

## UWSP Athletic Training Education Program

**Course Title: AT 182 – Clinical Observation I**

**Fall 2016**

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**Course description:** The purpose of this course is to provide the student who intends to apply to the athletic training major the opportunity for observation of the certified athletic training staff in the University of Wisconsin-Stevens Point facility. This observation is intended to aid the student in an understanding of the roles and responsibilities of the certified athletic trainer in the clinical setting.

**Course Expectations:** Students are required to complete **14 hours of observation experience** in the athletic training facility. During observation, students must interact with athletic training staff and students to complete written assignments associated with the clinical setting. Observations will be scheduled in two-hour time blocks once a week for seven weeks. The completed time sheet and associated written assignments are a required component for the application portfolio when applying to the athletic training education program.

During the observation hours, students are required to:

- Be timely and complete each scheduled observation. Your observation hours are scheduled according to your free time; therefore rescheduling is highly discouraged. Remember this is an academic class and not all absences will be excused. If there is an unplanned conflict, you must **verbally** contact the instructor and re-schedule immediately. Leave a message that will state the time and day you will make up your absence.
- Act professionally and ethically during observation hours
  - Any behavior that is not conducive to a learning environment or a medical facility will not be tolerated and the certified staff can ask you to leave. If this occurs, you will be required to meet individually with the course instructor.
- Adhere to the UWSP Athletic Training Dress Code
  - The certified staff has the authority to send you home to change if they feel you are not dressed properly. They will contact the instructor if this occurs. A 2<sup>nd</sup> occurrence will result in you not being able to reschedule your missed hours and failure in this course.
- Adhere to the UWSP Athletic Training Policy for Medical Confidentiality
  - Your observations are taking place in a medical facility. Any breach of that confidentiality will not be tolerated. Please respect the patients' privacy and realize it is a privilege to be able to observe their medical treatment.

The dress code policy and athletic training student conduct policy has been provided for you. If you have questions, please ask me or one of the athletic training staff if your dress is appropriate.

### **Course Grading Procedures:**

This course is a 1 credit course graded on completion of the following:

- Students must submit: Completed time sheets (written), completed journal observations on D2L
- FAIL: Students did not hand in time sheet or journal entries on time. Did not complete observations.
  - A failing grade will not allow you to apply for the UWSP Athletic Training Education Program

## Written Observation Requirements

It is your responsibility to seek out staff members or athletic training students to help answer your weekly question. Approach the student and staff and be proactive! They will be friendly to you, but it is also not their job to make sure you have a good experience.

### Written assignment requirements:

- The written observations are to be turned into D2L Drop Box as a Word attachment.
- Length: maximum of 2 pages for each observation – total of 14 pages maximum.
- Format: Typed, double spaced, maximum of 1 inch margins on sides, maximum of 1 inch margins on top and bottom.
- The observation question from each week needs to be copied and pasted at the top of page 1. The question should be printed single spaced.
- Medical confidentiality needs to be maintained throughout the content of the written observations.
  - Can refer to a patient's case, but cannot use a name to identify him or her.
- If referencing information from the textbook or other reference material in the athletic training facility, please reference this material correctly in APA format. No plagiarism will be tolerated!
- Must be grammatically correct and free of errors.
- ***The journal entries become part of your application to the Athletic Training Education Program. Please remember this when you are completing your observation and when you are journaling about your experiences. In this course, you will be graded on your entries based on the criteria above and below. They become part of your ATEP Application – so put time and thought into it!! They will be graded in further detail when you apply to the program.***
- **Content:**
  - Part 1: Please refer to each week's question for the written observations. The questions can be found in the written observation module in the D2L course room. Make sure you address the answers to this question in your writing.
  - Part 2: Tell me about anything you observed today that was interesting to you.
  - Part 3: Reflect on things you saw today and how you are feeling about this experience.
- **Due dates:** Your journal entries will be due on a week-by-week basis. There will be a drop box for each week in D2L with deadlines posted for submission. There is a minimum of a 2-week grace period for each week's submissions.
  - If you fail to submit a journal by that time – you will have to come and talk to me. Verbal, face-to-face communication is required if you want any chance of your journal being accepted late. Email communication is not acceptable.
  - Submitting 7 journal entries is the only requirement for this course. Please take the time to submit them in a timely manner. Failure to submit on time will result in a failing grade in the course and the inability to apply to the program.
  - Due dates are posted in the D2L dropbox.
  - The best practice for this journaling exercise is write up your journal observation as soon as you completed it so your experience is fresh in your head. This will enrich the quality of your writing.

## **JOURNAL ENTRIES FOR AT 182:**

**Week 1:** Ask an upperclassman to give you a tour of the facility. Learn information about what it is like to be an athletic training student. Ask questions that help you understand the profession and become familiar with the observation experience and your surroundings. Write about what you learned, saw, and how you are feeling about your first observation.

**Week 2:** Prevention of illness and injury is one of the domains that many athletic trainers spend a lot of time doing. Describe some of the events you observed in which the athletic training staff was working to prevent injury. What did you see and what were they trying to prevent? Ask questions and get involved by asking to experience a prevention technique. What did you get to experience with the upperclassman - what was your experience like? Make sure you interact to make this experience a positive one. Overall, how are your observations going so far?

(Look ahead to week 3, you will be attending practice. Make sure you plan ahead for time, where you should go, who you should look for, etc. You **HAVE TO** ask to attend a practice and you need to do so in a professional manner!!!!)

**Week 3:** *(You can move this to another week if necessary – just complete the following weeks and fit this in when possible. I want for you to attend at least ½ hour of practice – but ultimately you could be there longer).* You need to attend a practice or part of a practice with the athletic training students and staff. What practice did you attend? How did the athletic training staff prepare for practice? What changes with the duties of the athletic trainer from the facility/clinic to the practice setting? Take the time to get to know the individuals you are observing with. Talk with them, ask them questions. Journal about your experience - how did this broaden your knowledge of the profession and the responsibilities of the profession?

**Week 4:** What is documentation required of the UWSP athletes prior to be able to participate in sport or be seen as a patient in the athletic training facility? Why is this documentation important? Ask an upperclassman to show you the injury tracking system. What are some features of the program that can help make an athletic trainer's job easier? How can this type of program help with research?

**Week 5:** Environmental concerns must be addressed by the athletic training staff. Have an upperclassman show you the HotBox and sling psychrometer. What are these and what are they used for? Ask the upperclassman about environmental policies for Pointer athletics. Ask about situations when athletic trainers had to care for an environmental illness. Write about the new information you found and don't forget about the reflective component of your journaling.

**Week 6:** The focus of this week is rehabilitation. Have an upperclassman work with you on a rehabilitation protocol such as a proprioceptive program, a core strength program or prevention/strengthening program. What exercises did you do? What equipment did you use? Did you feel that you were lacking in anything? Write about your experiences and reflect on the day. Don't forget about new things you saw as well.

**Week 7:** This is your last week. Take this opportunity to ask about and journal about anything that you are still wondering about. Talk with the upperclassmen one last time about athletic training and your questions. Write about what you learned in this last experience. Lastly, use the last page to summarize and reflect on your experience. Did the observations help you to learn more about athletic training? Are you excited about the profession? Tell us about your overall experience.