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**Master of Science in Athletic Training**

**Graduate Program**

**Student Manual**

**Revised 11/2022**

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***Middle Tennessee State University***

***Athletic Training Program***

***Graduate Student Manual***

***Department of Health and Human Performance***

***College of Behavioral and Health Sciences***

MTSU Athletic Training……

***Leading the way into the 21st Century***

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WELCOME TO MTSU ATHLETIC TRAINING PROGRAM!

The athletic training program at Middle Tennessee State University is a Master of Science Degree in Athletic Training within the Department of Health and Human Performance housed in the College of Behavioral and Health Sciences. Middle Tennessee State University athletic training program provides students with the theoretical knowledge and understanding of the allied health care profession of athletic training as well as current procedures and techniques in sport injury management. As students gain this knowledge, through required course work, research, and clinical experiences they will be prepared to make successful contributions to the athletic training profession. The program combines a varied classroom and clinical experience in a process that culminates in the student graduating with eligibility to be a candidate for the Board of Certification Examination (BOC) for athletic training. Students who graduate from the program and successfully pass the national certification examination will be qualified to be employed as a certified athletic trainer in secondary schools (students often need teacher certification along with athletic training certification for public school employment), colleges and universities, professional athletic teams, sports medicine clinics, or industrial preventative medicine clinics. In addition, students who complete prerequisite class requirements may pursue a post-graduate education in athletic training, exercise physiology, physical therapy, occupational therapy, physicians’ assistant school, physical education and other related field.

Students who successfully graduate from the program and pass BOC will also be eligible for athletic training licensure in Tennessee, which is required to practice athletic training in Tennessee.

Good Luck!

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**ATHLETIC TRAINING EDUCATION**

**Mission Statement**

The mission of the Athletic Training Program (AT Program) is to produce exceptional professionals who will be contributing members to the profession of athletic training, and who possess the knowledge, skills and abilities to become proficient in the prevention, diagnosis, treatment, rehabilitation, and administration of injuries and illnesses for the physically active. A broad-based comprehensive blend of academic (didactic course work, laboratories, and hands-on learning session), clinical and professional experiences in a student-centered environment that incorporates the most recent research and technologies to meet the challenging needs of a dynamic health care environment is offered. The AT Program promotes the mission of the Health and Human Performance Department, College of Health and Behavioral Sciences, and Middle Tennessee State University through scholarship, research, and service. Designed to meet the accreditation standards established by the Commission on Accreditation of Athletic Training Education (CAATE), the AT Program, prepares students for the Board of Certification (BOC) examination. An AT Program graduate is prepared to complete graduate study in athletic training and related fields, serve the healthcare needs of the physically active, navigate a global society, be culturally competent, demonstrate legal and ethical medical practice, and display professionalism within their academics and career. Middle Tennessee State University AT Program is committed to providing a quality learning atmosphere for students pursuing athletic training regardless of race, gender, religion, national origin, disability or veteran status.

**Vision Statement**

The AT Program strives to become one of the leading athletic training programs in the nation and a premiere program in the southeast region and state of Tennessee. Middle Tennessee State University AT Program will produce highly qualified students for entry into the profession of athletic training.

**Program Goals and Objectives**

Middle Tennessee State University AT Program prepares students to become well-rounded educated individuals through program goals and objectives:

1. Acquire the knowledge, skills, abilities, and competencies included in the CAATE standards and guidelines and BOC practice analysis covering domains, while preparing students to sit for the BOC for Athletic Training to become a professional athletic trainer.
2. Promote students to think logically, critically, and creatively, and to make sound judgement and decisions in a supervised environment, under qualified faculty, medical, and health care professionals.
3. Ensure quality clinical experiences that allow students to appreciate the role of an athletic trainer in a variety of practice settings with diverse patients and clients in athletics, work, and life.
4. Promote effective communication techniques and strategies to build positive professional relationships with patients, administrators, other healthcare providers, and the public.
5. Prepare students to acquire and integrate research into daily clinical practice through the practice of evidence-based medicine.
6. Promote professionalism and the importance of ethical practice.
7. Encourage active engagement in university, community, and professional activities that develop leadership and role-modeling skills while sharing knowledge, expertise, and creative activities.
8. Prepare qualified healthcare professionals to successfully gain employment (in colleges, high schools, professional sports, sports medicine clinics, and other athletic training/sports medicine agencies) or continue on to post-professional education.

**Program Student Learning Outcomes**

The AT Program has specific student learning outcomes based on the expectations of Middle Tennessee State University and the Department of Health and Human Performance. Students will be able to:

1. Demonstrate effective communication, both orally and in writing.
2. Demonstrate discipline-specific content knowledge.
3. Analyze and think logically, critically, and creatively to make sound judgments in problem-solving situations.
4. Demonstrate knowledge of diverse cultural needs and abilities.
5. Apply professional skills and research in discipline-specific situations.
6. Value lifelong learning through professional advocacy and participation.
7. Demonstrate knowledge of ethical practice.

The AT Program has several program specific outcomes. The AT Program will:

1. Assemble and maintain high quality faculty, medical, and health care professionals as supervisors and preceptors in the AT Program.
2. Arrange and select a variety of clinical sites and practice settings with diverse patients and clients in athletics, work, and life.
3. Collect and assess information on employment and/or post-professional education placements in athletic training.
4. Evaluate the overall effectiveness and student satisfaction of the AT Program.
5. Report and evaluate BOC pass rates.
6. Report and measure graduation and retention rates in the AT Program.

**Academic Component**

**Admission Requirements**

Admission decisions will be made after reviewing all materials and determining the applicant’s capacity, suitability, and preparation for graduate study. Admission decisions are based upon consideration of several criteria which are believed to indicate a high potential in the graduate program.

Admission to the Master of Science in Athletic Training requires:

* an earned bachelor’s degree from an accredited university or college;
* an undergraduate cumulative grade point average of 3.0;
* completion of a formal application, which includes three letters of recommendation;
* successful completion of a minimum of 50 pre-program clinical observation hours under the supervision of a licensed and credentialed athletic trainer that are documented;
* interview with Athletic Training program admission committee;
* documentation of current Cardiopulmonary Resuscitation and First Aid certification;
* documentation of preparticipation physical and immunization record (HBV, MMR, DTP, HIB, polio, etc) signed by a physician;
* successful completion of the following prerequisite courses with a minimum grade of C in each:
	+ Human Anatomy and Physiology with lab (2 semesters; BIOL 2010 and BIOL 2020)
	+ Physics with lab (1 semester; PHYS 2010)
	+ General Chemistry with lab (1 semester; CHEM 1110)
	+ General Psychology (PSY 1410)
	+ General Nutrition (NFS 1240) or Sports Nutrition (NFS 3000)
	+ Statistics (MATH 1530)
	+ Prevention and Care of Athletic Injuries (ATHT 3580)
	+ Exercise Physiology with lab (EXSC 3830)
	+ The following courses are recommended, but not required:
		- First Aid and Safety (HLTH 3300)
		- Medical Vocabulary/Terminology Course (HUM 2130 or ATHT 3950).

All students must sign a technical standards document as part of the application/interview process. This document is attached to the resources page and is in the Athletic Training education program manual.

#### Program Progression and Retention Standards

Once a student has been accepted into the program the student will be given a program of study and will progress through a sequence of formal academic and clinical experiences. Progression requirements include:

-maintain a 3.0 grade point average

-completion of required clinical proficiencies

-completion of ATHT coursework with grade of B-

-yearly membership into NATA ($80-100)

-maintenance first-aid and professional rescuer certification ($30-50)

-attendance at yearly HBV-HIV/OSHA seminar

-attendance at yearly HIPAA seminar

-compliance with NATA code of ethics

-completion of HBV immunization series or declination of the immunization

-annual purchase of student insurance

***Academic Honesty and Integrity***

The athletic training faculty insists upon students abiding by ethical standards with regards to the academic classroom. No plagiarism, cheating, or forgery will be accepted. Students engaging in such inappropriate activities will be dismissed immediately from the athletic training education program. The faculty also will send your case to judicial affairs for further reprimand if so deemed. Absolute honesty and professionalism is to be displayed as a student in our program at all times.

##### Probation Status

Failure to meet one or more of the progressive criteria results in program probation.

Failure in meeting a 3.0 overall grade point average automatically places the student on academic probation for one semester. If the student fails to re-establish the GPA to 3.0 after a semester, the student will be dismissed from the program. The athletic training education program committee will handle each case on an individual basis. Once a student is placed on academic probation the student is closely monitored by the program director.

###### Academic Course Work

The Athletic Training Program consists of two full academic years and is a **limited enrollment** program. The program's academic and clinical foundation is based upon the Commission on Accreditation of Athletic Training Education accreditation standards and guidelines and the domains of practice of the Board of Certification for entry-level athletic training education programs. The program consists of 72 credit hours, which include athletic training core courses, auxiliary courses and elective courses. Students enter the program with a bachelor’s degree and a set of prescribed prerequisite courses. Students make formal application for admission. Students who meet the specified criteria will be interviewed. The number of students accepted into the program is limited, making the application process competitive.

# *Academic Component*

Once a student is admitted, he/she must follow a prescribed course of study, which includes both academic and clinical courses. Students must maintain a cumulative grade point average of 3.0. Students must achieve a B- or better in all ATHT courses, auxiliary courses, and elective courses. If a student does not achieve a B- or better in a course, he/she must retake the course. Students may only retake two courses during the entire program. Students must complete all clinical courses (ATHT 5100, ATHT 6100, ATHT 6110, ATHT 6120, ATHT 6130, ATHT 6140, ATHT 6160, ATHT 6170) with a minimum grade of B- or better. If a student fails to get a minimum grade of B- in the clinical course, the student cannot matriculate on to the next clinical course. The student will be on leave from the clinical portion of the program for one year. The student can, however, continue taking academic coursework that does not require clinical courses as co-requisites or prerequisites **upon approval of the program director.**

Matriculation and progression each year in the Athletic Training program depends on successful completion of a comprehensive written and oral examination scoring 80 percent or better. The exam is given at the end of the fall semester of the first and second year. Each student will be given three attempts to successfully complete these exams; failure to score 80 percent or higher after three attempts will result in remediation. The student must meet with the athletic training program faculty and the designation of specific course work will be identified for the student to retake in order to learn and master the material.

Students must have a minimum overall GPA of 3.0 to graduate from the program. Upon successful completion of the program, graduates are awarded a M.S. in Athletic Training (MSAT) and become eligible to sit for the Board of Certification Examination (BOC) for the Athletic Trainer.

**Course Grading Scale:**

100-92.0% **A**  91.99-90% **B+** 89.99-86% **B** 85.99-84% **B-**

83.99- 82% **C+** 81.99-78% **C** 77.99-76% **C-** 75.99-74% **D+**

73.99-70% **D** 69.99-68% **D-** 67.99-66% **F**

# *Clinical Component*

The clinical component of the MTSU athletic training program is comprehensive and diverse; utilizing a variety of clinical sites and preceptors. Clinical sites may be assigned to a student within a 60-mile radius of MTSU main campus. Students are required to have a off campus and on campus clinical rotations, to complete the clinical component of the Athletic Training Program.

-Admitted Students (direct supervision)

Once students are admitted to the program, they must take ATHT 6100, 6110, 6120, 6130, 6140 (4 semesters). These courses are practical/clinical courses and include a clinical component. Competencies and proficiencies are taught and evaluated during these courses. Students are assigned a preceptor each semester and these preceptors also teach and evaluate clinical competencies and proficiencies. During these classes, students will have both college and high school clinical experiences under the direct supervision of a certified athletic trainer who is a preceptor. Only sites that have a contractual affiliation agreement can be used to obtain service learning hours.

\*All clinicals ATHT 6100, 6110, 6120, 6130, 6140 will require an evaluation of the student by their preceptor. This evaluation will be part of the student’s grade in the prospective course.

***Supervision Policy***

Preceptors and approved preceptors are required to provide direct supervision at all times for MTSU athletic training students. As part of their agreement to serve in this capacity, it is a requirement that they be in direct **auditory** and **visual** contact so they may intervene if necessary between a student and patient. Students should never be unsupervised or placed in a compromised situation placing liability upon the student. As well, students should never be used as a work force and in place of a certified athletic trainer. Once the student has proven their competence, the preceptor will still be directly supervising but give the student more autonomy as they are seeking independence with their knowledge and skills.

##### Student Work Policy

Students enrolled in the University have the opportunity to apply for compensation if they qualify for work-study employment. The athletic training education program does not employ work-study students, however, the department does employ work-study students for clerical and office work.

Second year students MAY be eligible for a graduate teaching assistantship. The student will work directly with one or more AT faculty members. No patient care or clinical responsibilities are associated with this position.

Students are supervised under the direct supervision of a certified athletic trainer in both on-campus and off-campus clinical settings. Students are not allowed to refer to themselves as an athletic trainer until they become BOC certified. Only those students who have successfully completed ATHT 6100, 6110, 6120, 6130, 6140 and have current professional rescuer certification may work semi-independently under the supervision of a certified athletic trainer or other approved allied health care professional.

##### Scholarship Information

Financial assistance for students at MTSU is available through the financial aid office on campus and is described in the MTSU Graduate bulletin. In addition, there are athletic training scholarship opportunities at the state, district, and national level from various athletic training and allied health care organizations.

***Athletic Training Program Costs***

Athletic Training students pay the same fee schedules as do all other Graduate students at the University. These fees are described in detail elsewhere in this catalog. Additional expenses incurred by athletic training students include;

1. The cost of a uniform package--$150-200
2. Liability insurance –approximately $35 (yearly)
3. Membership into the National Athletic Trainer’s Association –approximately $80-100 (yearly)
4. Maintenance of professional rescuer CPR—approximately $30-50 (yearly)
5. Verification of immunization (cost depends on where immunization is received)
6. Their own transportation to and from clinical sites including, but not limited to, vehicle and fuel costs
7. The cost of a background check, if required by the clinical site—approximately $40-50 (when required by the clinical site)

#### General Health and Safety Standards

General health and safety standards for athletic training students are the same as for all Middle Tennessee State University students. These standards can be found in the University Graduate catalog. Students must show proof a physical examination by a licensed physician as part of the admission process. Health care and safety policies for students admitted into the athletic training program are the same as all other students at MTSU with the following exceptions:

***Active Communicable Disease Policy*** Students with illnesses are required to see a physician or nurse practitioner to determine if the illness is actively communicable. Students with active communicable diseases (e.g., influenza, strep, impetigo, ringworm, open sores, etc.) are not permitted to participate in patient care, or in any clinical experience until cleared by a physician’s or nurse practitioner’s written note. Students must have had no vomiting, diarrhea, or elevated temperature for at least 24 hours before returning to their clinical site.

##### OSHA/HBV/HIV Blood Borne Pathogen

Students enrolled in the athletic training program must attend an OSHA Blood Borne Pathogen lecture each year to receive current information and regulations concerning HBV/HIV infection control using universal precautions, work practice controls, and personal protective equipment. This training is provided annually on campus at no charge.

Prospective students must begin or show verification of their HBV immunization series prior to being accepted into the AT Program. Or if the student declines this immunization, they must fill out a waiver form to be kept on file.

***Post Exposure Control Plan***

Students may be exposed to human blood, body fluids, and other potentially infectious materials during the experiential learning experiences within the normal scope of their duties. All unidentified body fluids should be considered contaminated. If an exposure occurs, athletic training students will file a Report of Injury/Illness report with the AT Program. The report must include the route of exposure, the circumstances under which the exposure occurred, and the source individual, if known. The AT Program will submit the original report to Environmental and Health and Safety Services and a copy to Middle Tennessee State University (MTSU) Health Services within three calendar days. Evaluation and follow-up shall be conducted by Health Services and Environmental Health and Safety Services at MTSU. All incidents shall be investigated by the University Safety Officer to verify the reported information and establish identification of the source individual, unless identification is not feasible. The results of the investigation will be submitted to the MTSU Health Services and attached to the Report of Injury/Illness filed in Environmental Health and Safety Services. Environmental Health and Safety Services shall submit copies of the Report of Injury/Illness and supporting documents relating to blood borne pathogen exposure incidents to MTSU Human Resource Services, according to standard injury/illness reporting procedures.

MTSU Health Services shall ensure that all medical evaluations and procedures (including Hepatitis B vaccine, vaccination series, and post exposure evaluation and follow-up, including prophylaxis) are made at minimal cost to the athletic training students, made at a reasonable time and place, performed under the supervision of a licensed physician or another licensed healthcare professional according to recommendations of the U.S. Public Health Service current at the time these evaluations and procedures take place. MTSU Health Services shall collect and test, or provide a site to collect and test the exposed person’s blood as soon as feasible after consent has been obtained. MTSU Health Services shall ensure that all laboratory tests are conducted by an accredited laboratory at minimal cost to the athletic training students. Post-exposure prophylaxis shall be provided, when medically indicated, as recommended by the U.S. Public Health Service, including, but not limited to, counseling and evaluation of reported illness. MTSU Health Services shall obtain and provide the individual with a copy of the evaluating healthcare professional’s written opinion within 15 calendar days of the completion of the evaluation. The written opinion shall be limited to include the following: the athletic training student has been informed of the results of the evaluation, and that the athletic training student has been told about any medical conditions resulting from exposure to blood or other potentially infectious materials which require further evaluation or treatment. All other findings or diagnoses shall remain confidential and shall not be included in the written report. (See the complete details of Post-Exposure Plan in the MTSU Employee Safety Handbook, April 2009, located at <http://www.mtsu.edu/ehs/index.php>)

##### Current Emergency Cardiac Care Certification

Students who are admitted to the program must maintain current emergency cardiac care certification which includes cardiopulmonary resuscitation, automated external defibrillation, and other professional rescuer skills. An Emergency Cardiac Care certification course is offered through the program on an annual basis on campus. These certifications may require a nominal fee.

##### Yearly Liability Insurance

All students are required to purchase athletic training student liability insurance prior to entering the program. Insurance application forms can be obtained from the office of the clinical coordinator or by going to www.hpso.com. Insurance is available to students at a minimal cost and is through a company supported by the NATA.

***Radiation Exposure Policy***

From clinical site to clinical site, there may be potential radiation exposure due to xray, fluoroscopy, and other diagnostic testing mechanisms. If requested, MAT students will have access to lead vests and be encouraged to maintain a minimum distance of 6 feet from an operational unit to reduce exposure. Students are expected to follow all policies implemented of their assigned clinical site. MTSU does possess a dual energy xray absorptiometry scanner being used for research/teaching purposes and students will be expected to follow recommended guidelines to reduce occupational exposure.

***Therapeutic equipment safety***

Each clinical site is responsible for maintainimg annual calibration and safety checks performed on all therapeutic equipment and modalities. Records for each site’s calibrations will be housed in the Clinical Coordinator’s office to verify maintenance. If there is a lapse in safety checks, students will be removed from the site until they can provide appropriate documentation.

I (print name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ acknowledge that I have read and been provided a copy of the Middle Tennessee State University Athletic Training Program’s General Health and Safety Standards, which include: Communicable Disease Policy, OSHA/HBV/HIV Blood Borne Pathogens, Post-Exposure Control Plan, Emergency Cardiac Care, Liability Insurance, Radiation exposure policy, and therapeutic equipment safety.

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Date Signature

***Yearly Membership to NATA***

The National Athletic Trainers’ Association is the professional organization for Athletic Trainers. Becoming a member of the NATA provides the student with the following membership benefits:

* **NATA Scholarship Opportunities:** NATA Foundation provides approximately 70 scholarships annually, each for $2,000.
* **BOC for Athletic Training:** Discount on the cost of registration for the Board of Certification Examination.
* **Student Member Access to Student Forum:** CHATS (Communications Helping Athletic Training Students) is a great way to interact with other athletic training students around the country.  You can share ideas and learn what your peers at other athletic training education programs are thinking and experiencing.
* **NATA News:** As an NATA member, you receive 12 issues of this award-publication each year. It’s available in both printed and online editions.
* **NATA Web site:** More and more, members rely on the Web site to keep them up to date with athletic training information. You get exclusive access to the Members-Only section of the site, containing much info that isn’t available elsewhere.
* **NATA Career Center:** The state-of-the-art resource for you to find an athletic training job (free access to the Career Center job listings is included with your membership), or post a job.
* **Journal of Athletic Training:** NATA’s award-winning scientific publication is published quarterly, and is available in print form to certified members.
* **Salary Survey information:** NATA has released the results of its comprehensive 2005 athletic training salary survey. This data is invaluable for both job seekers and employers.
* **Brochures:** NATA produces a variety of relevant, attractive brochures. Your membership entitles you to up to 25 free brochures per year.
* **Membership Directory:** It’s your source for contacting fellow athletic trainers nationwide.
* **Annual Meeting:** You get substantial savings at the NATA Annual Meeting (the premier live event for athletic trainers) as well as District Meetings (i.e. SEATA).
* **Affinity programs:** You’re eligible for discounts on high-quality products and services such as professional liability insurance, financial planning, auto insurance, legal services and more.
* **Networking:** Many members say the networking opportunities with thousands of your colleagues alone make their NATA membership worthwhile.

*Athletic Training Student Responsibilities*

Each student in the athletic training program is expected to follow guidelines established by the NATA, BOC, and American Medical Association for athletic training education accreditation, Middle Tennessee State University and the MTSU Athletic Training Program. Students are responsible for excelling in the classroom as well as in the clinical setting. The following section details expectations of athletic training students. Failure to uphold policies and procedures can result in a student being dismissed from the athletic training education program.

*General Academic Responsibilities*

Each student must:

-be active and take responsibility for their own learning and progression through the

 program

**-** maintain a 3.0 grade point average

-maintain current first aid and professional rescuer/AED certification and costs associated

-attend academic advisement sessions

-attend athletic training student meetings, workshops, and conferences

-MUST participate in monthly SATA club meetings to satisfy a course requirement

-attend an annual HBV/HIV seminar

-attend the annual HIPAA seminar

-follow all rules and regulations developed by MTSU athletic training program

-join the professional organization (TATS, SEATA, NATA)

-record and report own clinical athletic training hours

-maintain the NATA code of ethics

-demonstrate proof of HBV immunizations or complete the HBV vaccination series by the end of their first year in the program. Students must sign a waiver form if they choose to decline the immunization. Students are responsible for the charge of the vaccination series. (cost depends on where immunizations are received)

-purchase student liability insurance yearly (~$ 35)

-incur cost of transportation to clinical sites on a yearly basis

-sign and obey the alcohol and drug policy

-sign and obey the background/immunization waiver form

-sign and obey rules for assisting with camps/intramurals

\*A hold will be placed on any student’s account that is deficient or not maintaining one of the above requirements. If the student fails to abide or complete a requirement in a timely fashion, they will be dismissed from the program.

*General Duties*

-Obey and enforce all rules and regulations of the athletic training program and sport and/or clinical setting

-Keep athletic training facilities and equipment clean and organized.

-Record all treatments in daily logs and complete records.

-Assist with pre-season and post-season physical examinations.

-Assist other students with clinical skills and techniques.

\*Students will be required to continue their immersive, practicum, or clinical experiences beyond the traditional dates of a regular academic term. They will also be required to participate in their clinical assignment during holidays and during pre and post-season play depending on their sport assignment.

As part of each clinical course, the service-learning hours are an integral component to student learning. The time spent assisting in the coverage of games and practices is essential to student preparedness. Therefore, attendance is mandatory and is viewed as an extension of the academic classroom. Since attendance is mandatory in the traditional setting, it is also required at the clinical site. Please make note that professionalism constitutes being present and on time. The remainder of the clinical grade is based upon the time that you are present, so to not attend will impact your grade significantly. The Athletic Training Faculty will determine whether an absence is deemed excused or unexcused.

The following are responsibilities not expected of an athletic training student, and therefore, athletic training students should not be performing these duties during their assigned clinical schedule.

 -perform personal errands for preceptors

 -grade papers, projects or academic work of a preceptor

-perform professional work of a preceptor that is not associated with Middle Tennessee State University athletic training

-perform duties of a manager during practices or events

# Clinical Assignments

All admitted students are assigned to a preceptor each term. Assignments are determined by CAATE accreditation standards for entry-level athletic training education programs. All students must have clinical experiences with:1) equipment intensive sports, 2) sports with high risk of lower extremity injuries, 3) sports with high risk of upper extremity injuries and 4) general medicine. In addition, students need experiences with male and female athletes, young and old active patient population, as well as team and individual sports, high school sports, college sports, sport medicine clinics and other allied health professionals with clients of varied socioeconomic status. Clinical sites may be assigned to a student within a 60-mile radius of the MTSU main campus; immersive experiences may be further away. Students are required to have both on campus and off campus clinical rotations to complete the clinical component of the Athletic Training program.

· **Clinical**: There are five clinical courses that are conducted at the same time the student is registered for other athletic training course work. Skills and abilities with clinical integrated competencies will be assessed. Students will complete 120-300 clinical hours under the direct supervision of an approved preceptor.

· **Immersion:** There are three immersion courses, practice-intensive experiences, that are conducted with minimal to no additional course work at the same time. These range from three-seven weeks (90-500 hours) in order to experience the totality of care provided by athletic trainers and to prepare the student for transition to practice.

· **Practicum**: There is one 60-120 hour practicum experience (Physical Therapy) required with the option to add an additional practicum as an elective. This experience is designed to allow nontraditional athletic training settings under the direction supervision of a credentialed and licensed healthcare provider (Physical Therapist, Physician Assistant, Medical Doctor, Doctor of Osteopathy, Chiropractic Doctor, or Nurse Practitioner).

# Time Off

Every student will get one day off every seven days following NCAA rules. Weekend clinical experiences may be required for some sport assignments. Students are not to average more than 25 hours per week at their clinical A, B, C, D, or E unless there are approved special circumstances. In immersive or practicum rotations, 25 hours can be exceeded. If student needs time off from their clinical assignment, they must get approval from their preceptor. Request for time-off must be done one week in advance unless there is an unforeseen situation warranting time-off.

##  **Fair Practice Work Act**

Athletic training students are not to serve in the capacity of a certified athletic trainer. They are not to refer to themselves as an athletic trainer; rather they are athletic training students. Referring to an athletic training student who is not BOC certified as an athletic trainer is against the Tennessee Athletic Trainer’s Licensure Act and the Board of Certification. Athletic training students are not to act in the capacity of managers or secretarial staff. They are not to be asked or expected to perform duties that compromise their educational experience. Students will at no time receive any monetary remuneration during their experience, excluding scholarships.

# Qualifications of Preceptors

A preceptor is one who has successfully been trained in a preceptor course by the MTSU faculty. Preceptor must be a certified athletic trainer who has been BOC certified for no less than one year. Preceptors can teach clinical skills and evaluate clinical skills. A preceptor is an Athletic Trainer or a physician. All other allied health professionals are clinical instructors and must be certified/licensed for at least a year.

###  Dress Code and Personal Conduct

Athletic training students will always observe good practices of personal hygiene and appearance. They serve as role models to the athletic and health care community in their physical health and daily behavior as guided by the code of ethics of the NATA. Athletic training students should always maintain a paramedical and professional working relationship with students, athletes, coaches, administrators and peers. Socializing with athletes during clinical rotations is discouraged. If the clinical site has addition rules for their facility, student must adhere to those as well as our ATP rules.

# *Personal Appearance*

· Cleanliness and good personal hygiene will be a common practice.

· All facial hair will be groomed unless otherwise determined by your preceptor or athletic training staff

· There will be no visible body piercing other than ear piercing. Ear piercing for males will be determined by your preceptor.

· There will be no visible body tattoos unless the student was admitted into the ATP with existing visible tattoos. And, if so, preceptor may ask you to have them covered.

· There will be no radical hair colors or hairstyles.

# *Dress Code*

After a student has been admitted into the ATP, they are required to purchase a uniform package as part of ATHT 5620 (~$150). This package usually includes a medical fanny pack, MTSU athletic training polo shirt and a jacket. Students may be given additional clothing on a yearly basis (ex., t-shirts, polo shirts, shorts, hats….), or may have the opportunity to purchase additional clothing.

\*Students who are in the candidacy year of the program may be given MTSU-ATP t-shirts to wear during their pre-program clinical rotations.

· Clothes must always be clean, pressed and in good repair. If on campus, NIKE apparel is required

· MTSU ATP t-shirt or polo shirts will be worn daily and tucked in. If a team provides a student with a team shirt, the student may wear the team shirt during the team practice session)

· Shoes will be flat bottomed and have no holes.

· No blue jeans will be worn during clinical assignments. Leggings must be cleared with the preceptor you are supervised by to determine if appropriateness.

· Colors of shorts/pants will be of black, khaki, white, gray or blue properly fitting (i.e. mid-thigh length shorts), and not too tight.

· Socks must be worn and color-coded with uniform

· Only MTSU hats/caps will be worn

· No MTSU ATP attire will be worn in establishments that serve alcohol

**\*If students fail to meet the dress code, they will be sent home until modifications are made. This will be considered an unexcused absence.**

# *Event Dress Code*

· MTSU-ATP polo shirts or appropriate clothing must be worn for all competitions

· If an athletic training student is associated with an indoor event/competition (basketball, volleyball, etc…) they may wear dress clothes as approved by their preceptor

· Students assigned to high schools or other colleges or universities may wear the school’s uniform colors of that site.

# *Personal Conduct and Professionalism*

· Students are not to miss classes as a result of their clinical assignment unless previously approved by the ATP.

· Students will only perform duties and skills they are qualified to perform based upon their successful completion of ATHT 6100, 6110, 6120, 6130, and 6140 and the discretion of their preceptors.

· Students will be **on-time** to their clinical assignment wearing the appropriate athletic training attire and be prepared to begin clinical duties.

**· If a student is going to be late to their assignment, they are to telephone their preceptors.**

· Students are expected to follow the rules and regulations of the ATP, athletic training facility and those of the clinic or sport assignment.

· There will be no bearing of weapons including knives.

· Students will never question or criticize team physicians, athletic training staff and other athletic training students in front of athletes. Questions should be asked in the appropriate manner and at the appropriate time.

· Students will never question a coach’s decision concerning game strategy or practice techniques.

· If students have concerns with coaches they should discuss the concerns with their preceptor.

**Social Media**

It is standard practice within MTSU’s Athletics Department that if athletes choose to have a Facebook, Twitter, or other social media account, that the coach have access to this form of communication. Similarly, athletic training students will be required to provide Dr. Binkley access to their account so that she can monitor it accordingly.

**Confidentiality**

• Students will never discuss an athlete’s injury with anyone other than the athletic and athletic training staff. Never discuss the injury of one athlete with another athlete. If an athlete asks about another athlete’s injury, refer that athlete to an athletic training staff member. WHAT YOU SEE AND HEAR….STAYS HERE! (with regard to injuries)

• Do not discuss an athlete’s injury with a parent. Refer the parents’ questions to an athletic training staff member.

• Never discuss an athlete’s injury with a member of the media. Refer the media to the head athletic trainer.

# Rules when Traveling with Teams

· A student may obtain service-learning hours by traveling to a site with a MTSU preceptors.

· Students must obey all rules and regulations as set forth by the PRECEPTOR or head coach of the team whom which they are traveling.

· Students will not use alcohol while traveling with teams

# Special Events

Students who volunteer for special events (ie., road races, Special Olympics…) will refer to themselves as Professional Rescuers (based on American Red Cross certification). Students will follow all procedures as set forth by the event coordinator and will wear clothing as determined by the event coordinator. These hours will not be counted as service-learning hours due to no contractual affiliation agreement previously established. Students may receive credit for a volunteer event only.

#### MTSU Athletic Training Facility Rules and Regulations

Students assigned to the MTSU athletic training facility will be under the direction supervision of their assigned PRECEPTOR. They must adhere to all rules and regulations as set forth by the MTSU Athletic Training Staff.

· Answer the telephone in a professional manner by saying, “Hello, MTSU Athletic Training Facility, may I help you”.

· Report all injuries/illnesses to your PRECEPTOR or head athletic trainer

· Do not attempt to use any equipment unless you have been properly trained and evaluated to use the equipment

· Keep the athletic training facility clean and tidy at all times

* If there is something that needs to be done, take initiative and do it.

· If supplies are needed after looking in the supply room, report needed supplies to an athletic training staff member.

· Report all equipment that is not working properly to an athletic training staff member.

· Keep the injury log and other records updated as deemed necessary by your PRECEPTOR

· Keep coolers clean and dry at all times

**\*\*Maintain a professional behavior at all times with the Athletic Training Program faculty, staff, patients, and athletes.**

#### Clinical Evaluations

Preceptors will evaluate students during each semester. Evaluations will be based upon the level of which the student is in the program. Students are evaluated on their professional behavior and clinical skills. The student’s preceptor will discuss the evaluation with the student prior to sending the evaluation to the ATP director. The student, PRECEPTOR and ATP director will have access to the evaluation stored on file. The clinical coordinator will meet with each student at least once each semester to discuss clinical experiences and assignments. Preceptor evaluations of students will be part of a student’s clinical grade (ATHT 6100, 6110, 6120, 6130, and 6140). Other allied clinical instructors will also evaluate students during practicum and immersive (5100, 6160, 6170, and 6430).

**Preceptor grades** are based upon the following scale. Students are evaluated by their preceptor 2 times during the semester.

**Clinical Grade Scale:           A = 100          C+ = 75           D- = 50**

**A- = 95         C =  70             F =  0**

**B+ = 90           C- = 65**

**B = 85             D+ = 60**

**B- = 80            D = 55**

#### Consequences of Policy Violations

1st Offense: The preceptor, student, clinical coordinator, and program director will meet to discuss the issue and determine the consequences of the student’s actions. A letter will be placed in the student’s academic file.

2nd Offense: The student will meet with the preceptor, clinical coordinator, and ATP director to discuss the violation(s). This will result in suspension from the clinical portion of the program for a month.

3rd Offense: The student is released from the clinical portion of the program.

**Extra-curricular Events Waiver**

MTSU students are expected to uphold all policies related to our state licensure. As a result, in order to protect the student, the MTSU AT program, the athletic department, and MTSU proper it is imperative that we follow these guidelines. Students will be unable to serve in any capacity other than that of someone certified in CPR and First Aid. A clear delineation is made between these responsibilities and those of an athletic training student. At no point in time, are students allowed to assume the role of an athletic training professional without proper supervision or performing tasks that an outsider might perceived as being a certified athletic trainer. If a student is reported, investigated, and found guilty of violated TN licensing rules, the student will be unable to EVER become licensed in the state and the student and employer or immediate supervisor could also be charged up to $10,000 per day.

As part of the Acute Trauma class a student will receive First Aid/CPR certification. There is currently no state license associated with this title so the following are skills/responsibilities you CAN perform if employed to work an MTSU camp or intramurals.

1. Recognize emergency situations---identifying unusual odors, sights, behaviors, etc.
2. Survey the scene and call 911.
3. Check airway, breathing, pulse, consciousness, and for severe bleeding.
4. Recognize the signs/symptoms of respiratory distress.
5. Provide rescue breathing.
6. Recognize signs and symptoms of choking.
7. Provide care for conscious/unconscious choking victims.
8. Recognize signs and symptoms of heart conditions.
9. Provide CPR.
10. Recognize signs and symptoms of internal or external bleeding.
11. Provide care for internal or external bleeding.
12. Recognize signs and symptoms of shock.
13. Provide care for shock victims.
14. Provide care for wounds and burns.
15. Recognize signs and symptoms of musculoskeletal injuries: Pain, swelling, deformity, discoloration, loss of motion, loss of sensation.
16. Provide ice and elevations.
17. Provide immobilization and call 911.
18. Call 911 for further treatment of head/spine injuries, signs/symptoms of concussion, severe bleeding, sudden illness, poisoning, drug use, stings/bites, heat or cold conditions.

You **MAY NOT** perform the following:

1. Evaluate or assess an injury.
2. Diagnose an injury or provide any clinical opinion.

An agreement will be signed by the student on a yearly basis as a reminder of the differences between being a supervised athletic training student and acting as an independent first aid/CPR provider. If a student acts outside of this scope, they are subject to dismissal from the program. This will be upheld to protect the University, MTSU’s Athletic Training Program, the employer, and the student from further penalty. Please keep in mind that First Aid certification is only valid for 2 years. Students are responsible for renewing the First Aid/CPR certification after this 2-year time period expires.

Extra-curricular Events Waiver

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, as an athletic training student at MTSU recognize that I may be asked to assist in helping provide first aid coverage for summer camps and intramural sports. If I choose to participate in non-academic related events, I understand the duties that I am allowed to provide. I have received a list of those acceptable activities that I may participate in and those that I may not. By not abiding by these rules and by providing care outside of what I learned as I earned my first aid certification, I am putting myself at risk for legal action. By not upholding the state licensure bylaws, I am aware that the repercussions may include being fined, never being able to apply for TN state licensure, and immediate dismissal from the MTSU Athletic Training Program.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date

*MIDDLE TENNESSEE STATE UNIVERSITY*

ATHLETIC TRAINING PROGRAM

TECHNICAL STANDARDS

For Admission and Retention

The Athletic Training Program (AT Program) at Middle Tennessee State University is a physically demanding and mentally intense curriculum that places specific requirements on students enrolled in this program. 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 in this document by the Middle Tennessee State University AT Program, establish the essential qualities necessary for successful completion of the curriculum. Essential qualities are related to achieving the knowledge, skills, attitudes and competencies of an Entry-level Athletic Trainer, which is the goal of the AT Program. Furthermore, essential qualities meet the expectations of an Entry-Level Athletic Trainer as described by the National Athletic Trainers Association (NATA) Educational Competencies and Proficiencies, the Board of Certification (BOC) Role Delineation Study as well as the Commission on Accreditation of Athletic Training Education, which is the accrediting agency for athletic training education.

Candidates for the AT Program at Middle Tennessee State University are required to meet these technical standards as part of the admission process and must continue to meet these standards for program retention. Candidates are asked to verify and demonstrate that they understand the demands, abilities, and expectations of the program and that they understand they will be required to complete the knowledge, skills, attitudes, and competencies, with or without reasonable accommodations, associated with performance as an athletic training student, which includes all coursework, clinical experiences and rotations, and internships deemed necessary for graduation. In the event a student is unable to fulfill these technical standards, with or without ‘reasonable accommodation’ (according to the American Disabilities Act), the student will not be admitted into the program or be permitted to continue in the program. Compliance with the Middle Tennessee State University Athletic Training Program’s technical standards does not guarantee a student’s eligibility for the Board of Certification examination.

Essential Qualities required for the students to complete the AT Program are as follows:

1. Students must meet the class standards for course completion throughout the curriculum.
2. Students must be able to read, write, speak, and understand English at a level consistent with successful course completion, having the ability to communicate effectively with faculty, peers, coworkers, clients, patients, athletes, coaches, and other members of the healthcare team. Effective communication includes the ability to receive, interpret, utilize and disseminate information via verbal, non-verbal, and written (manual and computer) communication in a manner that is comprehensible by colleagues, clients, and laypersons.
3. Students must have the mental capacity to acquire knowledge and comprehend, measure, calculate, analyze, reason, evaluate, synthesize, and apply large volumes of cognitive educational material related to athletic training in a short period of time.
4. Students must be able to think critically and problem-solve, gather and synthesize knowledge and information relevant to decision-making during an injury assessment activity in class or in the clinical setting to develop an effective treatment program.
5. Students must perform treatment and rehabilitation activities in class or in the clinical setting by direct performance or instruction through assistance of intermediaries.
6. Students must apply critical thinking processes and sound judgment to their work in the classroom or in the clinical settings
7. Students must follow safety procedures established for each class and clinical setting.
8. Students must maintain personal appearance and hygiene conducive to the classroom and clinical setting
9. Students must annually pass a cardiopulmonary resuscitation (CPR) course at the Healthcare Professional level.
10. Students must annually complete OSHA-regulated Blood Borne Pathogen Exposure Training and complete the Hepatitis B Vaccine series or have a written denial on file.

Essential Skills that are required in order to complete the Essential Qualities are as follows:

1. Students must be able to develop proficiency in motor skills required for accurate examination, evaluation and intervention techniques. The students must demonstrate adequate locomotor ability to allow them to physically maneuver to and from and within the classroom, lab and clinical settings.
2. Students typically sit for 2-10 hours daily in the classroom, stand for 1-3 hours daily at clinical assignments and must be able to ambulate 10 yards at 2 miles per hour indoor and outdoor over rough terrain.
3. Students frequently are required to lift objects, carry or push/pull objects.
4. Lifting less than 10 pounds and occasionally lift between 10-20 pounds’ overhead
5. Occasionally carry up to 25-30 pounds while walking 10-20 feet
6. Exert 25 pounds of push/pull forces to objects, sometimes while ambulating 50 feet or more
7. Students frequently twist, bend, stoop, and kneel on the floor for up to 15 minutes.
8. Students frequently stand, walk, and move from place to place and position to position while handling of classmates and/or injured athletes and must do so at a speed that permits safe handling and appropriate support.
9. Students must be able to coordinate verbal and manual activities with gross and fine motor activities.
10. Students often work within an electrical or magnetic field.
11. Students must have 20/40 corrected vision to accurately observe activities and behaviors during events on the field, court or mat, or other classroom or clinical setting. Students must be able to use auditory, tactile, and visual senses to accurately observe and interpret demonstrations in the classroom instruction, projected slides or overheads, x-rays and monitor dials on equipment and in other situations to evaluate and treat injured athletes.
12. Students must have basic neurological function to perceive changes in status such as skin temperature and/or color, heart rate, facial expression, muscle tone, breath sounds, breathing rate or pattern, changes in contour of surface/body part and to maintain 10 pounds of grip strength for 30 seconds.
13. Students must possess the ability to make and execute quick, appropriate and accurate decisions in a stressful environment in the classroom and clinical settings.
14. Students must be able to assimilate, analyze, synthesize, integrate concepts and problem solve to formulate assessment and therapeutic judgments and to be able to distinguish deviations from the norm in classroom and clinical settings.
15. Students must have sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate assessments using accepted methods and to accurately, safely, and efficiently use equipment and materials during the treatment and rehabilitation of patients.
16. Students must be able to clearly and accurately record the results of athletic injury and illness assessments and accurately record plans for the treatment and rehabilitation of athletic injuries and illnesses.
17. Students must possess and demonstrate a level of emotional health and maturity that allows for the full use of their intellectual capabilities, the capacity to maintain composure and continue to function well physically, emotionally or intellectually during periods of high stress. Students must have the flexibility and ability to adjust to the uncertainty of dynamic clinical settings and various classroom environments.
18. Students must demonstrate the affective skills, appropriate demeanor, rapport, and sensitivity that relate to professional education and quality patient care. Students must demonstrate a commitment to working with individuals with physical and cognitive deficits from a variety of age groups, cultures, and socioeconomic status, without bias. Students must keep patient/client safety at the forefront throughout the educational process.
19. Students must demonstrate the perseverance, diligence, and commitment to complete the athletic training educational program as outlined and sequenced.
20. Students must adhere to the Middle Tennessee State University student handbook, honor code, and standards and guidelines at all times.

Candidates for selection to the Middle Tennessee State University AT Program will be required to verify and demonstrate that they understand and meet these technical standards or that they believe that they can meet these standards with reasonable accommodation. If there is a change in health status or technical capabilities, the student may need reassessment before continuing in the clinical component of the athletic training education program.

A student who needs reasonable accommodation for disability that might limit his/her ability to meet these essential qualifications may contact the Middle Tennessee State University Disability Access Center to explore whether reasonable disability accommodations are available. Middle Tennessee State University Disability Access Center will evaluate documentation provided by a student who states that he or she could meet the technical standards with reasonable accommodation. Also, the Middle Tennessee State University Disability Access Center will be responsible for confirming that the stated condition qualifies as a disability under applicable laws.

Acknowledgement of Technical Standards

I certify that I have read and understand the technical standards stated above and I believe to the best of my knowledge that I can meet these technical standards. Furthermore, I understand that if I am unable to meet these technical standards, I will not be admitted into the athletic training educational program or, once admitted, may be dismissed should I become unable to meet these essential qualifications. I understand that, if I have a disability that might limit my ability to meet these essential qualifications, I may contact the Middle Tennessee State University Disability Access Center at (898-2783) or dssemail@mtsu.edu.

Applicant’s Signature Date

Print Name

Witness Date

***First Year ATS***

***Specfic duties of a 1st year Athletic Training Student***

* 1. *Taping Techniques*
* *Student applies correct technique using correct materials*
* *Student applies technique using neatness and appropriate time*
* *Student explains anatomical basis for taping*
* *Student explains benefit of taping technique to athlete*
	1. *Treatment/First Aid techniques*
* *Student applies basic first aid techniques for wound care and acute musculoskeletal injury (PRICES) and chronic injuries with confidence*
* *Student demonstrates the use of Universal Precautions*
* *Student explains treatment technique to athlete in understandable terms*
* *Student applies immobilization apparatus appropriately (crutches, splints,etc.)*
	1. *Evaluation/Assessment skills*
* *Student can initiate evaluation of injury/illness by taking an accurate history*
* *Student can complete palpation and observation techniques for lower extremity injuries*
* *Student knows the EMS plan and protocol for the assigned clinical site*
* *Student can determine which injuries require EMS verses non-EMS transport and care*
	1. *Knowledge and Use of Athletic Training Facility supplies*
* *Student identifies basic supplies including various types of tape/wraps and understand their use*
* *Students pack an athletic training kit with sport specific needs in mind*
* *Student stocks cabinets and tables*
* *Student identifies equipment needed for on the field emergency situations*

***2nd Year ATS***

***Specfic duties of a 2nd year Athletic Training Student***

1. *Taping Techniques*
* *Student applies correct technique using correct materials*
* *Student applies technique using neatness and efficiency*
* *Student explains anatomical and biomechanical basis for taping*
* *Student explains benefit of taping technique to athlete*
* *Student can modify existing taping techniques to meet individual needs of athlete*
* *Student can perform techniques to solve problems (given a clinical situation, can determine needed treatment and provide appropriate protection based upon sound anatomical and biomechanical principles)*
* *Student teaches taping techniques to less experienced students and provides constructive feedback*
1. *Treatment/First Aid techniques*
* *Student applies basic first aid techniques for wound care and acute musculoskeletal injury (PRICES) and chronic injuries with confidence*
* *Student demonstrates the use of Universal Precautions*
* *Student explains treatment technique to athlete in understandable terms*
* *Student applies immobilization apparatus appropriately (crutches, splints,etc.)*
* *Student maintains composure “on-the-field” or in an emergency situation*
* *Student applies treatment techniques with a holistic approach (psychological and psychosocial components of healing)*
* *Student communicates with coaches and supervisor using logical, understandable explanation for injury/treatment progress*
* *Student teaches treatment/first aid techniques to less experienced students and provides constructive feedback*
1. *Evaluation/Assessment skills*
* *Student can determine which injuries require EMS verses non-EMS transport and care*
* *Student can initiate evaluation of injury/illness according to HOPRS format*
* *Student differentiates between “on-the-field” and “clinical evaluation”*
* *Student recognizes need for additional testing (x-ray) or referral to more qualified personnel*
* *Student documents evaluation according to accepted format for clinical site (HOPRS, SOAP)*
* *Student combines evaluation findings to determine appropriate treatment procedures*
* *Student explains finding to athlete, coaches, and parents in understandable terms*
* *Student teaches evaluation/assessment skills to less experienced students and provides constructive feedback*
1. *Knowledge and Use of Athletic Training Facility supplies*
* *Student identifies basic supplies including various types of tape/wraps and understands their use*
* *Students pack an athletic training kit with sport specific needs in mind*
* *Student stocks cabinets and tables*
* *Student identifies equipment needed for on the field emergency situations*
* *Student teaches less experienced students the use of supplies/equipment and provides constructive feedback*
* *Student identifies alternative and conservative uses for supplies*
* *Student demonstrates ability to inventory supplies and provide suggestions for supplies needed*
1. *Other duties*
* *Attend a regional or national athletic training conference/meeting*
* *Makes application for graduation and BOC examination*
* *Makes application to take GRE*
* *Creates a resume and makes application for employment*

**Course Descriptions for Master of Athletic Training Required Courses and Guided Electives**

**ATHT 5000** **Strength & Conditioning in Sport, Fitness, & Rehab**: (3 credit hours) Theories and principles of strength training and conditioning and techniques used to become a strength and conditioning specialist or personal fitness trainer. Exercise science, exercise techniques, and program design and implementation in healthy individuals and teams, across the lifespan, and modifications for those in rehabilitation from injury will be investigated.

**ATHT 5001 Strength & Conditioning in Sport, Fitness, & Rehab:** (0 credit hours) Corequisite: ATHT 5000. Laboratory to accompany ATHT 5000.

**ATHT 5100 Athletic Training Immersion Experience I:** (1 credit hour) First practice-intensive experience that allows the student to experience the totality of care provided by athletic trainers. Critical reflection of experience and core competencies will be emphasized. Minimum of three – four weeks (90-200 hrs).

**ATHT 5200 Acute Trauma & Emergency Care in Athletic Training:** (4 credit hours) Competencies and proficiencies used in the identification, evaluation, management, and prevention of acute traumatic conditions in sports requiring emergency care including, but not limited to: airway adjuncts, suturing, hemostatic agents, general medical emergencies, and disaster management. In addition, administrative and risk management aspects of planning for an emergency injury/illness situation will be addressed. Successful completion of course will result in American Red Cross - Emergency Response certification.

**ATHT 5201 Acute Trauma & Emergency Care in Athletic Training Lab:** (0 credit hours) Corequisite: ATHT 5200. Laboratory to accompany ATHT 5200.

**ATHT 5300 Introduction to Evidence Based Medicine:** (1 credit hour) Introduces the concepts of evidence-based medicine and practice in the field of athletic training.

**ATHT 5350 Athletic Training History, Documentation, Terminology, & Intro to Health Care Informatics:** (2 credit hours) Topics will include athletic training history, medical terminology and how to utilize appropriate medical records and documentation, introduction to health care informatics, medical insurance and reimbursement, allied/medical health teams, case studies, and medical referrals.

**ATHT 5620 Psychomotor Skills, Bracing/Casting, & Equipment in Athletic Training Lab:** (1 credit hour) Laboratory. Various athletic training topics will be discussed and practiced with emphasis on the application of supportive and protective taping, casting and bracing, and orthotic devices; selection, fitting, and removal of protective equipment in sport; pre-participation examinations; use of basic modalities; and durable medical equipment.

**ATHT 5965 Aquatic Exercise & Therapeutic Techniques:** (3 credit hours) (Same as EXSC 5965) Examines the various uses of the aquatic environment to develop, maintain, and improve physical performance with practical development of skills and techniques and aquatic exercise programming. Combines both didactic and laboratory activities in an experiential learning environment.

**ATHT 6000 Cultural Competence & Lifestyle Demands in Athletic Training:** (1 credit hour) A focus on patient-centered care with cultural competence and humility will be investigated. Health care literacy, social determinants of health, and self-care programs for the patient as well as the athletic trainer will be presented.

**ATHT 6020 Somatic Therapy Techniques for Health Care Providers:** (3 credit hours) Examines the concepts, knowledge, theories, and history of somatic therapy. Emphasis will be on Swedish-Esalen, sports massage, Shiatsu, cupping, dry needling, acupuncture/acupressure, and connective tissue techniques. Includes additional complimentary rehabilitative and modality techniques (i.e. Pilates, yoga, tia chi, dance therapies, blood flow restriction, aromatherapy, etc.) that combines didactic and experiential opportunities.

**ATHT 6100 Clinical A in Athletic Training:** (1 credit hour) Review of Psychomotor Skills with clinical integrated competencies. A minimum of 120-300 clinical hours under the direct supervision of an approved preceptor.

**ATHT 6110 Clinical B in Athletic Training:** (1 credit hour) Review of Evaluation and Assessment of Lower Extremity Injuries with clinical integrated competencies. A minimum of 120-300 clinical hours under the direct supervision of an approved preceptor.

**ATHT 6120 Clinical C in Athletic Training:** (1 credit hour) Review of Evaluation and Assessment of Upper Extremity Injuries with clinical integrated competencies. A minimum of 120-300 clinical hours under the direct supervision of an approved preceptor.

**ATHT 6130 Clinical D in Athletic Training:** (1 credit hour) Review of Rehabilitation Techniques, Strength and Conditioning, and Manual Therapies with clinical integrated competencies. A minimum of 120-300 clinical hours under the direct supervision of an approved preceptor.

**ATHT 6140 Clinical E in Athletic Training:** (1 credit hour) Review of Athletic Training Skills for Board of Certification Exam with clinical integrated competencies. A minimum of 120-300 clinical hours under the direct supervision of an approved preceptor.

**ATHT 6160 Athletic Training Immersion Experience II:** (1 credit hour) Second practice-intensive experience that allows the student to experience the totality of care provided by athletic trainers. Critical reflection of experience and core competencies will be emphasized. Minimum of four to five weeks (120-240 hrs).

**ATHT 6170 Athletic Training Immersion Experience III:** (2 credit hours) Third practice-intensive experience that allows the student to experience the totality of care provided by athletic trainers. Critical reflection of experience and core competencies will be emphasized, as well as transition to practice. Minimum of six to seven weeks (240-500 hrs).

**ATHT 6200 Functional Anatomy and Biomechanics:** (4 credit hours) Exposure to the structural and functional components of human anatomy, including musculoskeletal origins, insertions, actions, and innervations; the ability to identify landmarks, surface markings, and palpations on a live model; description of functional movements in various sport activities with classification and identification of which muscles work together to create the motions; identify normal and atypical patterns and characteristics of movement including walking and running gait, posture, throwing, kicking, and jumping. Pathomechanics of injury relating to gait and performance skills will be described.

**ATHT 6201 Functional Anatomy and Biomechanics Lab:** (0 credit hour) Corequisite 6200. Laboratory to accompany 6200.

**ATHT 6300 Advanced Evidence Based Medicine:** (3 credit hours) Evidence-based medicine is used to produce clinically relevant questions and the research process to investigate those questions. Emphasis on writing and developing a sound research question and proposal, literature review, experimental design and methodology, statistical selection and interpretation, and presentation techniques explored. Engages students in the process of reviewing, analyzing, discussing, and synthesizing research.

**ATHT 6310 Independent Research in Athletic Training & Sports Medicine:** (1-6 credit hours) Gives students the opportunity to complete the project begun in ATHT 6300 or a new project with the potential for local, regional, national, or international presentations and publications. Course set up independently depending on the type of research project the student is going to perform and can be repeated with variable credit hours up to a total of six credit hours.

**ATHT 6400** **Evaluation/Assessment of Lower Extremity:** (3 credits) Evaluation and assessment of athletic injuries to the lower extremity. Clinical outcomes and sensitivity/specificity data will be assessed for diagnostic accuracy. In addition, radiographic and specialized tests used for assessment and diagnosis will be described and interpreted. Patient care plans will be developed for different situations. Students are expected to observe orthopedic surgical procedures as part of this course.

**ATHT 6401 Evaluation/Assessment of Lower Extremity Lab:** (0 credit hours) Corequisite 6400. Laboratory to accompany ATHT 6400.

**ATHT 6410 Evaluation/Assessment of Upper Extremity:** (3 credits) Evaluation and assessment of athletic injuries to the upper extremity. Clinical outcomes and sensitivity/specificity data will be assessed for diagnostic accuracy. In addition, radiographic and specialized tests used for assessment and diagnosis will be described and interpreted. Patient care plans will be developed for different situations. Students are expected to observe orthopedic surgical procedures as part of this course.

**ATHT 6411 Evaluation/Assessment of Upper Extremity Lab:** (0 credits) Corequisite 6410. Laboratory to accompany ATHT 6410.

**ATHT 6420** **Evaluation/Assessment of Head, Spine, Thorax, Abdomen, & General Medical:** (3 credits) Evaluation and assessment of athletic injuries/illnesses to the head, spine, thorax, abdomen and general medical conditions. Clinical outcomes and sensitivity/ specificity data will be assessed for diagnostic accuracy. In addition, radiographic and specialized tests used for assessment and diagnosis will be described and interpreted. Patient care plans will be developed for different situations. Students are expected to perform a 20-hour non-orthopedic medical rotation (with MD, DO, or Physician Assistant, Nurse Practitioner) occurs during this course.

**ATHT 6421 Evaluation/Assessment of Head, Spine, Thorax, Abdomen, & General Medical Lab:** (0 credit hours) Corequisite 6420. Laboratory to accompany ATHT 6420.

**ATHT 6430 Practicum in Athletic Training:** (1 credit hour) Athletic training internship in a nontraditional athletic training setting. A minimum of 60-120 clinical hours under the direct supervision of a credentialed and licensed healthcare provider (Physical Therapist, Physician Assistant, Medical Doctor/Doctor of Osteopathy, Chiropractic Doctor, or Nurse Practitionerq) is required. This course is repeatable two times: the first time it is taken it must be with a Physical Therapy Clinic/Office while the second time can be with a different health care provider.

**ATHT 6440 Global Studies in Athletic Training & Sports Medicine:** (3 credits) This course is designed to allow the development of study abroad opportunities in athletic training and medically related experiences. An examination of global athletic training/sports medicine will be presented through lecture and laboratory sessions, clinical experience and presentations in a variety of venues within the country of study. This course may be repeated twice if the study abroad experience is in a different country or topical focus than the original study abroad taken.

**ATHT 6500 Pathophysiology & Pharmacology in Health Care:** (4 credit hours) Pathophysiology of various illnesses and medical conditions across the lifespan and in special populations. Educate, develop and implement strategies and care plans (therapeutic, nutritional and pharmacologic) to mitigate risk of long-term health conditions. Educate patients on pharmacological agents regarding indications, contraindications, dosing, interactions, and adverse reactions. Develop skills and techniques for appropriate route of administration of therapeutic agents as ordered by the physician or other provider with prescribing authority including but not limited to: oral, transdermal, injection, intravenous, suppositories, nebulizers, etc. Patient care plans will be developed for different situations.

**ATHT 6501 Pathophysiology & Pharmacology in Health Care Lab:** (0 credit hours) Corequisite ATHT 6500. Laboratory to accompany 6500.

**ATHT 6820 Organization/Administration in Athletic Training with Health Care Delivery, Payor Systems, and Informatics**: (3 credit hours) Provides the basic knowledge necessary to organize and manage a health care professional setting, specifically in athletic training including physical, human and financial resources in the delivery of health care services. Use and establish patient-file management systems and documentation of insurance information including diagnostic and procedural coding. Develop, implement, and revise policies and procedures in health care services rendered. Establish working and collaborating relationships and standing orders with physicians. Information on current laws, professional standards, ethics, and issues of confidentiality addressed.

**ATHT 6960 Sports Medicine Rehabilitation Techniques:** (4 credit hours) Methods and techniques in the selection and application of rehabilitation techniques will be presented and practiced including, but not limited to: therapeutic and corrective exercise, joint mobilization and manipulation, soft tissue techniques, gait training, proprioceptive techniques, and functional training. Patient care plans will be developed for different situations.

**ATHT 6961 Sports Medicine Rehabilitation Techniques Lab:** (0 credit hours) Corequisite ATHT 6960. Laboratory to accompany ATHT 6960.

**ATHT 6970 Therapeutic Modalities:** (4 credit hours) Principles, theories, methods, and techniques in the application of selected therapeutic modalities will be presented and practiced including, but not limited to: Infrared modalities, ultrasound, shortwave diathermy, electrical stimulation currents, Intermittent compression, biofeedback, continuous passive motion, lasers and light therapies. Patient care plans will be developed for different situations.

**ATHT 6971 Therapeutic Modalities Lab:** (0 credit hours) Corequisite ATHT 6970. Laboratory to accompany ATHT 6970.

**ATHT 6975 Psycho-social Aspects of Sport, Health, & Rehabilitation:** (3 credit hours) Explores psychosocial issues of sport, health, and rehabilitation including mental health and psychological conditions and referrals; intervention strategies, interaction skills, and psychological techniques for injury, rehabilitation, return to play, adherence, sport performance, and sport enhancement. Conditions include, but are not limited to: substance abuse, disordered eating and nutritional issues, mental health (suicidal ideation, depression, anxiety disorder, psychosis, mania, etc.) and catastrophic injury and illness. Patient care plans will be developed for different situations.

**ATHT 6990 Graduate Seminar**: (1 credit hour) A review and preparation for the BOC examination with discussion of current research in athletic training and sports medicine. Creation of professional development plans, transition to practice, engagement in the profession at a variety of levels, and advocacy for the profession via various modes will be addressed and experienced.

**Course Description for Required Auxillary Courses**

**HLTH 6510 The Nation’s Health** (**3 credit hours)** Investigates the determinants of health and the role of public health and health care on the health status of the population of the United States. Study of biological, socioeconomic, cultural, and behavioral factors that influence health status and care in America.

 **HLTH 6850 Methods in Epidemiology:** (**3** **credit hours)** Principles and methods of epidemiologic analysis including standardization; stratified analysis; confounding and its control; planning and conducting epidemiologic research; role of multivariate analysis in epidemiologic research.

**Authorization for Release of Student Information and Acknowledgement**

Middle Tennessee State University Athletic Training Program is obligated by contract to implement these processes to verify compliance with its affiliates for clinical participation.

I understand that criminal background checks may be a requirement for participating in clinical courses. I understand that based upon my criminal background check, the clinical affiliate may refuse my presence at their facility. If I cannot attend a clinical site, I understand that I may not be able to meet the requirements of the course, and therefore, may be unable to meet the graduation requirements for the athletic training education program. I hereby release, hold harmless, and indemnify Middle Tennessee State University, Athletic Training Program, its agents, employees, and assigns from liability for any claim made in connection with any exclusion that results from information contained in a background check.

\_\_\_\_\_\_\_\_\_ (Initial)

Any hospital, clinic, athletic training facility, or similar medical treatment facility to which I am assigned may be required by the Joint Commission’s policy to conduct an annual compliance audit of five percent (5%) or a minimum of thirty (30) background investigation files. I agree that, upon request from a hospital, clinic, athletic training facility, or similar medical treatment facility to which I am assigned, Middle Tennessee State University Athletic Training Program may provide the results of my background check to be used with my permission. I authorize Middle Tennessee State University Athletic Training Program to release such information as requested by the clinical affiliates or agencies.

­­­\_\_\_\_\_\_\_\_\_ (Initial)

Any hospital, clinic, athletic training facility, or similar medical treatment facility to which I am assigned may ask for my immunization records. I agree that, upon request from a hospital, clinic, athletic training facility, or similar medical treatment facility to which I am assigned, Middle Tennessee State University Athletic Training Program may provide immunization documentation necessary to attend the clinical site.

\_\_\_\_\_\_\_\_(Initial)

Print Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

Witness: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Athletic Training Program Faculty or Staff)



Athletic Training Program Drug and Alcohol Policy

Students traveling for or representing Middle Tennessee State University (MTSU) must demonstrate professional conduct. Students must adhere to all MTSU policies and guidelines both on campus as well as traveling off the campus.

1. MTSU is a dry campus. There is no alcohol or recreational drugs allowed on school property at any time. If you are found with alcohol in your possession while on school grounds, you will be escorted from the premise and disciplinary actions may be taken. While traveling, these rules are expected to be followed as well.
2. All Federal, State and local laws pertaining to use and abuse of Alcohol and other recreational drugs will be adhered to. No one under the age of 21 is allowed to consume.
3. “Being under the influence” of alcohol and drugs is not professional behavior. “Being under the influence” is not confined to those behaviors consistent with misbehavior, or to obvious impairments of physical and mental ability (e.g. slurred speech or difficulty in maintaining balance), but may be established by professional opinion. Disciplinary actions may be taken for “being under the influence” of alcohol or drugs while representing MTSU.
4. Disciplinary Actions can result up to, and including, dismissal from the program of study.
	1. First minor offence –
		1. Oral notification - student returns/reimburses expenses incurred by the program in association with the event
	2. Second minor offence-
		1. Written notification – forfeiture of future MTSU sponsored travel
	3. Third minor offence-
		1. Removal from the Athletic Training Program
	4. In major serious situations - it is possible to incur several offences at one time.
		1. Removal from the Athletic Training Program

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have received and read the MTSU Athletic Training Program’s Drug and Alcohol Policy and agree to adhere. If found to be in violation, I understand the repercussion and possible dismissal from the program.

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Witness\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Middle Tennessee State University**

**Athletic Training Program**

**Student Agreement Statement**

Students admitted into the Middle Tennessee State University athletic training program and candidates seeking admission into the program are required to meet certain academic requirements and maintain a high level of professional behavior during academic and clinical assignments. The MTSU athletic training student program manual serves as policy and procedure documents for the program. These manuals are based upon CAATE accreditation standards for entry level education programs and the NATA Code of Ethics. Each student is expected to abide by these standards. Failure to do so will jeopardize a student's continuation in the program.

I

have received an athletic training student program clinical manual and agree to abide by the written policies and procedures including:

-personal and professional conduct, dress code, and personal appearance regulations

 -academic requirements

 -clinical requirements

I will represent the University and MTSU athletic training program in a professional manner and will never jeopardize the accreditation process of the program. I understand completely that if I do not fulfill the requirements set forth or do not abide by the rules and regulations I can be released from the athletic training program.

Student's signature Date

Witness Date

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read the Student Manual in its entirety and acknowledge that these are rules and policies set by the program to ensure the quality of MTSU’s Athletic Training Program remains high and consistent with other professional programs. I am responsible for conducting myself professionally both in the classroom and at my clinical site. I am responsible for any actions or behaviors that are not in compliance with the Student Manual and understand the consequences of any violations to the manual.

Signature Date

Witness Signature Date