

Clinical Experience in Athletic Training
KINS 4920

Instructor: Cathy Brown 706-542-9257
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Office hours: by appointment

Class Location/Time: Ramsey 110 Fridays 10:10-11am

Course description: Athletic medical knowledge and clinical skills related to the practice of athletic training. The focus of the clinical experience will be on upper extremity pathology, lower extremity pathology, and therapeutic techniques (modalities and rehabilitation). The classroom experience will focus on NATA-BOC certification test preparation through written and written-simulation questions and demonstration of practical knowledge.

Course Requirements:

Assignment to athletic training clinical instructor to develop clinical skills and proficiencies
Clinical proficiencies
General Medical experiences
Clinical Evaluations
Athletic Training Skills Assessment

Course Objectives:

1. Palpate anatomical structures, assess neurological response, measure active and passive range of motion, and perform clinical evaluations of the major body areas to assess for injury and illness. The assessments will be for the upper and lower extremity.
2. Apply contemporary and appropriate modalities for the treatment of injury.
3. Design rehabilitative programs to improve range of motion and strength of the upper and lower extremities and axial skeleton.
4. Perform therapeutic exercises to improve muscular endurance, muscular speed, muscular power, neuromuscular control and coordination, agility, and cardiorespiratory endurance.
5. Instruct and demonstrate methods to improve flexibility for all major muscle groups.
6. Prepare to complete the NATA-BOC exam.

Grading

Written question assignment	20 points
Written sim question assignment	20 points
Write your own sim	20 points
9 worksheets (10 points each)	90 points
Anatomy Exam	40 points
AT Skills assessment	20 points
Clinical Proficiencies	60 points
Clinical Evaluation 1	30 points
Clinical Evaluation 2	30 points
<u>3 General Medical experiences (10 pts each)</u>	<u>30 points</u>
	360 points

Final grade

A = 94-100%	B+ = 87-89%	C+ = 77-79%	D = 65-69%
A- = 90-93%	B = 84-86%	C = 74-76%	F = below 65%
	B- = 80-83%	C- = 70-73%	

Attendance is required. All absences must be approved beforehand by the instructor. Excused absences include traveling with a team, illness with health care provider visit, or family emergency. **Two unexcused absences will be allowed during the semester.** For every unexcused absence over two, the final grade will be decreased by 1/3 of a letter grade. For example, if a student has 4 unexcused absences and has a grade of A-, the final grade will be B. Worksheets and other assignments may be made up only in the cases of excused absences or with instructor approval, otherwise a grade of zero will result for that quiz.

All of your **Clinical Proficiencies** must be completed **by the last day of classes MONDAY APRIL 28, 2008.** 6 points (10%) will be subtracted for every business day the proficiencies are late.

All 3 of your **General Medical Experiences** must also be completed **by the last day of classes MONDAY APRIL 28, 2008.** 1 point will be subtracted from each for every business day the Gen Med experiences are late.

Clinical Evaluation #1 will be due February 29, 2008 by 5 pm.

Clinical Evaluation #2 will be due on the last day of classes Monday April 28, 2008 by 5 pm.

5 points will be subtracted for every business day the evaluations are late.

In order to finish the program requirements, you must complete all clinical proficiencies, general medical experiences, and clinical evaluations prior to the last day of finals. You must earn a minimum grade of "C" to progress. Failure to earn a grade of at least a "C" will require you to retake this course and possibly delay your graduation.

Clinical Hours Requirement

Clinical education is an important aspect of learning for athletic training students to practice, refine, and perfect skills learned in the academic environment. The athletic training student should perform a maximum of 25 hours per week of athletic training clinical activities, with 1 day off per week. However, due to variations in weekly schedules, competitions, and special events, the student may attain up to an additional 10 hours per week. The monthly total of clinical hours will not exceed 100 hours.

Athletic Training Skills Assessment

Each student will be evaluated on his/her ability to perform the skill related to each week's topic. For example, the student can correctly perform a manual muscle test on the tibialis anterior, or correctly perform a Lachman's maneuver, including proper patient positioning, examiner positioning, hand placement, force application, and interpretation. Prior preparation for the topic covered during the session will be vital to this aspect of class.

Proposed Class Schedule. Changes may be made as necessary.

Date	Topic	Assignment/Evaluation
Jan 11	Syllabus and written exam questions	
Jan 18	Written exam test questions	Complete assigned questions for class review
Jan 25	Written simulation test questions	Complete assigned questions for class review
Feb 1	Written simulation test questions	Write your own sim questions for class
Feb 8	Hand, wrist, elbow, and forearm: manual muscle testing and special tests	Worksheet SEATA Workshop
Feb 15	Shoulder and upper arm: manual muscle testing and special tests	Worksheet
Feb 22	Head and neck: concussion, cranial nerves, c-spine injuries, dermatomes/myotomes, c-collar	Worksheet
Feb 29	Hip and lower back: manual muscle testing, special tests, vertebral landmarks	Worksheet Clinical Evaluation #1 DUE
Mar 7	Knee: manual muscle testing and special tests	Worksheet
Mar 14	SPRING BREAK	
Mar 21	Foot and ankle: manual muscle testing, special tests, dermatomes/myotomes	Worksheet
Mar 28	Anatomy exam	Anatomy Exam
Apr 4	Nutrition: in class nutrition plan development	Worksheet DUE at end of class
Apr 11	Administration and professional development: HIPPA, CEUs, etc.	Athletic Training Skills Assessment – Schedule exam time outside of class
Apr 18	Rehabilitation	Worksheet DUE at end of class
Apr 25	Rehabilitation	Worksheet DUE at end of class
Apr 28		Clinical Proficiencies, Gen Meds, Clinical Evaluation #2 DUE
	3/29-4/12	BOC Integrated Exam Window