mastery of the skill (excellent).
3 - indicates the individual demonstrates the cognitive level of one step below complete mastery (above average).
2 - indicates the individual demonstrates a level that is exemplified by a near equal number of success to failures in the area (average).
1 - indicates more failures than successes (needs improvement).

To be considered progressing in the program, a athletic training student should score at least an average of 2.5.

Point system: (Professional/Personal Attributes)

4 - Excellent
3 - Above Average
2 - Average
1 - Needs Improvement

To be considered progressing in the program, an athletic training Student should score at least an average of 2.5.
KSS 321: Clinical Evaluation

A. Athletic Training Clinical skills: 80% of clinical score

1. Junior (S) athletic training students are expected to:
   a. continue to demonstrate knowledge, skills and abilities required in the preceding semester
      Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
   b. demonstrate an understanding and always follow OSHA regulations and universal precautions.
      Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
   c. identify and use appropriate WSU Athletic Training Room forms and records.
      Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
   d. Identify the phases of rehabilitation and short term and long term goals for rehabilitation
      Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
   e. Understand and accept the psychological factors of rehabilitation
      Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
   f. Identify and demonstrate examples of isometric, isotonic, and isokinetic exercise.
      Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
   g. Demonstrate a working knowledge of closed chain and open chain rehabilitation
      Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
   i. Show proficiency in the use of goniometry for major joints
      Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
   h. Demonstrate ability to instruct an athlete on isometric, manual resistance, and progressive resistance exercise.
      Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
   j. Participate in peer teaching
      Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA

   Totals _________ _________
   Average _______ _________

B. Professional/Personal Attributes: 20% of clinical score

1. Reliability (promptness, attendance, on-time)
   Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
2. Appearance (dress code, grooming)
   Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
3. Communication (with staff, coaches, peers, doctors)
   Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
4. Cooperation (with staff, coaches, peers, doctors)
   Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
5. Initiative (leadership, self-motivation)
   Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
6. Professionalism (honesty, loyalty)
   Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA
7. Volunteers for other duties not assigned
   Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA

   Totals ________      _________
   Average ________      _________

Program Director evaluation

   Mid-Term: 4 3 2 1 NA  Final: 4 3 2 1 NA

   Totals _________ ___________

STUDENT SIGNATURE: ____________________ DATE: __________
SUPERVISOR: ____________________________ DATE: __________
Comments:

STUDENT SIGNATURE: ____________________ DATE: __________
SUPERVISOR: ____________________________ DATE: __________
Comments:
WRITTEN REPORTS

REPORT #:

NAME: ___________________________ DATE: ________________

TOPIC/TITLE: _________________________________________

SPEAKER/AUTHOR: ______________________________________

PUBLICATION: _____________________________________________

MONTH: ___________ YEAR: _________ PAGE: __________

(Please attach a copy of the article to this report)

1. Brief summary of the presentation/article:

2. Critical questions not answered or addressed:
Field Experience in Athletic Training  
**Class Schedule: Spring 20XX**  
**KSS 321**  
**Rich, Dan, Kara, Andy**

*Schedule will be updated when course catalog is printed*

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