

University of Wisconsin – Stevens Point - Athletic Training Education Program
Athletic Training Practicum Courses

Course Title: : Athletic Training 302: Practicum V	Term: Spring 2018
Instructor: Danelle Smith	Phone: 715-346-4922
Time: Thursday 11:00-11:50am	Classroom: HEC 147

Required Textbook

Rehabilitation Techniques for Sports Medicine and Athletic Training, Prentice

Overall Course Objective

- To fully assess skill aptitude on all clinical proficiencies instructed in this practicum and concurrent course AT 381.
- Specifically, students will understand that...
 - The rehabilitation process needs to be unique and individualized for each patient, based on appropriate therapeutic goals and patient assessment.
 - Desired therapeutic goals can be reached through various approaches to rehabilitation, including both traditional and more contemporary techniques.
 - Rehabilitation is a dynamic process that involves daily creativity and problem-solving, while balancing short and long-term goals.
 - Athletic training evaluation, therapeutic modalities, and rehabilitation techniques are all interrelated as part of a comprehensive treatment approach.

Course Description and Expectations

The practicum course has been designed to enrich the ATEP experience through clinical education and hands-on learning. This practicum will have the following components:

- Clinical rotations with an assigned Clinical Preceptor (CP). Students must complete 168 – 224 hours/semester (12-16 hours/wk) of clinical time under supervision of your CP.
- Teaching and skill acquisition of clinical proficiencies as assigned by the instructor and designated by ATEP for this practicum course.
 - Students will receive a clinical proficiency packet to be completed during this course.
- Practical examinations
 - Mid-Term Practical Examination – assessing previously learned skills
 - Final Practical Examination – assessing therapeutic rehabilitation skills
- 1 Learning Over Time [LOT] experience
 - 1 Case focusing on evaluation, treatment, rehabilitation
- Additional assignments
 - Assignments include presentation of 2 therapeutic exercises that relate to specific body parts and follow the topic covered the previous week in Therapeutic Exercise.
 - Students will also be expected to assist in the development of a video representation of common exercises as assigned.

Purpose of Course

The weekly meeting time will be used to discuss, practice and demonstrate assigned clinical proficiencies for this practicum course. During the clinical rotations, students shall perform athletic training skills relative to their experience and competence under the supervision of a CP. The clinical hours are also time for students to learn new skills and learn under the guidance of their CP and other athletic trainers. Students are expected to complete the minimum number of hours associated with this practicum by the end of the semester.

Class Policies

- Daily class attendance and **active participation** in class are required.
 - A student's grade will be dropped a ½ of letter grade for every two unexcused absences accumulated.
 - Tardiness is considered an unexcused absence.
 - Students are solely responsible for obtaining any course material missed due to absence.
- Students shall come to class on time, in appropriate lab attire and prepared to engage in meaningful course work and hands-on practice. Reading and written assignments are to be completed prior to the beginning of each class.
- Students will be expected to complete all assignments on time based on the syllabus and due dates given by the instructor. Assignments turned in late will be dropped one letter grade per day. Students should expect additional assignments throughout the semester to facilitate learning.
- Students must complete the clinical hours associated with this practicum. Students must adhere to the standards of professional practice outlined in the UWSP AT Program Student Handbook.
- Students are expected to adhere to UWSP's statement of academic principles. Students are responsible for the honest completion and representation of their work, for the appropriate citation of sources, and for respect of others' academic endeavors. Students who violate these standards will be confronted and must accept the consequences of their actions.

ASSESSMENT AND GRADING PROCEDURES:

The following components of the course will count towards a percentage of your grade:

Evaluation of Clinical Performance and Clinical Hours ¹ :	30%
Practical examinations, quizzes, assignments, and proficiencies ² :	70%

¹(See Evaluation of Clinical Performance)

²(See Evaluation of Clinical Proficiency)

STUDENT ASSESSMENT

Evaluation of Clinical Performance (30% of grade): Students performance in the clinical setting will be formally assessed by their CP every 8 weeks (mid-term and final evaluation). Students also will have a 4-week informal evaluation to help with progress and give appropriate feedback on clinical skills and professional behavior. Students will meet with the CP to discuss the 8-week evaluations.

Students must achieve an average score of >3.0/5.0 on their performance to stay in good academic standing for the ATEP. If the average score is below a 3.0 average, the student will meet with the clinical coordinator and program director. This can result in academic probation for the following semester.

- Scale:** 5(Excellent) – performs duties/skills extremely well, very professional
4(Above avg) – performs duties/skills better than average in a professional manner
3(Avg) – performs duties/skills as well as expected at this level, minimum ACI intervention
2(Below avg) – performs duties/skills at unsatisfactory level, constant intervention from ACI
1(Deficient) – needs remedial aid in this area prior to advancing clinical education
N(Not applicable) – ACI did not observe this duty/skill, or ATS has not acquired skill yet

The points earned from the CP evaluation will be tallied and then averaged. This average will then be turned into a percentage grade. The format used for this will be:

5 = 100%	4 = 90%	3 = 80%	2 = 70%	1 = 60%
----------	---------	---------	---------	---------

For example, if the student receives a 3.8 average score on the evaluation, it will translate into an 88%.

According to the letter grades, this would be B+ work. To receive an "A" for clinical performance, students will consistently have to perform above average (4) and attain some excellent (5) ratings to reflect this type of performance.

Clinical hours: Students are to complete 168 – 224 hours/semester (12-16 hours/wk) of clinical time under supervision of your CP. The grade you receive for your clinical hours is built in to the Evaluation of Clinical Performance which is completed by your CP (see above). This evaluation includes professional traits like communication and responsibility as well as how well you performed clinically with previously learned skills. In addition, the CP will assess your willingness to learn and work diligently at attaining new skills being developed during this practicum.

30% of the grade for this practicum course will be determined by your performance during clinical hours and the requirement to attain a minimum number of clinical hours. IF a student fails to complete the minimum number of hours assigned, the overall grade earned for the course will be dropped by one full letter grade.

Clinical skill proficiency (70% of grade): During this course, clinical skills will be evaluation utilizing proficiency packets, practical examinations, additional assignments, and learning over time sheets. To maintain consistency in assessment, each evaluation method will utilize the same 1-5 assessment scale as described below.

Clinical Performance Evaluation:

- 5 = Performance exceeds expectations at this level. Displayed independence and confidence in decision-making and problem solving. All hands-on skills were completed confidently and accurately. Professional communication (including verbal, written and listening skills) and effective patient education if applicable. Required absolutely no intervention of clinical instructor.
- 4 = Performance is above average at this level. Displayed independence and mostly confident in decision-making and problem solving. All hands-on skills were completed accurately and displayed confidence in skills; only lacking in 1-2 skills or areas. Professional communication (including verbal, written and listening skills); patient education was effective if applicable. Required only verbal prompting by clinical instructor resulting in correct answer/skills.
- 3 = Performance is average at this level. Student performed hands-on skills accurately, but lacked overall confidence; lacking in 3 or more skills or areas. Problem-solving and decision-making required verbal guidance of clinical instructor and/or minimal hands-on intervention necessary to perfect clinical skills. Communication skills (including verbal, written and listening skills) are professional but lack of confidence was evidence in 3 or more areas (i.e. eye contact, unsure of information); patient education lacked overall effectiveness due to lack of confidence or omission of 1-2 details.
- 2 = Shortcomings in performance at this level. More than ¼ of hands-on skills were not accurate resulting in an incorrect assessment or outcome. Student lacked confidence in skills that were performed correctly. Both verbal and hands-on guidance were necessary for decision-making or problem-solving. Communication skills were not effective during intervention due to omission of 3 or more details and/or lacked overall confidence (i.e. student did not talk to patient, did not explain intervention, no eye contact, no confidence). Maximum intervention and guidance needed for student to initiate problem-solving skills.
- 1 = Clinical skills are inadequate even with hands-on intervention and verbal guidance from the clinical instructor. More than ½ of hands-on skills were not accurate and lack of confidence displayed overall. Student does not have the clinical skills or knowledge for independent problem-solving.

Proficiency Packets: Students must demonstrate competency on all assigned clinical proficiencies as determined by a CP. Students **must** be prepared at the time they ask to be evaluated by a CP. If the CP feels the student is not proficient in the skill, the student will be graded accordingly and asked to repeat the skills at a

later time. Students must receive a 3 or higher on the 5 scale to be considered proficient. Any skills that are graded below a 3 must be repeated for a CP until skill acquisition is displayed. Students **must complete** all skills and assignments within the packet in order to receive a passing grade in this course. Students will not be given partial grades for an incomplete packet. The proficiency packet must be submitted to the course instructor at the end of the course. They will be returned to the student after a Completion of Proficiency Skill document has been completed.

Practical Examinations: Students will be tested on skill competency through practical examinations with the instructor. Each practical examination will be worth a certain amount of points. The points and criteria will be shared with the students prior to the examination. Assessment criteria will be consistent with the criteria used to evaluate proficiencies. If students are receiving 3 (average) ratings on their proficiency packets, they can expect to only get a 3 on the practical examination. This score will only guarantee an 80% on a practical score. **IF** students do not attain an 80% or higher on a practical examination, it must be repeated to ensure proficiency in skill acquisition for this course. However, the initial score will be recorded as part of the final grade.

5 = 100%	4 = 90%	3 = 80%	2 = 70%	1 = 60%
----------	---------	---------	---------	---------

For example, if the student receives a 3.8 average score on the practical examination, it will translate into an 88%. According to the letter grades, this would be B+ work. To receive an “A” for clinical performance, students will consistently have to perform above average (4) and attain some excellent (5) ratings to reflect this type of performance.

LOTs (Learning Over Time Sheets): Students must complete the following LOTs for this course: 1 LOT to be used with evaluation, treatment, and rehabilitation of an upper extremity. Students can choose a patient seen in the clinical experience and complete an evaluation (initial or progress), develop and/or implement a plan for treatment, and develop and/or implement a plan for rehabilitation. The LOT should be discussed with the appropriate CP during the case. **IF** the average score of the LOT is less than a 4.0, students will have to repeat the LOT at a later date in the semester. The LOT sheet is evaluated by the appropriate CP and then turned in along with the written evaluation, treatment, and rehabilitation paperwork to the course instructor at the completion of this course.

Additional Learning Activities

Students will...

- Participate in hands-on activities related to important class topics
- Present 2 exercises to the class relating to the topic as assigned.
- Participate in class and small group discussions on various approaches to rehabilitation.
- Practice traditional and contemporary rehabilitation techniques with peers, focusing on correct instruction and patient feedback.
- Perform a functional assessment for safe return to physical activity.
- Participate in a video project including selected exercises.

Grading Scale:

Final grades will be awarded as follows:

A: 94-100%	C: 73-76%	D: 60-64%
A-: 90-93%	C-: 70-72%	F: 59% or below
B+: 87-89%	D+: 65-69%	

Course Schedule

Date	Topic	Readings	Due Dates
Wk 1	Healing and Rehabilitation	Chap. 1-2	Proficiency in class 1/25
Wk 2	Goal Setting	Chap. 3	Proficiency in class 2/1
Wk 3	Neuromuscular Control	Chap. 6	In class Exercises NMC Proficiency due 2/22
Wk 4	Kinetic Chain	Chap 4	
Wk 5	ROM and Flexibility	Chap 8	In class Exercises ROM Proficiency due 3/8
Wk 6	Muscular Strength	Chap 14, Chap 9	In class Exercises Strength Proficiency due 3/15
Wk 7	Postural Control and Stability	Chap 7	In class Exercises Postural Control Proficiency due 3/22
Wk 8	Practical Exam Cardiovascular Fitness on own	Chap 10	Proficiency due 4/5
Wk 9	Practical Exam/TBA Functional Activity and Testing	Chap 16	Proficiency due 4/12
	SPRING BREAK		
Wk 10	Ankle		Ankle Video
Wk 11	Knee and Hip		Knee and Hip Video
Wk 12	Trunk and Back		Trunk and Back Video
Wk 13	Shoulder		Shoulder Video
Wk 14	Elbow, Wrist and Hand		Elbow, Wrist and Hand Video
Wk 15	Practical Exams		
Finals	Practical Examinations – Therapeutic Exercise		Completed packet, proficiencies, & LOT