

**University of Wisconsin – Stevens Point - Athletic Training Education Program**  
**School of Health, Exercise Science and Athletics**  
**Athletic Training Practicum**

<b>Course Title: AT 400</b>	<b>Term: Fall 2016</b>
<b>Instructor: Holly Schmies</b>	<b>Phone: 346-2922</b>
<b>Time: Mondays – 6:30-8:30pm in HEC 147</b>	<b>Office Hours: Mon 10-11; Tues/Thurs 2-3 (HEC 123)</b>

**Required Textbook(s):** *Netter's Orthopaedic Clinical Examination An Evidence-Based Approach (2<sup>nd</sup> Ed)* by Cleland and Koppenhaver (text rental)  
*Athletic Training Exam Review (4<sup>th</sup> Ed or 5<sup>th</sup> Ed)* by Van Ost, Manfre, and Lew (required purchase)

**Overall Course Objective:**

- To fully assess skill aptitude on all clinical proficiencies instructed in this practicum and concurrent courses AT 200, 201, 300, & 301.
- Specifically, students will:
  - To assess skill aptitude on all clinical proficiencies instructed in this practicum and concurrent courses – specifically geared toward the Clinical Integration Proficiencies (CIP)
  - To assist the student in gaining confidence while performing these skills.
  - To gain quality clinical experience with a Clinical Preceptor.
  - Gain experience using evidence based practice with orthopedic examination and prevention and care of injury.

**Purpose of the course:** The weekly meeting time will be used to discuss, practice and demonstrate assigned clinical proficiencies for this practicum course. It will serve as a time for review of prevention, emergency skills, and orthopedic evaluation. 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.

**Course description and expectations:**

The practicum course has been designed to enrich the AT 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 210 – 300 hours per semester (15-20 hours/wk) of clinical time under supervision of your CP.
- Teaching and skill acquisition of clinical proficiencies as assigned by the instructor for this practicum course. Students will receive a clinical proficiency packet to be completed during this course.
- Practical examinations –
  - A mid-term practical will test you on skills reviewed during the 1<sup>st</sup> 8 weeks of the course.
  - A final practical will test you on skills reviewed and learned during the 2<sup>nd</sup> 8 weeks of the course. The practical will accompany a final examination to help assess the Clinical Integration Proficiencies.
  - 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.
- Learning over time experiences (LOT): (1) upper extremity evaluation/treatment plan and (1) lower extremity evaluation/treatment plan

- Assignments:
  - The online examinations are divided into different themes. The purpose of these examinations is to help the student review for the BOC examination. The quizzes will be 20 questions randomly selected from a Question Bank in D2L. You will have 2 attempts to take the quiz if you are unhappy with your initial score. Please realize the questions will be different for each quiz.
    - **The quizzes must be completed prior to due date on D2L.** Please take the time you need to prepare for the quizzes. The purpose is to help you realize your strengths and weaknesses in each area, but to also help you review. Each quiz will be timed for 120 minutes – take the time to investigate and find the right answers. After the quiz, make a list of things that were difficult for you so you can review when studying for the BOC examination.
  - Assigned questions from Van Ost review text.
  - Case Study Assignments/Evidence Based Practice for Evaluation
    - Each Student will create a case study for an assigned body part. The case study can take on any form but it should challenge classmates to think outside the box and to establish differential diagnoses.

#### 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 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<sup>1</sup>: 30%

Practical examinations, quizzes, assignments, and proficiencies<sup>2</sup>: 70%

<sup>1</sup>(See Evaluation of Clinical Performance)

<sup>2</sup>(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 CP intervention  
 2(Below avg) – performs duties/skills at unsatisfactory level, constant intervention from CP  
 1(Deficient) – needs remedial aid in this area prior to advancing clinical education  
 N(Not applicable) – CP did not observe this duty/skill, or ATS has not acquired skill yet

The points earned from the ACI 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%
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For example, if the student receives a 3.8 average score on the evaluation, it will translate into an 88%. The goal of this rating scale is to push students to be less than average and to award performance that is deserving of above average and excellent work.

**Clinical hours:** Students are to complete 210 – 300 hours per semester (15-20 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 practical examinations, quizzes, questions from review text and learning over time sheets. To maintain consistency in assessment, each evaluation method - with the exception of quizzes or tests – will utilize the same 1-5 assessment scale as described below.

**Clinical Performance Evaluation: (for more detail or examples, please see the Student Handbook)**

- 5 = Performance exceeds expectations at this level. Displayed independence and confidence in skill performance. Required absolutely no intervention of clinical instructor.
- 4 = Performance is above average at this level. Displayed independence in skill performance and skill explanation (why it is used); needs verbal prompting by CP for full application or clinical decision making.
- 3 = Performance is average at this level. Student performed hands-on skills accurately, but lacked accurate explanation and application. Needs minimal hands-on intervention and/or verbal guidance to perfect skill performance.
- 2 = Shortcomings in performance at this level. No independence or proficiency displayed during skill performance. Both verbal and hands-on guidance were necessary for skill performance, decision-making or problem-solving.
- 1 = Clinical skills are inadequate even with hands-on intervention and verbal guidance from the clinical instructor. Student does not have the clinical skills or knowledge for independent problem-solving.

**Practical Examinations:** Students will be tested on skill competency through practical examinations. The points and assessment criteria will be shared with the students prior to the examination. Students should prepare for these practical exams by reviewing the skills/proficiencies included on this exam with peers and CPs to ensure a solid clinical performance. **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%
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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) – Clinical Integration Proficiencies – Evaluation and Treatment Plans:** Students must complete a: (1) lower extremity evaluation and treatment plan (1) upper extremity evaluation and treatment plan. The goal of LOTs is to assess skill refinement and integration in the clinical setting. These **MUST** be completed within the first 8 weeks of class. We will utilize these for assignments as part of your mid-term evaluation and during the 2<sup>nd</sup> 8 weeks of class. During the LOT – your CP does not have to ‘watch’ you perform the evaluation – but there does need to be evidence of discussion and treatment plans with a final signature from your CP.

**Additional quizzes or assignments: Practical and quiz examinations:** Students will be tested on skill competency through practical examinations with the instructor.

- The mid-term practical will be on an upper extremity evaluation and CIP.
- The final practical will be on a lower extremity evaluation and CIP.
  - 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.
- Quizzes – you will be given a quiz at the start of every class period. The questions will be randomly selected from your assigned questions in the Van Ost text or be created from questions on related topics. If you work on the questions and complete your study plan – you will know the answers. If you do not, you take the chance and get the grade you get.

**GRADING SCALE:**

Final grades will be awarded as follows:

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

### Course Schedule

Date	Topic	Readings and Assignments	Quiz Questions
9/12	Course Introduction & Overview of CIPs EBP – Evaluation Skills Concussion Skills		
9/19	Prevention Skills On-Field Evals Cervical Spine	DUE: D2L Quiz 1 – minimum of 2 attempts Review: NATA Position Statements (See D2L)	<i>Van Ost Questions: Emergency Care 1-57</i>
9/26	Shoulder	Netter Chapter 9 Review: NATA Position Statements (See D2L)	<i>Van Ost Questions: Emergency Care 58-119 (p. 49-54)</i> <i>Problem II – p. 124-125</i>
10/3	Shoulder	DUE: D2L Quiz 2 – Minimum of 2 attempts. Quiz content from Position Statements on D2L	<i>Van Ost Questions: Emergency Care 119-164 (p. 54-58) &amp; Human Anatomy 1-50 (p. 97-101)</i> <i>Problem XIX – p. 138</i>
10/10	Elbow and Wrist	Netter Chapter 10	<i>Van Ost Questions: Injury Prevention/Wellness 1-74 (p. 9-16)</i> <i>Problem V – p. 127</i>
10/17	Wrist and Hand	Netter Chapter 11	<i>Van Ost Questions: Injury Prevention/Wellness 75-151 (p. 17-24)</i> <i>Problem VIII – p. 130</i>
10/24	Lower extremity special tests	Netter Chapter To be assigned <b>Due: LOTS – no excuses</b>	<i>Van Ost Questions: Treatment and Rehab 1-44 (p. 58-62)</i> <i>Problem XV and XVI – p. 135</i>
10/31	Practicals – No class –	Individual Scheduled Time	
11/07	No class	Due: D2L Quiz 3 – Minimum of 2 attempts. Evaluation questions	<b>CATCH UP.....OR WORK AHEAD!</b>
11/07	Low Back	Netter Chapter 4 and 5 Disability Index Clinical Prediction Rules	<i>Van Ost Questions: Treatment and Rehab 44-75 (p. 63-65)</i> <i>Problem XVII – p. 136</i>
11/14	Low Back	Netter Chapter 4 and 5	<i>Van Ost Questions: Treatment and Rehab 76-127 (p. 66-70)</i>
11/21	Hip	Netter Chapter 6	<i>Van Ost Questions: Treatment and Rehab 128-175 (p. 71-74)</i> <i>Problem XXI – p. 139</i> <i>Problem XIII – p. 133</i>
11/28	Knee (Chronic) Packer Game (7:30pm)	Netter Chapter 7	<i>Van Ost Questions: Treatment and Rehab 176-211 (p. 75-77)</i> <i>Problem IV – p. 126</i> <i>Problem VII – p. 129</i> <i>Problem XIV – p. 134</i>
12/5	Foot and Ankle	Netter Chapter 8 Due: Quiz 4 – Minimum of 2 attempts. A mix of everything.	<i>Van Ost Questions: Treatment and Rehab 212 – 233 (p. 78-80)</i> <i>Problem VI – p. 127</i> <i>Problem XI – p. 132</i>
12/12	Open Day -		
12/19	Final Exam - Practicals		

