

UWSP Athletic Training Education Program

Course Title: AT 182 – Clinical Observation I

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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 as 2 hours per week for seven weeks. A completed time sheet and associated written assignments are a required component.

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. Be willing to interact with the students and staff and ask questions, but do it in a manner that respects the privacy of others.
- Adhere to the UWSP Athletic Training Dress Code
 - Students must dress in Khaki-style pants/capris/shorts and a collared shirt. The shirt must not have any profane or specific group designations outside of UWSP. Please do not wear any specific athletic team apparel...plain polos or collared shirts are encouraged. The clothing must not be too revealing or in disrepair. 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 2nd 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.

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 Canvas.
- FAIL: Students did not hand in time sheet or journal entries on time. Did not complete observations.

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 Canvas as a word document.
- 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.
- **Content:**
 - Part 1: Please refer to each week's question for the written observations. Make sure you address the answers to this question in your writing. The questions will be found in Canvas module.
 - 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 is a maximum of a 1-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 and a time sheet are the only requirements 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.
 - 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 athletic training staff or student member to give you a tour of the facility. Learn information about what it is like to be an athletic trainer. 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- 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: Professional and ethical behavior is part of being a good athletic trainer. What documentation is 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 about 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: Clinical evaluation and diagnosis is another domain of athletic training. What part of the body did you see someone evaluate? Describe some of the skills you see being used during evaluations and how they are used to determine injuries or illnesses (ask for help if you need to)? How is your experience so far?

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? 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.