



**ATHLETIC TRAINING  
EDUCATION PROGRAM**

**ATHLETIC TRAINING  
STUDENT  
POLICY & PROCEDURE  
HANDBOOK**

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## **FORWARD**

An athletic trainer is defined, as a qualified allied healthcare professional that is educated and skilled in meeting the healthcare needs of individuals involved in physical activity in cooperation with physicians and other allied healthcare personnel. The athletic trainer functions as an integral member of the athletic health care team in secondary schools, colleges/universities, sports medicine clinics, professional sports programs, the military, industrial settings, and other health care settings. The athletic healthcare team includes: the athletic trainer, administrators, parents, athletes, and athletic coaches in providing an efficient and responsive athletic health care delivery system. As a member of the complete health care team, the athletic trainer works under the direction of a licensed physician and in cooperation with other healthcare professionals.

The Athletic Training Education Program at Angelo State University (ASU) takes great pride in the quality of education it provides to athletic training students. Realizing that athletic training is such a diverse field, athletic training students are exposed to a variety of different learning experiences and teaching methods. Through classroom education, clinical education, and field experience, the athletic training student is exposed to each of the 8 Content Areas outlines in the 5<sup>th</sup> Edition of the NATA athletic Training Education Competencies.

- Evidence-Base Practice
- Prevention and Health Promotion
- Clinical Examination and Diagnosis
- Acute Care and Injury and Illness
- Therapeutic Interventions
- Psychosocial Strategies and Referral
- Healthcare Administration
- Professional Development and Responsibility

By encouraging the athletic training student to develop each of these areas, a well- rounded and competent practitioner will emerge from the program.

In order to gain the clinical education necessary to achieve BOC Certification, Texas Licensure, and a career in athletic training, it is important the athletic training student become an active participant in the athletic training education program. This manual is a tool to aid the orientation of new athletic training students, as well as serve as a valuable resource throughout the entry-level athletic training student experience. By reading and understanding the policies, protocols and procedures prepared to function effectively as an important part of athletic training at ASU.

### **Athletic Training Education Program**

The Athletic Training Education Program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE) and is designed for students pursuing certification by the Board of Certification, Inc. (BOC) as an athletic trainer.

### **Mission Statement**

It is the mission of the Athletic Training Education Program (ATEP) at Angelo State University to provide a combination of academic coursework and field experience to educate students on the prevention, diagnosis, treatment, and rehabilitation of musculoskeletal injuries. This program seeks to help each student develop communication, decision-making, social, analytical thinking, and personal development skills. The ATEP strives to meet and exceed the guidelines set by the

CAATE and give students the opportunity to apply their classroom knowledge in various clinical experiences at ASU and the surrounding area. The overall goal of this program is to prepare interested, qualified students to successfully complete state licensing and national certification exams in the field of athletic training.

### **ATEP Goals**

1. To prepare athletic training students for the Board of Certification Exam by seeing that each student meets the minimum standards for certification and is able to master entry-level tasks as defined by the Competencies in Education.
2. To develop professional athletic trainers who abide by high professional and personal ethical standards, which will contribute in a positive manner to the continued development of the profession of athletic training.
3. To develop professionals who value education and recognize the importance of lifelong learning through participating in professional research, continuing education activities, evidence based clinical practice, and involvement in professional memberships and organizations.
4. To expose each student to a variety of employment opportunities through clinical experiences in collegiate, clinical, high school, and general medical settings.

### **ATEP Objectives**

1. The athletic training student will demonstrate knowledge of the prevention, evaluation and diagnosis, treatment, and rehabilitation of musculoskeletal injuries.
2. The athletic training student will demonstrate the ability to apply appropriate tape, wraps, and/or braces for the prevention of injuries or protection of injured body parts.
3. The athletic training student will show efficiency in the use and understanding of therapeutic modalities used in the care of musculoskeletal injuries.
4. The athletic training student will demonstrate an understanding of human anatomy, movement and physiology principles to improve motor performance and minimize injury.
5. The athletic training student will work cooperatively with and under the supervision of clinical preceptors.
6. The athletic training student will demonstrate an understanding of athletic training room management which includes the purchasing and storage of supplies and equipment, adequate record keeping, and maintaining an annual budget.
7. The athletic training student will demonstrate the ability to build a rapport with the athletic coaches and athletes by establishing a sound philosophy of training and conditioning.

8. The athletic training student will develop the ability to counsel and educate athletes on matters pertaining to total body conditioning, such as flexibility, strength, diet, and cardiovascular endurance.
9. The athletic training student will be prepared to advise school administrators and coaches about safety involved in the construction and maintenance of athletic training facilities.
10. The athletic training student will meet BOC requirements for certification and the State of Texas licensure requirements.
11. The athletic training student will develop a desire for furthering his/her education through continuing education by attending, and/or membership in regional (SWATA), and national (NATA) athletic training professional organizations.
12. The athletic training student will understand and adhere to the Code of Ethics of both the NATA and the State of Texas Advisory Board for Athletic Trainers.

### **Program Faculty and Staff**

During your tenure at Angelo State University, you will have the opportunity to meet many people who are committed to making your academic experience a positive and rewarding one. Listed below are some of the people who have a commitment to the development of athletic training students in particular.

**Kristi, M White, PhD, ATC**  
**Program Director**  
**Clinical Instructor Educator**

Education:     University of Minnesota – BS (Kinesiology)  
                    Ohio University – MS (Athletic Training)  
                    Ohio University – PhD (Curriculum and Instruction)

Dr. White is in her 4<sup>th</sup> year at Angelo State University as Associate Professor and Program Director. Prior to arriving at Angelo State she was the Program Director at Ohio University for 7 years and Program Director/Head Athletic Trainer at National American University in South Dakota for 4 years.

**Duties:**

- Oversees the entire athletic training education program.
- Be the initial contact for all prospective students and assist them with applying to the major.
- Counsel all students concerning their academic progression.
- Maintain all records concerning the academic history and clinical experience of the athletic training students.
- Serve as the University representative to the National Athletic Trainers' Association (NATA), the Board of Certification (BOC), and the Texas Advisory Board of Athletic Trainers' concerning the athletic training education program.
- Provides classroom instruction for athletic training students.
- Report to the CAATE, the BOC, and the Texas Advisory Board of Athletic Trainers.
- Complete the CAATE documentation.

- Chair the weekly faculty athletic training education program meeting.
- Attend national, state, and regional athletic training meetings.
- Oversee the Athletic Training Scholarship accounts.
- Act as Account Manager for the Angelo State Athletic Training fundraisers and other donations.
- Serve as the NATA CIE (Clinical Instructor Educator) for ATEP.
- Create new courses for the ATEP as needed.
- Endorse student applications for the BOC exam and the Texas Department of Health Services Athletic Trainers exam.

**Ms. Sherry Ann Miller, MS, ATC, LAT**  
**Clinical Coordinator, ATEP/Assistant Clinical Professor**  
**Clinical Instructor Educator**

Education: Texas Lutheran University – BA (Kinesiology)  
 University of North Texas – MS (Kinesiology)

Sherry Ann begins her 11<sup>th</sup> year at Angelo State University.

**Duties:**

- Assist the program director in administration and organization of the athletic training education program.
- Provide classroom instruction for athletic training students.
- Assist athletic training students in clinical application in the athletic training room.
- Serve as Advisor to the Angelo State University Sports Medicine Club (ASUSMC) that includes alumni and current students and the ASU Club account funds.
- Other duties to be assigned by the program director.

**Ms. Sara Meadows, MA, ATC, LAT**  
**Assistant Clinical Professor**

Education: Angelo State University – BS (Athletic Training)  
 Fresno Pacific University – MS (Kinesiology with AT emphasis)

Sara begins her 1<sup>st</sup> year at Angelo State University.

**Duties:**

- Assist the program director in administration and organization of the athletic training education program.
- Provide classroom instruction for athletic training students.
- Assist athletic training students in clinical application in the athletic training room.
- Other duties to be assigned by the program director.

**Mr. Troy J. Hill, MS, ATC, LAT**  
**Head Athletic Trainer**  
**Clinical Preceptor**

Education: Angelo State University – BS (Kinesiology)  
 Angelo State University – MS (Kinesiology)

**Duties:**

- Responsible for administration and daily operation of the athletic training room.
- Establish policies and procedures of the athletic training room.
- Supervise the entire athletic training staff and responsible for all athletic team medical coverage, primarily focused on football.
- Assist athletic training students in clinical application in the athletic training room.

**Ms. Jaclyn Wood, MS, ATC, LAT  
Assistant Athletic Trainer  
Clinical Preceptor**

Education: West Texas A&M – BS (Athletic Training)  
West Texas A&M – MS (Kinesiology)

**Duties:**

- Assist head athletic trainer in administration and organization of the athletic training room.
- Responsible for providing medical coverage for men's and women's basketball, volleyball, track and field, cross country, soccer, softball, and baseball.
- Assist athletic training students in clinical application while in the athletic training room.

**Ms. Andrea Freymiller, MS, ATC, LAT, CSCS  
Assistant Athletic Trainer  
Clinical Preceptor**

Education: Oklahoma State University – BS (Athletic Training)  
University of Wisconsin LaCrosse – MS (Exercise and Sport Science)

**Graduate Assistant Athletic Trainers - Clinical Preceptors****Sam Goodey, ATC, LAT  
Erica West, ATC, LAT  
Amanda Mancha, ATC, LAT**

- Assist other staff athletic trainers in administration and organization of the athletic training room.
- Responsible for providing medical coverage for sports as assigned.
- Assist athletic training students in clinical application while in the athletic training room.

## Admission Policies

In order to be admitted to the ASU Athletic Training Program, a prospective student:

1. Should have an overall ASU GPA of 2.50 or better.
2. Must submit an Athletic Training Portfolio containing the following:
  - a. Athletic Training Program Application
  - b. Letter of Application
  - c. Resume
  - d. Vaccination Records
  - e. Hepatitis B vaccination or declination form
  - f. Signed Technical Standards
3. Complete an observation period of 100 total hours (during the fall semester) as part of the application process.
4. Submit portfolio to the Program Director and schedule an interview with the admittance committee **after** 100 hours have been achieved.
5. Complete AT1341 -Introduction to Athletic Training, AT 1141 -Special Skills in Athletic Training, and AT 3331 and 3131 Prevention and Management of Athletic Injuries.
6. Hold current CPR/AED/FA certification –Professional Rescuer (American Red Cross or BLS Healthcare Provider (American Heart Association)).
7. Other considerations are: attendance at athletic training workshops, camps & clinics; previous experience; etc.
8. Students must be committed to becoming certified by the BOC and licensed by the Texas Department of Health.
9. Students will be required to purchase liability insurance as part of the clinical rotations. The cost incurred will be at the student’s expense. Insurance can be found at [www.hpsso.com](http://www.hpsso.com).
10. Students will become members of the National Athletic Trainers’ Association.

The total clinical education aspect of the athletic training education program during the professional phase is a six-semester commitment. Students are only admitted prior to the fall semester. Therefore, admittance into the program is usually very competitive. The above information is transferred onto the Candidate Evaluation Form to reveal the most qualified candidates. Athletic training students are chosen from those who have accumulated the highest point totals. The subjective information obtained during the interview process may be used to select students, should point totals equal. The Program Director has final decision as to the qualification and admittance of new students into the ATEP.

## **Transfer Policy**

Students interested in transferring to ASU with intentions of applying for the ATEP must get a transfer evaluation completed by the ATEP Director. Do not assume classes taken at another institution will be accepted into the program. Most required courses **MUST** be taken while enrolled at ASU. Clinical hours completed in another program or settings are not transferable. See the Program Director for clarification.

## **ATEP Policies**

### **Academic Requirements**

The primary purpose of attendance at Angelo State University is to obtain the benefits of a college education. Athletic Training is an allied health care profession and academic performance should be the student's first concern. The privilege of being in the Athletic Training Education Program (ATEP) comes with responsibilities to successfully complete academic obligations. Course work is extremely important in the student's progression toward certification and competent function in the athletic training room. Students enrolled in the ATEP will be evaluated at least once during each semester by the Program Director to assess grades. The purpose of these evaluations is to assess the student's progress and assist the student if necessary. Similarly, in the clinical setting, evaluations will be completed several times during the year (see individual course syllabi for frequency of evaluations).

### **Progression within the ATEP**

The ATEP is a selective and intense 3 years (6 semesters) academic program with a didactic and clinical component. The didactic and clinical courses must be successfully taken in sequential order to progress within the program. All students are required to complete 240-300 clinical experience hours per semester.

### **Academic Standards for Retention**

Once admitted to the ASU ATEP, the athletic training student will be evaluated twice each semester. As long as appropriate progress is being made, the student will be allowed to continue in the program. **If progress is unsatisfactory in either clinical education or classroom performance, the student will be placed on probation during the same semester or for the following semester in order to remedy any deficiencies.** If the deficiencies are not remedied in the time frame allotted, the student will be suspended from the program. The Program Director shall monitor student progress from one semester to the next and shall make all probationary decisions in consultation with the athletic training faculty.

**In the classroom as an athletic training student, you will be expected to perform to the best of your ability. You will need to maintain a 2.50 overall grade point average (GPA) to remain active in the athletic training education program. You must also pass all Athletic Training courses, BIO 2324 Human Anatomy, BIO 2424 Human Physiology and all Kinesiology courses with a grade of "C" or higher. Failure to successfully complete these courses will result in a probationary status in the program and you must retake the course. Once you have received a C or higher in the course your probationary status will be removed.**

In clinical education, the student's performance will be evaluated each semester. The student will be expected to demonstrate knowledge of material from previous semesters as well as new information gained in the current semester.

### **Professional Behaviors**

Students are expected to follow the NATA Code of Ethics and the Statement of Professional Behavior Expectations outlined in the Student Handbook Policy and Procedures Manual. If a violation occurs, the student will be notified in writing regarding the details of the violation. If a second violation occurs, the student will be placed on probation. A third violation can result in suspension and withdrawal from the ATEP. The probation will be similar to an academic violation. Violations of extreme nature may result in immediate removal.

### **Expectations**

As an athletic training student, you have been chosen from a pool of candidates who have many of the same qualifications as yourself. You will find yourself among others who are also outstanding in their own ways. While in the ATEP, you will have no time to rest on past accomplishments. You will be expected to perform at your best in both the classroom and in the clinical setting. The cognitive background gained in the classroom will give you your foundation. There is no room for being average when it comes to caring for the patients. You will be expected to attend class, turn in assignments, and take exams on time. To do otherwise, states that you are not taking your position seriously.

Time spent in clinical education will be treated as a learning experience to build a knowledge base. That is, it is a learning situation, and you will be required to come as scheduled. You will be expected to be inquisitive and ask questions at appropriate times. You also will be expected to take initiative and not have to be told what to do all the time. As you gain experience, you should begin to assume a leadership role; everyone will pitch in with the daily chores such as cleaning and folding towels. You will attempt to improve your athletic training skills each day in the clinical setting. If this is followed, there should be no "dead time". You should be able to get along with fellow students and staff athletic trainers and get to know them. It is expected that you will help one another.

You will never be put in a situation for which you are not prepared. You will never be asked as an athletic training student to assume the role of a certified and/or licensed athletic training professional. If you feel that you are not being utilized to your capacity, then perhaps you did not demonstrate your abilities to the clinical preceptors. You will never put yourself in a position of "faking" knowledge in front of a patient, or be party to disseminating misinformation. All athletic training students must adhere to the NATA Code of Ethics.

A great deal of learning will be done both on your own and with the help of your fellow students. It will be up to you to seek help if you are having a problem in a class or with a clinical skill.

### **Code of Conduct in the Clinical Setting**

1. All Students are required to abide by the rules set forth by the Angelo State Athletic Training Education Program.

2. Students are expected to conduct themselves in a professional manner. This includes, but is not limited to, vulgar language, no racial or derogatory remarks, and no horseplay.
3. Students are required to attend all scheduled clinical experiences.
4. Students are expected to take the initiative and not have to be told what to do. Regardless of experience all students will participate in all duties assigned.
5. Students are expected to be courteous and respectful to other co-workers, patients, coaches, staff, and visitors.

**\*Infractions of the code of conduct are subject to disciplinary actions by the supervisor. This could include dismissal from the ATEP if necessary\***

### **Technical Standards**

A degree in Athletic Training from Angelo State University verifies that the students have the knowledge and skills to function in a variety of settings, including clinical settings. The technical standards are to be met by each student admitted to the ATEP at ASU. These technical standards must be verified by a physician as a component of the application procedures outlined above. These expectations can be met with or without accommodations. Students must notify the program faculty annually if there is a change in his/her ability to meet the technical standards and must request a review of accommodations.

### **Program Requirements**

Once a student is accepted into the ATEP, students must verify that the following requirements have been met prior to the start of each academic year:

1. CPR for the Professional Rescuer certification and FA/AED certification  
A copy of current CPR/PR card issued by the American Red Cross, the American Heart Association, or the National Safety Council must be on file in the Program Director's office for each year the student is enrolled in the athletic training education program.
2. NATA membership  
Membership to the National Athletic Trainers' Association [www.nata.org](http://www.nata.org) is required of all students enrolled in the program. Students receive association publications, are eligible for association scholarships, have member's only access to the NATA website, and receive discounted pricing for attendance at professional meetings.
3. Individual personal liability insurance  
Due to the possibility of litigation in particular clinical situations, individual professional liability insurance is a requirement for participation in the ATEP. Upon acceptance into the program, an application form will be sent to each student and must be returned prior to the start of classes. The student will be expected to pay for the insurance at that time. Students will be responsible for

renewing liability insurance on an annual basis. Documentation of coverage will be kept in the Program Director's office. Students who do not have liability insurance, or fail to complete the required forms will not be allowed to attend clinical coursework until proof of payment is received. Insurance can be purchased from [www.hpsso.com](http://www.hpsso.com).

4. Health Requirements: immunizations and verification of technical standards by a licensed physician, physician's assistant or nurse practitioner

**As part of the application process, students will be required to submit proof from a licensed physician that they can meet the technical standards, as well as immunization records.**

### **Health and Safety Policies**

Students accepted into the Athletic Training Education Program must submit the following information in the upcoming year.

#### **1. Physicals**

Because of direct contact with athletes and patients at clinical sites, students are required to have a physical to submit verification that they meet the technical standards, essential eligibility requirements and program requirements of the program from a licensed physician.

#### **2. Technical Standards**

Angelo State University is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the University, or be subjected to discrimination by the University, as required by the Americans with Disabilities Act of 1990.

However, Angelo State University does not waive the published degree requirements for students. The faculty and administration will make a reasonable accommodation to assist qualified individuals with disabilities meet their degree requirements, consistent with the applicable provisions of Texas statutes and the Regents RULES AND REGULATIONS.

All students at Angelo State University must have the capacity and ambition to undertake, with reasonable assistance from the faculty and administration, the academic challenges necessary to fulfill the academic requirements for the degree or certification programs which they are pursuing.

All programs, services, and activities on the campus of Angelo State University are accessible to students with disabilities.

Students with disabilities who desire to live on campus will find housing and dining facilities available and accessible. Information about student services such as academic counseling, financial assistance, and student life programs can be obtained by contacting the Office of the Associate Dean for Student Services at (325) 942-2191 (located in the University Center, Room 112).

### 3. Immunizations

Students will be assigned to a number of health care facilities with a large number of patients and as a result, may be exposed to biohazards. Angelo State University Athletic Training Education Program (ATEP) requires that all students submit certification of certain immunizations prior to beginning enrollment. Texas state law requires certification in accordance with the following:

***Tetanus and Diphtheria (TD)***-Students must document a TD immunization series and booster within 10 years of enrollment.

***Polio***-Three doses if less than 18 years old

One dose if began college before 7/1/94

Not required if born before 1957

Not required if measles diagnosed before 1994

Not required if protective antibody titer

***Mumps***-One dose if born 1957 or later

Not required if enrolled in college before 7/1/94

Not required if protective antibody titer

***Rubella (German Measles)***-One dose if less than 50 years old

Not required if older than 50 years old

Not required if began college after 30<sup>th</sup> birthday

Or before 2/1/89

Not required if protective antibody level

### 4. Additional Requirements of Athletic Training Education Program

All athletic training students are required to complete a Hepatitis B immunization form. This form states that the immunization has already been given, that the immunization will be completed by a certain date or that the student chooses not to have the immunization. A waiver is required if the student refuses the immunization. (See Technical Standards)

### 5. Communicable Disease Policy

a. Students with communicable diseases must be released by a physician before being allowed to return to their clinical assignment.

b. Students are also asked to comply with the following communicable disease policy during clinical rotations:

***The following policies are designed to protect both the athletic training student and the student-athlete or patient from the spread of communicable diseases.***

1. Athletic training students with contagious or potentially contagious illnesses should avoid direct patient contact, regardless of clinical setting.

a. Students suffering from a cold, sore throat, respiratory illness, intestinal illness, or other condition with an oral temperature of 101° or greater should report to the student health center.

b. If a student must miss a class or clinical assignment due to illness, they should contact their instructor prior to their absence. If unable to contact their instructor prior to class, students should contact him/her as soon as possible after the conclusion of their class.

c. Upon returning to their class or clinical assignment, students should submit a note from the student health center documenting their illness.

2. Athletic training students should always practice sound prevention techniques in the healthcare environment (i.e., regular hand washing, secretion and cough management, wearing gloves when appropriate, etc.)

3. Athletic training students should always cover all open wounds or cuts before treating patients.

4. If an athletic training student suspects that he/she has a medical condition that may impact the safety of the patient, the student must inform the approved clinical instructor, clinical instructor, and/or the program director as soon as possible. These diseases are as follows, but not limited to:

- a. Chickenpox
- b. Conjunctivitis
- c. Diarrhea
- d. Diphtheria
- e. Group A-streptococcal
- f. Hepatitis A, B, or C
- g. Herpes Simplex
- h. HIV
- i. Impetigo
- j. Influenza
- k. Lice (Pediculosis)
- l. Measles (Rubeola)
- m. Mumps
- n. Meningitis
- o. Pertussis
- p. Rabies
- q. Rubella

r. Scabies

5. OSHA and Blood-borne Pathogens Training (see page 40).

6. Signed Confidentiality Agreement

### **Athletic Training Major**

The Athletic Training Education Program is located within the Department of Nursing and Rehabilitation Sciences and students are awarded a Bachelor of Science in Athletic Training. Students pursuing a major in athletic training will need to apply to the athletic training education program. During the pre-professional phase of applying to the athletic training education program: AT 1141, AT 1341, AT 3331, AT 3131 and KIN 2361, must be taken with a grade of "C" or better.

### **Semester Evaluation**

The performance of each entry-level athletic training student is evaluated under the following courses: AT 1141, AT 1341, AT 2101, AT 2102, AT 3101, AT 3102, AT 3131, AT 3142, AT 3331, AT 4101, AT 4102, AT 4142 AT 4353, AT 4354, AT 4434, AT 4435, AT441, and AT 4442.

Senior and junior students are expected to participate in peer teaching of the sophomore students in the clinical component. Students who have demonstrated reliability and competence will be given more responsibilities.

You will be given a complete semester syllabus at the beginning of each semester.

**Angelo State University**  
**Bachelor of Science in Athletic Training**  
**4 Year Plan**

1 <sup>st</sup> Fall Semester		1 <sup>st</sup> Spring Semester	
AT 1141 Special Skills in AT	1	AT 3131 Care and Prevention Lab	1
AT 1341 Introduction to AT	3	AT 3331 Care and Prevention	3
BIO 1410 Human Biology	4	ENG 1302	3
MATH 1302 College Algebra	3	PSY 2301 General Psychology	3
ENG 1301	3	KIN 2361 Principles of Wellness	3
PA	1	Visual Arts	3
<b>TOTAL</b>	<b>15 Credits</b>	<b>TOTAL</b>	<b>16 Credits</b>

2 <sup>nd</sup> Fall Semester		2 <sup>nd</sup> Spring Semester	
AT 2101 Practicum I	1	AT 2102 Practicum II	1
AT 4435 Evaluation of the LE	4	AT 4434 Evaluation of the UE	4
BIO 2423 Human Anatomy	4	ENG Lit Class	3
COM 2301 Public Speaking	3	HIST 1302	3
HIST 1301	3	KIN 3372 Biomechanical Analysis	3
<b>TOTAL</b>	<b>15 Credits</b>	<b>TOTAL</b>	<b>14 Credits</b>

3 <sup>rd</sup> Fall Semester		3 <sup>rd</sup> Spring Semester	
AT 3101 Practicum III	1	AT 3102 Practicum IV	1
AT 4441 Therapeutic Modalities	4	AT 3142 Clinical Experience I	1
BIO 2424 Human Physiology	4	AT 4354 Pharm and Gen Med in AT	3
POLS 2301	3	AT 4442 Therapeutic Exercise	4
PHYS 1421 General Physics I	4	KIN 3370 Physiology of Exercise	3
		KIN 4361 Psychological Aspects	3
<b>TOTAL</b>	<b>16 Credits</b>	<b>TOTAL</b>	<b>15 Credits</b>

4 <sup>th</sup> Fall Semester		4 <sup>th</sup> Spring Semester	
AT 4101 Practicum V	1	AT 4102 Practicum VI	1
AT 4142 Clinical Experience II	1	KIN 4383 Exercise Prescription	3
AT 4353 Administration in AT	3	KIN 4390 Theory of Strength Conditioning	3
CHEM 1411 General Chemistry	4	POLS 2302	3
KIN 4380 Sport Nutrition	3	PA	1
KIN 4382 Exercise Testing	3	BCIS	3
<b>TOTAL</b>	<b>15 Credits</b>	<b>TOTAL</b>	<b>14 Credits</b>

## Course Descriptions

**1141 Special Skills in Athletic Training. (0-2).** A laboratory course to practice skills needed in the field of athletic training including: taping, bandaging, wound care, splinting, and emergency care of the sick/injured.

**1341 Introduction to Athletic Training (3-0).** The clinical education of skills and techniques relating to upper extremity, cervical and thoracic spine, head, face and thorax assessment involving health history, visual inspection, physical inspection, and functional testing.

**2101 Athletic Training Practicum I (0-8).** The clinical education of skills and techniques relating to equipment intensive environments. The clinical rotation is designated to be on the campus of Angelo State University utilizing NCAA collegiate football. Students are supervised by a Clinical Preceptor allowing for hands-on interaction with patients in an equipment intensive environment. Students are required to complete a minimum of 150 hours and a maximum of 300 clinical experience hours during the semester. The students are evaluated during the course through the use of clinical proficiencies. Students **must** be admitted to the ATEP before enrolling in this course. This course is offered every fall semester.

**2102 Athletic Training Practicum II (0-8).** The clinical education of skills and techniques relating to lower extremity, abdomen, lumbar and sacral spine assessment involving health history, visual inspection, physical inspection and functional inspection. The clinical rotation is designated to be on the campus of Angelo State University utilizing NCAA collegiate sports. Students are supervised by a Clinical Preceptor allowing for hands-on interaction with patients in an upper or lower extremity sports. Students are required to complete a minimum of 150 hours and a maximum of 300 clinical experience hours during the semester. The students are evaluated during the course through the use of clinical proficiencies. This course is offered every spring semester. The student must pass AT 2101 with a grade of "C" or better to advance.

**3101 Athletic Training Practicum III (0-8).** The clinical education of skills and techniques relating to upper extremity, cervical and thoracic spine, head, face and thorax assessment involving health history, visual inspection, physical inspection and functional testing. The clinical rotation is designated to be on the campus of Angelo State University utilizing NCAA collegiate sports. Students are supervised by a Clinical Preceptor allowing for hands-on interaction with patients in an upper or lower extremity sports. Students are required to complete a minimum of 150 hours and a maximum of 300 clinical experience hours during the semester. The students are evaluated during the course through the use of clinical proficiencies. This course is offered every fall semester. The student must pass AT 2102 with a grade of "C" or better to advance.

**3102 Athletic Training Practicum IV (0-8).** The clinical education of skills and techniques relating to therapeutic modalities involving cryotherapy, thermotherapy, electrotherapy, massage and traction. Students are supervised by Clinical Preceptor allowing for hands-on interaction with patients in an upper or lower extremity sports. Students are required to complete a minimum of 150 hours and a maximum of 300 clinical experience hours during the semester. The students are evaluated during the course through the use of clinical

proficiencies. This course is offered every spring semester. The student must pass AT 3101 with a grade of “C” or better to advance.

**3131 Care and Prevention of Athletic Injuries Laboratory (0-3).** Laboratory course to help identify concepts of: risk management factors, clinical evaluation and diagnosis, immediate care of injury and illness, organization and administration, professional responsibilities, and treatment, rehabilitation, and reconditioning of in athletic/clinical settings. Requires concurrent enrollment in KIN 3331 or consent of the Athletic Training Program Director.

**3142 Clinical Experience I - Athletic Training (0-0-15).** The clinical education of skills and techniques relating to therapeutic modalities involving cryotherapy, thermotherapy, electrotherapy, massage and traction. The clinical rotation is designated to be on the campus of Angelo State University and off campus locations within the city of San Angelo. Students are supervised by a Clinical Preceptor allowing for hands-on interaction with patients in a general medical environment. Students are required to complete a minimum of 150 hours and a maximum of 300 clinical experience hours during the semester. The students are evaluated during the course through the use of clinical proficiencies. These courses are offered every spring semester. The student must pass AT 3101 with a grade of “C” or better to advance.

**3331 Care and Prevention of Athletic Injuries (0-3).** The purpose of this course is to identify injury risk factors associated with participation in competitive athletics and to plan all components of a prevention program.

**4101 Athletic Training Practicum V (0-8).** The clinical education of skills and techniques relating to therapeutic exercise involving flexibility, muscular strength, physical conditioning, aquatic therapy, and functional progressions. Students are supervised by a Clinical Preceptor allowing for hands-on interaction with patients in a variety of environments. Students are required to complete a minimum of 150 hours and a maximum of 300 clinical experience hours during the semester. The students are evaluated during the course through the use of clinical proficiencies. This course is offered every fall semester.

**4102 Athletic Training Practicum VI (0-8).** The clinical education of general medical conditions and disabilities relating to illnesses, diseases, syndromes, and disorders of the human body systems. Students are supervised by a Clinical Preceptor allowing for hands-on interaction with patients in a variety of environments. Students are required to complete a minimum of 150 hours and a maximum of 300 clinical experience hours during the semester. The students are evaluated during the course through the use of clinical proficiencies. This course is offered every spring semester.

**4142 Clinical Experience II - Athletic Training (0-0-15).** The clinical education of skills and techniques relating to therapeutic exercise involving flexibility, muscular strength, physical conditioning, aquatic therapy, and functional progressions. The clinical rotation is designated to be off campus of Angelo State University utilizing affiliated settings closely associated with athletic training and related professions. Students are supervised by a Clinical Preceptor allowing for hands-on interaction with patients in a variety of environments. Students are required to complete a minimum of 150 hours and a maximum of 300 clinical experience hours

during the semester. The students are evaluated during the course through the use of clinical proficiencies. These courses are offered every spring semester.

**4353 Administration of Athletic Training Programs (3-0).** The principles of administrative components within the athletic training program. The student will plan, coordinate, and supervise areas of health care services, financial management, training room management, personnel management, and public relations.

**4354 Pharmacology and General Medical Conditions in Athletic Setting (3-0).** A study of the pharmacologic and pharmokinetic principles of drug categories used in athletic training and general medical conditions found in athletic populations

**4434 Assessment of the Upper Extremity (3-3).** The study of clinical assessment specifically related to the upper extremity, head, cervical spine, and thorax.

**4435 Assessment of the Lower Extremity (3-3).** The study of clinical assessment specifically related to the lower extremity (i.e. toes, foot ankle, lower leg, knee, pelvis, and thigh).

**4441 Therapeutic Modalities (3-3).** The study of theories, applications, and methods of various modalities consisting of cryotherapy, electrotherapy, hydrotherapy, and thermotherapy in addition to principles of traction, intermittent compression, and massage.

**4442 Therapeutic Exercise (3-3).** The study of a comprehensive rehabilitation/reconditioning program involving techniques of flexibility, muscular strength, muscular endurance, and cardio respiratory training involving anaerobic and aerobic principle

### **Clinical Education Program Overview**

Clinical Education is a vital aspect of the Athletic Training Education Program (ATEP). Clinical Education has been developed to ensure learning over time. There are six clinical education courses, each focusing on specific clinical proficiencies that have been taught and practiced in the classroom and laboratory sessions during previous semesters. Each clinical course includes clinical rotations that progressively develop in complexity, exposure, and expectations.

#### **1. Objective:**

The goal of clinical education is to provide the student with the opportunity to practice the knowledge and skills taught in the classroom, to experience and learn in the professional environment under the supervision of a certified athletic trainer, and to develop the competence to perform as a professional upon graduation.

The clinical experience begins in the observation year where students are introduced to the working conditions, day-to-day tasks and duties, and responsibilities of athletic training students at Angelo State University.

AT 4101, AT 4142, and AT 4102 are to serve as prior work-related experiences for the athletic training students. They should be spending the majority of their time in the clinical environment practicing their skills and preparing for entry into the workforce.

Each clinical education course includes a syllabus which outlines course objectives, expectations for the course, as well as specific proficiencies that are to be evaluated in that course. ***Students that do not complete all the requirements of the course must retake the course the following year, and cannot continue in the curriculum until that course has been successfully completed. This will delay a student's progression in the program and may delay graduation.***

## **2. Description of the Clinical Sites:**

The field experience component of the coursework will take place at both on-campus and off-campus sites. With the exception of the orthopedic rotation and the general medical rotations, all other field experiences will take place under the supervision of an ATC.

- a. **The Sports Medicine Center** is located on the campus of Angelo State University. The Sports Medicine Center is located on the bottom floor of the Junell Center/Stephens Arena. It houses the main health care facility for all Angelo State University Student-Athletes. The student will experience the Sports Medicine Center for the pre-professional phase year, the equipment intensive, the lower extremity, and the upper extremity rotations.
- b. **San Angelo Community Medical Center** is located approximately 3 miles from the campus of Angelo State University. The Emergency Room is located off of Knickerbocker Road. The student will interact with physicians, nurses, and physician assistants. The student may experience this site during the general medical rotation.
- c. **Community Surgery Center** is located approximately four miles from the campus of Angelo State University. It is located on Executive Drive. The office of the Medical Director (Dr. Joe Wilkinson) and other orthopedic physicians are located within this building. The Surgery Center also allows for day patient surgery. The student may experience this site during the general medical and community rotations. The Surgery Center also employs 3 Athletic Trainers who work closely with the orthopedic physicians.
- d. **West Texas Medical Associates** is located on the west side of San Angelo Community Medical Center. The offices of Dr. Warren Conway and Dr. Penni Cambri are located within WTMA. The student may experience this site during the general medical rotation.
- e. **Shannon Hospital** is located on W. Harris. The clinical site is approximately 7 miles from campus which constitutes a 10-15 minute drive. The emergency room is located on the east side of the hospital near the helicopter landing pad. The student may experience this site during the general medical rotation.
- f. **Shannon Sports Medicine** is located on Southwest Blvd. next to Sunset Mall off of Loop 306. The site is approximately 5 miles from campus which may take a 7-10 minute drive. The student may experience this rotation during the community rotation.

- g. **San Angelo Central High School** is located at 100 Cottonwood Drive. The site is approximately 5 miles from the campus of Angelo State University. The student may experience this rotation during the community rotation.
- h. **San Angelo Lake View High School** is located at 900 E. 43<sup>rd</sup> and is approximately 15 miles from campus which may take up to 20 minutes to drive. The student may experience this rotation during the community rotation.
- i. **West Texas Rehabilitation Center** is located on S. Jackson approximately ½ mile from the campus of Angelo State University. The student may experience this rotation during the community rotation. This site allows for interaction with physical and occupational therapists.

### **Athletic Training Students Level of Skill**

The student will limit the scope of practice to his/her appropriate level within the ASU Athletic Training Education Program. AT **NO TIME** will a student perform any action that is not within their appropriate level of skill. Once an injury occurs or a treatment/taping/assessment situation arises, the student will make certain that a Clinical Preceptor is present before proceeding.

1. Observation Student (Pre-Professional Phase): A student not yet admitted into the ATEP at Angelo State University. These students are typically first year students, transfer students, or students completing the pre-requisites for admission. Their primary role is to observe the day to day functioning of the athletic training facility, the workings of the staff and the students, and to interact with the ATEP students admitted into the program.
  - a. Observation Description: These students are limited to the following activities while observing in the athletic training room, at practices, and at games.
    1. Facility maintenance including but not limited to restocking supplies, inventory control, cleaning, vacuuming, and filing;
    2. Practice and event set-up and clean-up including but not limited to filling and cleaning coolers, whirlpools, and water bottles, and delivering emergency and athletic training equipment to the competition site.
    3. In the event of an emergency, the student may assist an ACI with the Emergency Action Plan by calling EMS, meeting the ambulance, and delivering necessary equipment to the injury site.
    4. Practicing their taping skills on other observation students and athletic training students.
2. Professional Phase: Semester One and Two students have completed the following course work:  
KIN 2361 – Principles of Wellness

AT 1341 – Introduction to Athletic Training  
AT 1141 – Special Skills in Athletic Training  
AT 3331 – Care and Prevention of Athletic Injuries  
AT 3131 – Care and Prevention of Athletic Injuries Laboratory

These students are enrolled in:

BIO 2423 – Human Anatomy  
AT 4435 – Assessment of the Lower Extremity (fall)  
AT 2101 – Practicum I (fall)  
AT 4434 – Assessment of the Upper Extremity (spring)  
AT 2102 – Practicum II for the spring semester (spring)  
BIO 2424 – Human Physiology (spring)

Clinical Education Description: Once an athletic training student has demonstrated competence and mastery in the performance of the skills listed below, he/she will be allowed to practice the following skills in the athletic training room, at practices, at games, and at off campus clinical experiences under the direct supervision of a clinical preceptor.

1. Facility maintenance including but not limited to record keeping, restocking supplies, inventory, cleaning, vacuuming, and filing;
2. Preliminary assessment of injury/illness utilizing a stethoscope and otoscope;
3. Documentation of injury/illness utilizing SOAP notes, Progress Notes, Medical Referral forms, and Insurance Claim billing forms;
4. Assist with pre-participation examination screening procedures including height, weight, Snellen eye chart, vital signs, taking a medical history;
5. Assist with protective equipment fitting;
6. Assist patients in the use of ambulatory aids and on-field transportation techniques.
7. Perform environmental and facility conditions assessments including use of a sling psychrometer, lightning detector, and weather reporting technology.
8. Practice and event set-up, coverage, and clean-up including but not limited to filling and cleaning coolers, whirlpools, and water bottles; assisting with hydration activities, and delivering emergency and athletic training equipment to and from the competition site.

9. Applying preventative and post-injury taping, wrapping, and bandaging procedures for patients before, during, and after practice or competition.
  10. Assist when instructed by an ACI with the Emergency Action Plan in the event of an emergency by calling EMS, meeting the ambulance, delivering necessary equipment to the injury site, assisting with spine boarding and basic life support procedures, and
  11. Assessment of Body Composition;
  12. Instruct patients in the use of bronchodilators and assist in the administration of emergency epinephrine auto-injectors.
3. Professional Phase: Semester Three and Four students have completed the course work for the previous year in addition to the following courses:
- KIN 4361 – Psychological Aspects of Sport (spring)
  - AT 4441 – Therapeutic Modalities (fall)
  - AT 3103 – Practicum III (fall)
  - KIN 3370 – Exercise Physiology (fall)
  - AT 4442 – Therapeutic Exercise (spring)
  - AT 3102 – Practicum IV (spring)
  - AT 3142 – Clinical Experience I (spring)
  - AT 4354 – Pharmacology and General Medical Condition in Athletic Settings (spring)
  - KIN 3372 – Biomechanical Analysis of Movement (spring)

Clinical Education Description: Once an athletic training student has demonstrated competence and mastery in the performance of the skills listed below, he/she will be allowed to practice the following skills in the athletic training room, at practices, at games, and at off campus clinical experiences under the direct supervision of a clinical preceptor.

1. Initial and follow-up assessment of injuries and illnesses including the use of the following skills:
  - Taking a medical history
  - Analysis of posture
  - Observation
  - Palpation
  - Goniometric assessment
  - Manual muscle testing
  - Circulatory assessment
  - Neurological assessment
  - Girth measures
  - Special tests, and
  - Functional Tests;

2. Administration of OTC medication under the direct supervision an ACI;
  3. Pre-treatment physical examinations;
  4. Basic modality application including heat, cryotherapy, hydrotherapy, electrotherapy, and ultrasound as directed by an ACI
  5. Selection and application of cryotherapy, thermotherapy, hydrotherapy, electrotherapy, acoustical (ultrasound) therapy treatments and devices, traction, intermittent compression, massage, and soft tissue mobilizations;
4. Professional Phase: Semester Five and Six students have completed the course work for Semester Three and Four in addition to the following courses:

AT 4353 – Administration of Athletic Training Programs (fall)

AT 4101 – Practicum V (fall)

AT 4102 – Practicum VI

AT 4142 – Clinical Experience II (fall)

KIN 4380 – Sport and Exercise Nutrition (fall)

KIN 4383 – Exercise Prescription (spring)

KIN 4382 – Exercise Testing (spring)

KIN 4390 – Theory of Strength and Conditioning

i. Clinical Education Description: Once an athletic training student has demonstrated competence and mastery in the performance of the skills listed below, he/she will be allowed to practice the following skills in the athletic training room, at practices, at games, and at off campus clinical experiences under the direct supervision of a clinical preceptor.

1. Assessment of flexibility, and demonstration and implementation of flexibility exercises;
2. Assessment of isometric, isotonic, and isokinetic strength, and demonstration and implementation of strength training and conditioning exercises for the upper extremity, lower extremity, and trunk;
3. Assessment, demonstration, and implementation of muscular endurance exercise for the upper and lower extremity;
4. Assessment, demonstration, and implementation of neuromuscular control, coordination, and agility exercises

5. Assessment, demonstration, and implementation of speed exercises – upper and lower extremity
6. Demonstration and implementation of plyometric exercises in the upper and lower extremity
7. Assessment, demonstration, and implementation of cardiovascular endurance exercises – upper and lower extremity
8. Assessment, demonstration, and implementation of functional exercises – upper and lower extremity
9. Assist the supervising ACI with identification of resources for psychosocial disorders, provide assistance with the intervention and referral for eating disorders and potential substance abuse;
10. Present educational materials to peers and other allied health personnel; and
11. Evaluate and develop facility specific evacuation plans, administrative policies, and emergency action procedures.

## Athletic Training Room Procedures

### **Dress Code:**

#### **Everyday:**

1. ASU shirts only, preferably athletic training shirts.
2. Khaki pants, dress pants, or shorts [Khaki, or other types of shorts of respectable length [preferably black, blue, or gray.]
3. No cut-offs. Shorts must be of a respectable length, i.e. not too short.
4. Attire must be appropriate for a healthcare environment.
5. No sandals, open-toed shoes, high heels, or backless shoes. Tennis shoes or boots only.
6. No tank-tops. No visible mid-drifts. No “sagging” pants.
7. All caps must be ASU and faced forward, no other caps allowed.
8. No sunglasses allowed inside the athletic training room.
9. Proper under attire is required.
10. No skin-tight clothing.
11. Clothes to clean in may be brought with you to work and/or game days.
12. No visible body piercing besides the ears.
13. Athletic training student must be well-groomed, i.e. facial hair trimmed, hair combed.

#### **Indoor Sport Attire:**

1. Athletic training students must be professionally dressed, this includes:  
MEN: Dress slacks, dress shirt, and tie if required, dress shoes (no tennis shoes)  
WOMEN: Dress slacks, skirts/dresses of respectful length (no mini-skirts), nice blouse or sweater (no tennis shoes)
2. Attire must be professional looking, but you must be able to work in it. This includes no short skirts on females.
3. Proper under attire is required
4. No skin tight clothing
5. No spaghetti straps or tank tops
6. No visible body piercing besides the ears
7. Athletic training student must be well-groomed, i.e. facial hair trimmed, hair combed

#### **Outdoor Sport Attire:**

1. Khaki shorts or pants will be worn
2. Game shirts will be provided for certain sports
3. Shirts must be tucked in at all times
4. Undershirts must be white, long-sleeved are allowed
5. Shorts must be respectable length
6. Tennis shoes are recommended
7. Jacket should be blue or black
8. Caps must have an ASU logo
9. No cut-off shorts are allowed
10. No visible body piercing besides the ears
11. Must be well-groomed i.e. facial hair trimmed, combed hair

## **Clinical Experience Rotations:**

Each athletic training student will be assigned a different clinical experience rotation each semester in order to provide a variety of clinical experiences. Clinical rotations include: equipment intensive (football), upper extremity (volleyball, baseball, golf, and softball), lower extremity (women's soccer, men's and women's basketball, cross – country, and track and field), and general medical. Students will experience both male and female sports during their rotations.

## **Athletic Training Student Duties and Responsibilities:**

Athletic Training is a profession, which takes a great deal of dedication and work without much credit. Prioritize your extracurricular activities, and you will achieve success. The academic year begins approximately August 5th and ends approximately May 15 each year. Thanksgiving, Christmas, and Spring Break for the athletic training students are unlike that of the average student. Be prepared to attend your clinical site holidays and weekends if required by the assigned sport.

You will be required to provide a copy of your class schedule at the beginning of each semester. You will be scheduled according to your clinical assignment and level in the program.

**Scheduling a class after 1:00 p.m. must have the approval of the supervising staff athletic trainer and Program Director.** A list of duties is provided to give you an idea of things that need to be done each day. Many more things will be needed that are not listed. **It is the responsibility of every athletic training student to see that all tasks are completed.**

### **Athletic Training Room Duties:**

- 1) Keep yourself and the athletic training room clean at all times. **This is a healthcare facility.**
- 2) Never leave a patient unattended in the athletic training room/rehab room.
- 3) Report for times assigned promptly. Be ready to learn when you arrive. Take care of personal business on your own time.
- 4) Observe athletic training room activities closely.
  - a. Keep a watchful eye on the hydrotherapy room, the rehabilitation room, and the main treatment facility.
  - b. Meet the patients. Personally apply the modality on the patient.
  - c. Show an interest in the patients. Listen to what they have to say.
- 5) Do not sit on desks, cabinets, tables or rehabilitation equipment.
- 6) Ask the patient to remove their shoes upon entering the athletic training facility.
- 7) The athletic training room is not a social hangout. Only persons assigned or needing treatment are allowed in the athletic training room. This includes athletic trainers, equipment managers, athletic coaches, and athletes.
- 8) You may be required to be present for early morning treatments/rehabilitation, as well as weekend medical services.
- 9) Athletic training students are required to practice universal precautions to prevent transmission of blood borne pathogens.

**The above duties/rules should not be taken for granted; the staff athletic trainers will handle discipline.**

### **Daily Tasks:**

- 1) Keep treatment sheet and equipment checkout list updated.
- 2) Maintain safe and sanitary conditions in the athletic training room and on the practice and competition surfaces by being alert and aware of everything going on.
- 3) Document clinical hours daily (these hours will be turned into the Program Director at the end of each month).
- 4) Cleaning of the athletic training treatment areas, hydrotherapy room, and rehab room.

### **Record Keeping**

- 1) All treatments are documented on the daily treatment sheet.
- 2) All rehabilitation is documented on the rehabilitation sheet.
- 3) All hospital information and referral slips are made out properly and recorded promptly.
- 4) All injury reports are filled out as quickly as possible after the injury occurred and are filed in the patient's permanent records.
- 5) All athletic injury reports are filled out and given to an athletic coach by staff athletic trainer in charge of sport. A copy is placed in that sport's main file.
- 6) All medications dispensed from the athletic training room must be documented in the staff athletic training office.
- 7) All treatment and rehab sheets should be entered daily into the Sportsware program.

### **Athletic Equipment:**

- 1) Have respect for ASU athletic equipment. If you use it, then you put it back where you got it.
- 2) Keep equipment clean and orderly.
- 3) Use equipment with care to avoid damage.
- 4) Report damaged and/or lost equipment to staff athletic trainers.

### **Practice/Game Responsibilities and Medical Treatment:**

When you have been given the responsibility to cover a practice or competition with a clinical preceptor, you must give it your undivided attention. Seeing an incident is very important because most of the athletes will not remember or be able to give you as much information. You are also responsible for the prevention of injuries. This calls for identifying possible dangerous situations and watching athletes for abnormal behaviors. **This cannot be accomplished when catching footballs, shooting basketballs, or doing homework.** Be aware of the practice/game environment. Keep this area free of dangerous obstacles that may contribute to injuries. If an emergency occurs, contact the appropriate emergency help and then be prepared to help the supervising athletic trainer. All medical services must be approved by the supervising athletic trainer. See Appendix G [Emergency Procedures].

### **Statement on Professional Behavior Expectations**

Athletic training students are required to demonstrate a high level of professionalism. Consequently, students enrolled in the ATEP are expected to develop and demonstrate behaviors and attitudes consistent with those of the profession. Students must follow the NATA Code of Ethics. In addition to the Code of Ethics, the ATEP at Angelo State University sets the following expectations for athletic training students.

1. Dependability
  - a. Students must be prompt, timely, and reliable.

- b. Students must complete assignments and maintain a consistent level of performance
2. Professional Demeanor
- a. Dress code policy is published in this manual and must be followed.
  - b. Students must not use offensive language.
  - c. Students must demonstrate attentiveness, including posture that demonstrates interest, appropriate body language and tone of voice.
3. Confidentiality
- a. Policies regarding confidentiality must be followed.
  - b. Students must respect patient's needs.
  - c. Students must respect colleagues' needs.
4. Initiative
- a. In the classroom and at clinical sites, students must contribute to a positive learning environment, contributing to classroom discussions.
  - b. Participation must be appropriate and beyond "minimum" requirements.
  - c. Students should seek and utilize resources available.
5. Empathy
- a. Sensitivity to the needs of others is critical in the field of athletic training.
  - b. Students are encouraged to be perceptive
  - c. Being a good listener is necessary at all times.
6. Cooperation
- a. Teamwork is critical both on and off the field.
  - b. Cooperation is necessary to provide quality patient care.
  - c. Students are taught to respect others.
  - d. Students are encouraged to ask questions, when appropriate.
  - e. Students should use class time and time of peers wisely.
7. Truthfulness and Integrity
- a. Honesty is crucial when working in a health care environment.
  - b. Students are encouraged to be objective in decision-making.
  - c. Students assume responsibility for their own actions.
8. Organization
- a. Proper planning of schedules and assignments is expected.
  - b. Students must use resources conservatively, including supplies in the athletic training room.
  - c. Students are instructed to manage time appropriately.
9. Responsiveness
- a. Appropriately modify behavior based on evaluations, or verbal feedback from faculty and staff.

## 10. Supervisory Process

- a. Accepts criticism as part of the learning process.
- b. Evaluates and performs duties within scope of competence.
- c. Seeks advice when needed.
- d. Assumes responsibility for actions.

## 11. Accountability

- a. Student is accountable for his/her own behaviors and decisions.

### **Attendance Requirements**

As part of a professional program, students are expected to attend all class sessions and clinical education experiences. Class attendance policy is established by the instructor in each course. If circumstances arise which make it impossible for a student to attend class, the instructor should be notified and the work missed made up to the satisfaction of the instructor. If absences are excessive, the instructor may ask the student to withdraw from the class or recommend to the Department Chair that the student be asked to withdraw from the class, unless excused by the instructor. Individual instructors have their attendance policies in their class syllabus.

Clinical Preceptors in conjunction with the Clinical Coordinator/Program Director are to schedule a meeting with the athletic training student to arrange for an agreed upon clinical experience schedule. Students are expected to adhere to the agreed upon schedule. If circumstances arise which make it impossible for a student to attend their clinical site, the Clinical Preceptors should be notified in advance, and the hours missed must be made up to the satisfaction of the instructor. Students must also notify the Clinical Coordinator if they will be missing any scheduled clinical education experiences. If absences are excessive, the Clinical Preceptor must notify the Clinical Coordinator promptly. The Clinical Coordinator may place the student on compulsory attendance, or ask the student to withdraw from the clinical education course, or recommend to the Provost that the student be asked to withdraw from the class. Class attendance regulations pertaining to Angelo State University are located on pp. 140 of the 2009 – 2011 Academic Bulletin.

### **Inclement Weather Statement**

As an athletic training student you will be exposed to various weather conditions when you attend your clinical experience. These weather conditions may include rain, snow, heat, and cold. You are expected to attend your clinical experience assignments, unless extreme weather conditions exist. These extreme conditions are determined by the following guidelines.

1. Mandatory Angelo State University or school closings due to inclement weather.
2. Rain storms in which thunder and lightning are present.
3. Environmental conditions which present an immediate unsafe condition such as tornado warnings.

If any of the guidelines above are met, the athletic training student may approach the clinical preceptor and request permission to be reassigned and/or seek immediate shelter until the inclement weather conditions improve.

### **Leave of Absence**

A student may request a leave of absence at any time during the program from the Program Director. The student must fill out a petition form for review by the Athletic Training Faculty.

Reasons for requesting a leave of absence might include:

- pregnancy
- acute injury/illness
- exacerbation of a chronic condition
- personal/family difficulties and/or problems

Students who are granted permission for a leave of absence normally re-enter the curriculum at the beginning of the semester in which they were granted a leave of absence in the following year.

**Students must petition their leave of absence and it must be approved by faculty.**

## **Athletic Training Student Work-Related Relationships**

During your time as an Athletic Training Student at Angelo State University, you will encounter many opportunities to speak with, interact, and observe other allied health professionals, coaches, and other individuals. Always act as a professional and a representative of Angelo State University. Remember that **COMMUNICATION** is key.

### **Team Physician:**

The team physicians are an excellent source for gaining knowledge. You can learn a great deal just by watching them work and listening to them discuss injuries. Feel free to ask questions. All arrangements with the physicians will be made through the staff athletic trainers. However, if you are called upon to report to the physicians, be sure to give them detailed information, follow instructions immediately and efficiently, and report back to the staff athletic trainer as needed.

### **Program Director:**

The Program Director is your direct supervisor in all academic policies as well as the overall athletic training education program.

### **ASU Clinical Staff Athletic Trainers:**

The Head Athletic Trainer and/or Assistant Athletic Trainers are your immediate clinical supervisors, and you will be responsible to them at all times while serving in the clinical

aspect of the program. Feel free to discuss anything with them at any time. Graduate Assistants are certified and/or licensed and are to be considered your immediate clinical supervisors as well.

**Off Campus Clinical Preceptors:**

When you are assigned to a clinical site off campus you are expected to represent ASU with the highest form of professionalism and ethics. You will be supervised by the Program Director as well as the off campus clinical preceptor.

**Athletic Coaches:**

This is a critical relationship. A student's experience will be enhanced if they learn to work well with coaches. Again communication is imperative. Students are expected to keep coaches informed about the status of injured players, the athlete's compliance with rehabilitation and treatment, and any potential problems that they encounter with supervision and direction from their immediate supervising clinical preceptor.

A daily or weekly injury report may be given if the athletic coach requests one. It should always be verified by the staff athletic trainer of that sport. Never argue with the athletic coach. Always be cooperative, tactful, and courteous with the coaches. If a conflict arises between a student and a coach, the student must report directly to the supervising clinical preceptor.

**The Media, General Public and Others:**

The media and general public may ask you questions as to the health of an ASU athlete. This information is CONFIDENTIAL AND IS NOT TO BE DISCUSSED OUTSIDE THE CONFINES OF THE ATHLETIC TRAINING ROOM. Any information that is released is done by ASU officials only. If the media presses for answers to specific questions, refer them to the Sports Information Department. WHAT YOU SEE, DO, AND HEAR, STAYS HERE!!...

**ASU Athletes:**

You should maintain a professional relationship with the ASU athletes. Respect is very important, you need to gain the athlete's respect in order for them to confide and trust in you. Do not become involved in confrontations with athletes. If a confrontation develops, consult the staff athletic trainer immediately. Disrespect by an athlete toward an athletic training student will not be tolerated. If you have a problem with an athlete you should let your supervising athletic trainer know immediately!

Scenario:

Calmly explain the situation to the athlete. If the athlete still has a problem being rude and disrespectful, request another athletic training student assist with this athlete. If athlete still persists, request that the graduate assistant, assistant athletic trainers, and/or the head athletic trainer help resolve their behavior.

**Touching:**

The nature of our business requires the use of touch. However, you must remember that all athletes have a different comfort level with being touched. The athlete is never

to be made uncomfortable with touching in the athletic training room. Any excess or inappropriate touching will not be tolerated.

**Romantic Involvement:**

The general rule at Angelo State University is that your personal life is private until it becomes an issue in the athletic training education program, the athletic training room, and/or in the athletic department. It is strongly discouraged for athletic training students to date members of the athletic coaching staff, athletic training faculty, and other employees of the athletic department. There is no prohibition against athletic training students dating and/or becoming otherwise romantically involved with student athletes or other athletic training students. However, athletic training students shall not conduct the activities involved in dating or romantic involvement, including discussions of plans or dates while on duty. The athletic training room is not to be used as a dating service. Also, if such relationship detracts from the normal operation of the athletic training room, it may necessitate the reassignment or removal of the parties involved. Problems in this area should be brought to the attention of the Program Director or a member of the athletic training staff.

**Engagement/Marriage/Pregnancy Policies**

**Engagement:**

There is no rule against becoming engaged before entering the Athletic Training Education Program or while in the ATEP. We understand it takes quite a bit of time, but your personal business should be conducted on your personal time, not during the hours you are committed to participate in the athletic training room.

**Marriage:**

Here again there are no rules against becoming married or already married while in the ATEP at ASU. Your personal time is your personal time. It should not interfere with your clinical rotations and/or the hours you are required to maintain in the athletic training room. Your personal life should be conducted on your time not on the program's time.

**Pregnancy:**

While enrolled in the ATEP, if you become pregnant the following must be complied with before you can continue with the program.

1. A written physician's note stating you are released to complete your clinical assignments; listing what restrictions and limitations you have. This note should also include the length of time you can work at full duty status.
2. Be expected to attend you clinical assignment as long as you can without putting you or your child in danger. Then you will be reassigned to light duties within the athletic training facility.
3. Physician's appointments must be made on your personal time not on the

days you are to work in the athletic training facility.

4. If the pregnancy occurs during your clinical rotations that are in off campus sites, you must have a physician's note that you are able to attend your clinical experience in those affiliated sites.

### **Grievance Procedures**

If at any time an athletic training student has a problem with an athlete, athletic coach, or clinical rotation the athletic training student should report to the clinical preceptor supervising the student. If the problem is with an athletic trainer or another athletic training student, the student should go to the program director.

An athletic training student who believes they have been discriminated against or sexually harassed should report the conduct immediately to the supervising ACI/CI and it should be documented.

Other grievance procedures are located in the 2012-2013 in the Academic bulletin. Violations of the University Code of Student Conduct witnessed by the Program Director, an athletic trainer or athletic coach, results in:

First violation: The athletic training student receives a verbal warning and correction by their supervising athletic trainer. The student will receive a letter from the Program Director in their file.

Second violation: The athletic training student receives a written warning by their supervising athletic trainer with approval of the Program Director and may reassign duties. The student will receive a letter from the Program Director in their file.

Third violation: After a thorough review by the Program Director and the athletic training faculty, the athletic training student may be permanently dismissed from the athletic training education program.

### **OSHA Policy**

Each individual affiliated site is required to have in place an OSHA (Occupational Safety and Health Administration) policy regarding the potential exposure to blood borne-pathogens and biohazardous waste. Each facility is responsible for notifying athletic training students of the location of the personal protective equipment, the policies regarding universal precautions, and the appropriate reporting procedures for that specific facility.

Angelo State University's ATEP provides Blood Borne Pathogen training to all students in the program on an annual basis. Observation students (first year students) will be provided with training prior within their first semester of observation at the on-campus

athletic training facilities. All athletic training students are required to provide documentation of Hepatitis B vaccination or sign a declination form. Vaccination information is available in the students' academic folder and must be requested from the Program Director.

In the event that an athletic training student is exposed to a potentially infected agent during the course of their clinical education:

- 1) The student must follow the facility's published biohazard protocol, notify their Clinical Preceptor immediately, and notify the Program Director within 24 hours of exposure.
- 2) The Program Director will ask that the student to complete a report on the incident.
- 3) The Program Director will refer the athletic training student to the Student Health Center for examination by either the Medical Director.
- 4) After initiating the appropriate referral, the Program Director will contact the Clinical Preceptor and ask them to complete a report of the incident.
- 5) The originals of all forms will be kept in the Athletic Training Program Directors' Office and copies of both forms will be distributed to the student's athletic training permanent record, the Medical Director, and the affiliated site.
- 6) Any charges that result from an exposure will first be filed with the students' primary medical insurance.

### **Universal Precautions to Bloodborne Pathogens**

"Universal Precautions" are guidelines that assume all patients/persons/student-athletes and/or their blood and body fluids are considered infected with a blood borne pathogen so that simple practices can be instituted to protect athletic training students for risk of exposure. In reality, most people are completely free of blood borne pathogens and therefore not infectious, but this precaution is to protect all care givers from that one exposure that just might be infectious.

Athletic training students complete their clinical experiences in healthcare environments therefore bloodborne pathogens are present. To greatly reduce the risk of acquiring a disease, athletic training students must protect themselves before dealing with any body fluids.

A. Reducing the Risk. To reduce the risk, athletic training students must follow these steps:

- 1) Properly cover any wounds you may have prior to attending your clinical experience.
- 2) When dealing with any blood and/or body fluids, wear a pair of disposable gloves, eye/face shield, and/or gown or apron. All personal protective equipment must be changed after each contact with a different patient .
- 3) Properly dispose all material used that was exposed to blood and/or body fluids: i.e. - gloves, gauze, tape, and other materials used to contain the body fluids in the Biohazard bags and/or containers.
- 4) After caring for the patient, make sure you wash your hands and other skin surfaces that have been contaminated with blood and other body fluids immediately and thoroughly for at least 15 seconds before attending to the next athlete. Hands should be immediately and thoroughly washed after glove removal.
- 5) Although saliva has not been documented as a transmission mode for HIV exposure, disposable mouthpieces, resuscitation bags, and other ventilation devices will be used if the need arises for CPR and/or rescue breathing.
- 6) All athletic training students and faculty who have exudative and/or open lesions or weeping dermatitis will report directly to the clinical instructors. They may be required to refrain from all direct patient care and from handling patient's equipment until the condition resolves.
- 7) All blood, body fluids, and tissue spills must be cleaned promptly with a bleach solution.

B. Body Fluids. Body fluids are fluids that have the potential of carrying any blood borne pathogen. Potentially dangerous body fluids Include:

- a. Any visible blood.
- b. Any blood saturated article of clothing, towels, and medical supplies.
- c. Any lesion that shows signs of infection.
- d. Any fluids that show signs of puss

C. Biohazard Cans. Biohazard cans are containers that are painted red and that are lined with special labeled red bags. These containers are only for the disposal of blood borne pathogen waste. The articles that are to be placed in these cans are:

- a. Any gauze that contains blood and/or body fluids.

- b. All gloves used to tend to the patient.
- c. All cotton tipped applicators used to spread ointment, bandages and Band-Aides, and tape that contains body fluids.

Also note the following:

- 1. All articles that are not in contact with body fluids need to be placed in the trash not the biohazard bags and/or containers.
- 2. Biohazard waste from an away contest must be disposed of in the host's biohazard containers or in a biohazard bag in his/her kit, and then dispose of the material when he/she arrives back at the university.

D. Disposal of Bloody or Soiled Towels. If a cloth towel is used to control bleeding or clean up bloody or soiled items such as uniforms, tables, and floors, the following steps are to be used to clean the towel:

- 1. Place the towel in a separate biohazard bag.
- 2. The towel must be taken to the equipment room for proper cleaning.
- 3. The towel is not to be used until it has been properly cleaned.

E. Sharps Container. The sharps container is the red container used to collect the following sharp medical instruments: scalpels, needles, and suture kits. The following steps are to be used when placing a used sharp instrument in the sharp's container:

- 1. Do not touch the sharp end of the instrument with your hand.
- 2. Use forceps to remove the blade from a scalpel, if it is a disposal blade.
- 3. Place the sharp instrument in the sharps container.

### **Scholarships**

1. Athletic Training scholarships from the NATA and SWATA are available to student members on a very limited basis following demonstration of responsibility, academic achievement and mastery of athletic training competencies.

2. Scholarship aid from other sources such as the ASU Financial Aid Office should be pursued as needed and qualifications permit.

3. West Texas Medical Associates, Community Medical Center Scholarship, and the Randy Matthews Athletic Training Scholarship – Qualifications: second year in the program, grade point average, and achievement in the athletic training facility and course work.

- a. These scholarships are awarded by the Director of the Athletic Training Education Program.
- b. Scholarships will be awarded during the semester the student is currently enrolled.
- c. Every athletic training student has the possibility of being awarded scholarship money depending upon qualifications as listed above.

**Fees Associated with ATEP**

Listed below are projected expenses the student will incur while enrolled in the Athletic Training Education Program. All costs are approximate and subject to change.

***Projected Tuition and Fees for the 2011-2012 academic year***

Tuition and Fees	In-State \$3,343 (15 CH) per semester	
	Out-of-State \$7,993.5 (15 CH) per semester	
Room and Board	*Depends on Dorm	\$4,920 per semester
Parking	\$90 per year	
<b><i>Liability Insurance (required annually)</i></b>		\$35.00 per year
<b><i>Professional Rescuer Certification</i></b>		\$15.00 per year
<b><i>Health Related Requirements</i></b>		
	<ul style="list-style-type: none"> <li>• Physical Exam provided free of charge</li> <li>• Required Immunizations variable</li> </ul>	
<b><i>Textbooks</i></b>	Depending on the semester	variable, \$300-\$500
<b><i>Memberships (annually)</i></b>		
	<ul style="list-style-type: none"> <li>• \$75.00 NATA</li> <li>• \$15.00 SWATA (District 6)</li> </ul>	
<b><i>BOC, Inc. Examination</i></b>		\$300.00

## ***Uniforms***

T-shirts                      \$10-\$15 per shirt  
                                     \$10 Name tag

Polos:                      Each student must purchase at least 1 Athletic Training Polo. Students will be given a variety of choices to choose from and the prices vary between \$25-\$50 each.

***Travel***      Students will be responsible for expenses incurred traveling to clinical sites.

## **Definitions:**

***Clinical Preceptor:*** a BOC certified athletic trainer (ATC) or appropriately credentialed health care professional with a minimum of one year of work experience, and who completes an Angelo State University training. A Clinical Preceptor provides formal instruction and/or evaluation of Athletic Training Educational Competencies through direct supervision of athletic training students.

***Athletic Training Student:*** Any student admitted into the Angelo State University Athletic Training Education Program. The student MUST be supervised by Clinical Preceptor. At no time may the student engage in athletic training practices without direct supervision of a Clinical Preceptor. The student will limit the scope of practice to his/her appropriate level within the ASU Athletic Training Education Program. AT NO TIME will a student perform any action that is not within their appropriate level of skill. Once an injury occurs or a treatment/taping situation arises, the student will make certain that a Clinical Preceptor is present before proceeding. The student will not portray himself or herself as an athletic training student unless supervised by an Angelo State University Clinical Preceptor. The student WILL NOT practice athletic training without a Clinical Preceptor present.

***Certified Athletic Trainer (ATC):*** a “highly educated and skilled professional specializing in athletic health care. In cooperation with physicians and other allied health personnel, the athletic trainer functions as an integral member of the athletic health care team in secondary schools, colleges and universities, sports medicine clinics, professional sports programs and other athletic health care settings. . . . As specialists in the prevention, recognition and rehabilitation of injuries incurred by athletes, athletic trainers administer immediate emergency care and – under the supervision of a licensed physician – use their knowledge of the injuries incurred by the physically active individual and the factors influencing them to develop a treatment program based on medical, exercise and sports sciences.” – NATA

**Clinical Education:** “The portion of the students’ professional education which involves practice and application of classroom knowledge and skills to on-the-job responsibilities. This occurs at a variety of sites and includes evaluation and patient care, administration, research, teaching, and supervision. It is a participatory experience with limited time spent in observation.” – NATA Ed. Council

**Clinical Proficiencies:** The entry-level athletic training clinical proficiencies define the common set of skills that entry-level athletic trainers should possess and redefine the structure of clinical education from a quantitative approach to an outcomes-based qualitative system.

**Clinical Setting:** A clinical environment where health care services are provided. The clinical setting shall include the athletic training facility, athletic practices, and competitive events. Additional clinical settings may be utilized and may include sports medicine clinics, physical therapy sites, and/or rehabilitation clinics, university and college health centers, hospital emergency rooms, physician’s offices, or other appropriate health care settings. The student must be supervised by an appropriate clinical instructor in these settings.

Angelo State University has 9 clinical settings:

- 1) Junell Center, Rm. 104
- 2) West Texas Medical Associates
- 3) San Angelo Community Medical Center
- 4) Community Surgery Center
- 5) Shannon West Texas Sports Medicine
- 6) Shannon Hospital
- 7) San Angelo Central High School
- 8) San Angelo Lake View High School
- 9) West Texas Rehabilitation

**Educational Competencies:** “The educational content required of entry-level athletic training programs described as educational objectives. The competencies encompass three domains: cognitive (knowledge and intellectual skills), psychomotor (manipulative and motor skills), and Clinical Proficiencies (decision making and skill integration).

The educational competencies are subdivided into 12 content areas:

- Evidence-Based Practice
- Prevention and Health Promotion
- Clinical Examination and Diagnosis
- Acute Care of Injury and Illness
- Therapeutic Interventions
- Psychosocial Strategies and Referral

- Health Care Administration
- Professional Development and Responsibility

**Learning over time:** the documented continuous process of skill acquisition, progression, and student reflection throughout an athletic training student's progression in the program.

**Module:** a learning experience intended to assess an athletic training student's ability to integrate their classroom and laboratory knowledge and skill into the practical environment for athletic training. Modules are intended to be completed as "teachable moments" arise during the course of clinical education and field experience. If "teachable moments" do not arise, instructors will devise mock patient scenarios to assess a student's abilities. 100% of the modules must be passed in order to pass a clinical education course.

**Performance evaluation:** the documentation of a student's clinical skills, affective domain characteristics, and personal attributes as demonstrated during the clinical education. Performance evaluations may be completed by both ACIs and CIs, and are used. Performance evaluations are used to assign grades for a clinical education course.

### Professional Organizations

**NATA:** The National Athletic Trainers' Association (NATA) is a not-for-profit organization with more than 22,700 members worldwide. The NATA is committed to advancing, encouraging and improving the athletic training profession.

Founded in 1950 with a membership of 200 athletic trainers, the NATA is based in Dallas, Texas, and provides a variety of services to its membership including continuing education, governmental affairs, and public relations. The NATA also publishes the *Journal of Athletic Training*, a quarterly scientific journal, and *NATA News*, a monthly membership magazine. Student membership is available and applications may be found on the web. The web site for the NATA is [www.nata.org](http://www.nata.org).

**SWATA (District 6):** The purpose of the Southwest Athletic Trainers' Association (SWATA) shall be to enhance the quality of healthcare for the physically active; to promote the highest possible standards of the athletic training profession; to promote a better working relationship among those who work toward the care and prevention of athletic injuries; and to promote the free exchange of ideas and information within the Association. The web site for SWATA is [www.swata.com](http://www.swata.com).

**TSATA (2002):** The purpose of the Texas State Athletic Trainers' Association is:

Section 2.1 To own, operate, and maintain an association exclusive to the promotion, enhancement, and advancement of the athletic training profession.

Section 2.2 To do what is proper and necessary for the accomplishment of the purposes set forth in the statement of principles adopted by the founders of the association.

Section 2.3 To promote the above stated aims and purposes, to advance the interests of the membership by all legitimate means.

Section 2.4 Texas State Athletic Trainers' Association will not carry on any activities not permitted to be carried on by a non-profit organization. No part of the net earnings of TSATA shall inure to the benefit of any private member or individual.

The web site for TSATA is [www.tsata.com](http://www.tsata.com).

## **C. NATA CODE OF ETHICS**

### **PREAMBLE**

The National Athletic Trainers' Association Code of Ethics states the principles of ethical behavior that should be followed in the practice of athletic training. It is intended to establish and maintain high standards and professionalism for the athletic training profession.

The principles do not cover every situation encountered by the practicing athletic trainer, but are representative of the spirit with which athletic trainers should make decisions. The principles are written generally; the circumstances of a situation will determine the interpretation and application of a given principle and of the Code as a whole. When a conflict exists between the Code and the law, the law prevails.

### **PRINCIPLE 1:**

Members shall respect the rights, welfare and dignity of all.

1.1 Members shall not discriminate against any legally protected class.

1.2 Members shall be committed to providing competent care.

1.3 Members shall preserve the confidentiality of privileged information and shall not release such information to a third party not involved in the patient's care without a release unless required by law.

### **PRINCIPLE 2:**

Members shall comply with the laws and regulations governing the practice of athletic training.

- 2.1 Members shall comply with applicable local, state, and federal laws and institutional guidelines.
- 2.2 Members shall be familiar with and abide by all National Athletic Trainers' Association standards, rules and regulations.
- 2.3 Members shall report illegal or unethical practices related to athletic training to the appropriate person or authority.
- 2.4 Members shall avoid substance abuse and, when necessary, seek rehabilitation for chemical dependency.

**PRINCIPLE 3:**

Members shall maintain and promote high standards in their provision of services.

- 3.1 Members shall not misrepresent, either directly or indirectly, their skills, training, professional credentials, identity or services.
- 3.2 Members shall provide only those services for which they are qualified through education or experience and which are allowed by their practice acts and other pertinent regulation.
- 3.3 Members shall provide services, make referrals, and seek compensation only for those services that are necessary.
- 3.4 Members shall recognize the need for continuing education and participate in educational activities that enhance their skills and knowledge.
- 3.5 Members shall educate those whom they supervise in the practice of athletic training about the Code of Ethics and stress the importance of adherence.
- 3.6 Members who are researchers or educators should maintain and promote ethical conduct in research and educational activities.

**PRINCIPLE 4:**

Members shall not engage in conduct that could be construed as a conflict of interest or that reflects negatively on the profession.

- 4.1 Members should conduct themselves personally and professionally in a manner that does not compromise their professional responsibilities or the practice of athletic training.
- 4.2 National Athletic Trainers' Association current or past volunteer leaders shall not use the NATA logo in the endorsement of products or services or exploit their affiliation with the NATA in a manner that reflects badly upon the profession.
- 4.3 Members shall not place financial gain above the patient's welfare and shall not participate in any arrangement that exploits the patient.
- 4.4 Members shall not, through direct or indirect means, use information obtained in the course of the practice of athletic training to try to influence the score or outcome of an athletic event, or attempt to induce financial gain through gambling.

## **Confidentiality Agreement**

Students in the Athletic Training Education Program at Angelo State University will have access to medical information of actual patients and/or student-athletes in various types of health care facilities and in the classroom. Two factors must be considered that are relative to student use of medical information:

1. Legally, the information belongs to the patient and/or student-athlete. Any violation of the confidentiality of patient information is punishable in a court of law.
  
2. The professional code of ethics of the National Athletic Trainers' Association stipulates that maintaining confidentiality of patient information is a part of professional responsibility and integrity.

Medical Records in all clinical education facilities contain actual data and must never be physically removed from the facility, either in whole or in part, nor photocopied for removal purposes.

I understand that all information contained in student-athlete and/or patient files, both paper and electronic, is confidential and subject to the provisions of the Family Educational Rights and Privacy Act of 1974.

I understand that it is the policy of Angelo State University that all information contained in student-athlete and/or patient files, both paper and electronic, is confidential.

I understand that it is the policy of Angelo State University that any discussion regarding any student athlete and/or patient, which I might hear while at my clinical site is confidential.

I understand that it is the policy of Angelo State University that I must not seek access to any student athlete and/or patient files or other confidential information unless I am specially asked to do so by my clinical supervisor.

I understand that any information I see, hear, or otherwise obtain about any student-athlete and/or patient during my clinical assignment must not be divulged or discussed.

I understand that any information about any student-athlete and/or patient should not be divulged or discussed at my clinical site except as required for patient care.

I understand that violation of any of the above rules is a serious matter and can result in termination from my position and/or other disciplinary actions.

Having read the above, I do agree to maintain the confidentiality of all pertinent information to which I am exposed to as an Athletic Training Education Student at Angelo State University. I have discussed the above information with the athletic training staff and do agree to abide by all athletic training policies, rules, and University regulations.

**Print Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## **Athletic Training Education Program Angelo State University**

### ***Program Policy:***

The Athletic Training Education Program (ATEP) supports the mission of Angelo State University provides access to undergraduate and graduate students to prepare a globally diverse, reflective, service oriented, and flexible athletic trainer practitioner capable of multiple styles of thinking and learning. Enrolled students are expected to complete academic and clinical requirements of the professional program. The purpose of this document is to broadly delineate the cognitive, affective, and psychomotor skills deemed essential for completion of this program and performance as a competent athletic trainer. Candidates for the degree must be able to meet these standards for completion of degree requirements.

The Athletic Training Program at Angelo State University is a rigorous and intense program that places specific requirements and demands on the students enrolled. An objective of this program is to prepare graduates to enter a variety of employment settings and to render care to a wide spectrum of individuals engaged in physical activity. The technical standards set forth by the Athletic Training Educational Program establish the essential qualities considered necessary for students admitted to this program to achieve the knowledge, skills, and competencies of an entry-level athletic trainer, as well as meet the expectations of the program's accrediting agency the (Commission on Accreditation of Athletic Training Education [CAATE]). All students admitted to the Athletic Training Educational Program must meet the requirements for the following abilities and skills. In the event a student is unable to fulfill these technical standards, with or without reasonable accommodation, the student will not be admitted into the program.

### ***Reasonable Accommodation or Students with Disability:***

Angelo State University is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or denied the benefits of the services, programs, or activities of the University, or be subjected to discrimination by the University as required by the Americans with Disabilities Act of 1990. However, Angelo State University does not waive the published degree requirements for students. To the extent practical, the faculty and administration will make a reasonable accommodation to assist qualified individuals with disabilities to meet their degree requirements, consistent with the applicable provisions of Federal and Texas laws and the Regents Rules and Regulations.

All students at Angelo State University must have the capacity and ambition to undertake, with reasonable assistance from the faculty and administration, the academic challenges necessary to fulfill the academic requirements for the degree or certification programs which they are pursuing.

All programs, services, and activities on the campus of Angelo State University are accessible to students with disabilities. Students with disabilities who desire to live on campus will find housing and dining facilities available and accessible. Information about student services such as academic counseling, financial assistance, and student life programs can be obtained by contacting the Office of the Associate Dean for Student Services at (325) 942-2191 (located in the University Center, Room 112).

***Technical Standards:***

Compliance with the program's technical standards does not guarantee a student's eligibility for the BOC certification exam. Candidates for selection to the Athletic Training Educational Program must demonstrate cognitive, affective, and psychomotor skills.

A. Cognitive skills to be demonstrated in all classroom, laboratory, and clinical situations:

1. The athletic training student must possess the ability independently to measure, calculate, reason, analyze, integrate, retain, synthesize and assimilate concepts and problem solve to formulate assessment and therapeutic judgments and to be able to distinguish deviations from the norm.
2. Examples of such behaviors:
  - a. Students must be able to read, write, speak and understand English at a level consistent with successful course completion and development of positive patient/athlete-athletic training student relationship.
  - b. Students must exercise sound judgment.
  - c. Students must be able to plan and supervise intervention procedures in a safe manner.
  - d. Perseverance, diligence and commitment to complete the athletic training education program as outlined and sequenced.
  - e. Students must have the ability to communicate effectively and sensitively with patients and colleagues, including individuals from different cultural and social backgrounds; this includes, but is not limited to, the ability to establish rapport with patients and communicate judgments and treatment information effectively.
3. The athletic training student must maintain composure and continue to function well during periods of high stress.
4. The athletic training student must possess the ability to adjust to changing situations and uncertainty in clinical situations.

B. Affective skills to be demonstrated in all classroom, laboratory, and clinical situations:

1. The athletic training student must possess the emotional health and stability required to fully utilize their intellectual abilities, to adapt to changing environments and to function effectively in stressful situations.
2. The athletic training student must demonstrate ethical behaviors in compliance with the ethical standards of the National Athletic Trainers' Association.
3. The athletic training student must be able to communicate in both oral and written form with patient/athlete and other members of the health care community to:
  - a. Effectively and sensitively elicit information.
  - b. Convey information essential for safe and effective care.
4. The athletic training student must be aware of and interpret non-verbal communications.
5. The athletic training student must be able to acknowledge and respect individual values and opinions to foster harmonious working relationships with colleagues, peers, and patient/athletes.
6. The athletic training student must possess appropriate demeanor and rapport that relate to professional etiquette and quality patient care.

C. Psychomotor skills to be demonstrated in all classroom, laboratory, and clinical situations:

1. The athletic training student must have sufficient motor function as reasonably required to:
  - a. Safely provide general assessment/evaluation, treatment procedures, and rehabilitation/reconditioning intervention procedures as identified in the NATA Educational Competencies and Clinical Proficiencies.
  - b. Perform CPR according to the guidelines of the American Heart Association or the American Red Cross.
  - c. Perform basic first aid according to the guidelines of the American Red Cross.
2. The athletic training student must have sufficient coordination and balance in sitting and standing positions to safely engage in athletic training procedures such as:
  - a. Moving and positioning patients/athletes.
  - b. Gait training.
  - c. Stabilizing and supporting patients/athletes.
3. The athletic training student must have sufficient coordination and balance in sitting and standing positions to engage in fine muscular movements required for safe and effective manipulation of equipment and tools used in patient/athlete assessment/evaluation, treatment procedures and rehabilitation/reconditioning intervention procedures.

4. The athletic training student must have visual acuity necessary to obtain accurate information from patient/athlete and the treatment environment in performance of routine athletic training activities such as:
  - a. Observing and inspection of patient/athlete movements and postures.
  - b. Reading dials/displays on equipment.
  - c. Reading digits/scales on diagnostic tools.
  - d. Ability to record the physical examination results and a treatment plan clearly and accurately.
5. Sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate physical examinations using accepted techniques; and accurately, safely, and efficiently use equipment and materials during the assessment and treatments of patients.

Candidates for selection to the Athletic Training Educational Program will be required to verify they understand and meet these technical standards or that they believe they can meet the standards. The Office of Student Life will evaluate a student who states he/she could meet the program's technical standards and confirm that the stated condition qualifies as a disability under applicable laws. If a student states he/she can meet the technical standards with accommodation, then the University will determine whether it agrees that the student can meet the technical standards; this includes a review as to whether the accommodations requested are reasonable, taking into account whether accommodation would jeopardize clinician/patient safety, or the educational process of the student or the institution, including all coursework, clinical experiences, and internships deemed essential to graduation.

I certify that I have read and understand the technical standards for each selection listed above, and I believe to the best of my knowledge that I meet each of these standards without accommodation. I understand that if I am unable to meet these standards I will not be admitted into the program.

Name of Applicant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Applicant: \_\_\_\_\_

**Statement for students requesting accommodation:**

I certify that I have read and understand the technical standards for selection listed above and I believe to the best of my knowledge that I can meet each of these standards. I will contact the Office of Student Life to determine what may be available. I understand that if I am unable to meet these standards, I will not be admitted into the program.

Name of Applicant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Applicant: \_\_\_\_\_

## **Athletic Training Education Program Program Requirements Prior to Start of Classes**

### **General Requirements**

Students must meet the following requirements (have documented proof on file) prior to the start of the Athletic Training Education program:

### **Health Requirements**

- Completed Student Medical History Form.
- MMR (Measles, Mumps, Rubella) by exposure, immunization, or titer.
- Evidence or vaccination against \*Hepatitis B or a signed statement of declination of the vaccination.
- Hepatitis B immunization is a series of three (3) injections that are given over a 6-month period.
- Students may participate in full-time clinical internships after completing the first two (2) injections.
- Students should plan ahead to be sure that they will be able to obtain the third injection at the time that is due. Students have the option to decline (See Hepatitis B Vaccine Declination Form).
- Evidence of immunity against Chicken Pox by history, vaccination or lab tests (titer).
- Tetanus/Diphtheria (must be current within 10 years)
  
- ***Additionally, the following health requirements must be met annually. It is the responsibility of the student to present documentation of completion of this requirement yearly to the Program Director:*** Tuberculosis (Mantoux/P.P.D.)

The student must understand that some clinical facilities to which they may be assigned may have **other health requirements** that the student will be required to meet at the student's expense. Female students who become pregnant during any phase of the ATEP will be required to obtain a physician release to participate in didactic laboratory session and clinical internships.

***Current CPR Certification*** – Each student must provide documentation of valid CPR certification. CPR training may be obtained from the American Heart Association (Level C) or the American Red Cross (BLS, Adult Child Professional rescuer [2-man CPR]). It is the student's responsibility to maintain CPR certification until graduation.

***Malpractice/Liability Insurance***- Each student will obtain malpractice/liability insurance coverage in the amount of \$1,000,000/\$3,000,000. First year students must obtain coverage during the pre-professional phase of the ATEP. Proof of coverage must be submitted to the Program Director. After the completion of the first year, the ATEP will provide coverage for the student until graduation. {One provider is HPSO (Healthcare Providers Services Organization) – [www.hpso.com](http://www.hpso.com) or 1-800-982-9491

**Angelo State University**  
**Athletic Training Education Program**

**Hepatitis B Vaccine Declination**

I understand that due to my occupational exposure to blood or other potentially infectious materials, I may be at risk of acquiring Hepatitis B virus (HBV) infection. I have been given the opportunity to be vaccinated with Hepatitis B vaccine, at my own expense. However, I decline Hepatitis B vaccination at this time. I understand that by declining this vaccine, I continue to be at risk of acquiring Hepatitis B, a serious disease. I also understand that I may be refused placement at clinical sites that require proof of Hepatitis B vaccination. If in the future I continue to have occupational exposure to blood or other potentially infectious material and I want to be vaccinated with Hepatitis B vaccine, I can initiate the vaccination series.

\_\_\_\_\_  
Name of Student (Print)

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

## Signed Verification of ATEP Policy and Procedure Manual

I, \_\_\_\_\_, have read, understand, and  
(Printed Name)

am willing to comply with the ASU Athletic Training Entry-Level Student  
Policy and Procedure Manual.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_