

**Washburn University**  
**Athletic Training Program**  
**Clinical Activities and Learning Opportunities in Various Clinical Experience Sites**

The Athletic Training Clinical Experience Courses are devised such that students receive systematic instruction, practice and are objectively evaluated on psychomotor skills and clinical proficiencies, in addition to gaining experiences in clinically relevant settings.

The Washburn University Athletic Training Room serves as the primary clinical site, with students spending approximately 80% of their total clinical time on-campus with CPs affiliated with Washburn University. The on-campus clinical experiences are intended to:

- provide depth to the overall clinical experience by meeting the required clinical experience elements including equipment intensive, upper and lower extremity, men's and women's sport experiences.
- allow students to develop the foundational behaviors of professional practice.
- allow for development and demonstration with regards to application and integration of all required clinical skills and proficiency.
- allow for clinical proficiency assessment.

Off-campus rotations with students assigned to affiliated site CPs will comprise the remaining 20%. The off-campus rotations are intended to:

- provide breadth to the overall clinical experience.
- broaden the student's view of athletic training and allow for demonstration of the foundational behaviors of professional practice.
- allow students to analyze, synthesize, and apply previously instructed knowledge and related skills in a variety of work settings.
- create interaction with and help differentiate the roles and responsibilities of the athletic trainer from those of other medical and allied health personnel.
- A general medical rotation must be completed by all ATS during the level 3 (senior) academic year consistent with accreditation guidelines, to provide formal experiences surrounding the clinical practice of physicians, physician assistants, and nurse practitioners.

High school and rehabilitation clinic venues will not be used for clinical proficiency assessment. Students are encouraged to practice and integrate psychomotor and clinical proficiency skills in these settings, but all required clinical experience elements and final determination of clinical proficiency will be performed on-campus.

The general medical course instructor or the clinical education coordinator will visit the student in the general medical setting to assess proficient integration of general medical skills into clinical practice

The following pages list expected clinical activities for each defined clinical experience course and clinical experience setting.

**It must be noted that, consistent with ATP policy:**

Students must be formally accepted into the professional phase of the AT program, be formally enrolled in a clinical experience course, be formally instructed and formally assessed on athletic training clinical skills as part of a required course prior to performing those skills on athletes/patients. *Students should only perform duties or skills for which they have been approved of through the clinical proficiency modular system.* Any Athletic Training Student (ATS) who is found to be practicing Athletic Training Skills for which they have not been approved of may be subject to disciplinary measures from the AT Program Director.

Additionally, it should be noted that early in the program students should expect more observational time and gradually increase their level of participation and autonomy over the course of the program until they are performing at a nearly autonomous level.

## Clinical Activities and Learning Opportunities by Level and Clinical Setting

### **Semester #1 – Fall (Level 1) KN 258: Clinical Experiences in AT – Introduction**

Students will receive an introduction to clinical experiences in the Washburn University Athletic Training Program. There will be an application of introductory skill modules through laboratory practice and observational experiences in natural settings

#### **KN 258 Psychomotor Skills modules**

- 258-1.1 Athletic Training Room-Operations
- 258-1.2 Athletic Training Room-Expendable Supplies
- 258-1.3 Evidence Based Practice
- 258-1.4 Anatomical Landmark Palpation
- 258-2.1 Emergency Action Plan
- 258-2.2 Basic Life Support
- 258-2.3 Poison Control
- 258-2.4 Choking, Shock, & Internal Injury
- 258-3.1 PRICE
- 258-3.2 Wound Care/Universal Precautions
- 258-3.3 Ankle Taping & Bracing
- 258-3.4 Hand, Wrist, & Finger Taping
- 258-3.5 Basic Stretching & Flexibility Techniques
- 258-4.1 Crutch Gait
- 258-4.2 Equipment Fit and Repair

#### **KN 258 Clinical Proficiencies**

None

#### **Expected Athletic Training Room Activities**

- Assist in all aspects of ATR operation
- Assist in practice/event preparations
- Assist in practice/event coverage & post practice/event activities
- Observe and gain appreciation for the foundational behaviors of professional practice

#### **Learning/Practice opportunities to include:**

- Stretching as directed by ATC
- Completion of injury treatment log
- Preventative ankle, wrist, finger taping
- Application of PRICE principles
- Application of wound care as directed by ATC
- Activation of EAP as directed by ATC
- Review of basic anatomical landmark palpation
- Observation of peer athletic training students and the Certified Athletic Training staff performing their duties

**Anticipated ratio of active participation to observation: 50:50**

**Clinical Restrictions:** *Students may only perform duties or skills for which they have been approved of through the clinical proficiency modular system*

## Clinical Activities and Learning Opportunities by Level and Clinical Setting

### **Semester #2 – Spring (Level 1) KN 292: Clinical Experience In AT – Basic Skills**

Students will receive laboratory instruction and practical experience in basic athletic training skills, through structured laboratories sessions and natural settings.

#### **KN 292 Psychomotor Skills modules**

292-1.1 Basic Anatomical Landmarks  
292-1.2 Advanced Flexibility & Stretching  
292-1.3 Evidence Based Practice  
292-2.1 Alt. Ankle/Achilles/Shin Taping  
292-2.2 Arch Support/Taping – Foot Care  
292-2.3 Knee Taping/Bracing  
292-2.4 Protective/Assistive Wrapping  
292-2.5 Elbow/Thumb Taping  
292-3.2 On-Field Manage & Conveyance  
292-3.3 Environmental Concerns  
292-4.2 Fracture/Serious Injury Splinting  
292-4.3 Emergency Transport/Spine Board  
292-4.4 Secondary Survey/Vital Signs

#### **KN 292 Clinical Proficiencies**

None

#### **Expected Athletic Training Room Activities**

Assist in all aspects of ATR operation  
Assist in practice/event preparations  
Assist in practice/event coverage & post practice/event activities  
Observe and gain appreciation for the foundational behaviors of professional practice

#### **Learning/Practice opportunities to include:**

All previous semester activities  
Stocking of first aid kits & supplies  
Demonstration of anatomical landmark recognition  
Assist AT with on-field care for an injured athlete and supportive disposition if necessary  
Fit the athletes with braces, crutches or splints for various injuries/extremities as directed by  
Apply a variety of taping and wrapping procedures  
Assist with protective equipment fit and repair  
Recognize environmental conditions and assist with care and prevention of such conditions  
Recognize emergency medical and acute conditions and assist with first aid of such conditions  
Observation of peer athletic training students and the Certified Athletic Training staff performing their duties with particular focus on evaluation process

**Anticipated ratio of active participation to observation: 60:40**

**Clinical Restrictions:** *Students may only perform duties or skills for which they have been approved of through the clinical proficiency modular system*

## Clinical Activities and Learning Opportunities by Level and Clinical Setting

### Expected High School Clinical Site Activities (if assigned during semester #2 - spring)

- Assist in all aspects of ATR operation
- Assist in practice/event preparations
- Assist in practice/event coverage & post practice/event activities
- Demonstrate foundational behaviors of professional practice

### Learning/Practice opportunities to include:

- All previous semester activities
- Stocking of first aid kits & supplies
- Demonstration of anatomical landmark recognition
- Assist AT with on-field care for an injured athlete and supportive disposition if necessary
- Fit the athletes with braces, crutches or splints for various injuries/extremities as directed by
- Apply a variety of taping and wrapping procedures
- Assist with protective equipment fit and repair
- Recognize environmental conditions and assist with care and prevention of such conditions
- Recognize emergency medical and acute conditions and assist with first aid of such conditions
- Observation of the Certified Athletic Trainer performing their duties with particular focus on evaluation process

**Anticipated ratio of active participation to observation: 60:40**

**High School Clinical Site Restrictions:** *Students may only perform duties or skills for which they have been approved of through the clinical proficiency modular system*

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### Expected High School Clinical Site Activities (if assigned during semester #3 - fall)

- Assist in all aspects of ATR operation
- Assist in practice/event preparations
- Assist in practice/event coverage & post practice/event activities

### Learning/Practice opportunities to include:

- All previous semester's activities
- Stocking of first aid kits & supplies
- Demonstrate advanced anatomical landmark recognition and palpation
- Recognize and identify common athletic injuries and discuss them using appropriate medical terminology
- Perform common evaluative procedures including goniometry, manual muscle testing, and neurologic screening as supervised by CP
- Perform individual evaluation skills and special tests as supervised by CP
- Document injuries through standard reporting practices

*Anticipated ratio of active participation to observation: 70:30*

**High School Clinical Site Restrictions:** *Students may only perform duties or skills for which they have been approved of through the clinical proficiency modular system*

## Clinical Activities and Learning Opportunities by Level and Clinical Setting

### **Semester #3 – Fall (Level 2) KN 392: Clinical Experience in AT – Evaluation**

Students will receive instruction and practical experience in athletic injury evaluation, through structured laboratories sessions and natural settings.

#### **KN 392 Psychomotor Skills modules**

- 392-1.1 Injury Documentation- SOAP notes
- 392-1.2 Systematic Assessment- Psychomotor Skills
- 392-1.3 Mechanism, Nomenclature & Classification of injury
- 392-1.4 Evidence Based Practice
- 392-2.1 Palpation/Advanced Anatomical Landmarks
- 392-2.2 Postural Assessment
- 392-2.3 Neurological Screening- UE & LE
- 392-2.4 ROM/ Muscle Manual Testing
- 392-3.1 Conditions & Special Testing- Foot, Ankle & Leg
- 392-3.2 Conditions & Special Testing- Knee
- 392-3.3 Conditions & Special Testing- Thigh, Hip & Pelvis
- 392-4.1 Conditions & Special Testing- Spine
- 392-4.2 Conditions & Special Testing- Head
- 392-5.1 Conditions & Special Testing- Shoulder
- 392-5.2 Conditions & Special Testing- Elbow, Wrist & Hand

#### **KN 392 Clinical Proficiencies**

- Acute Care of Injuries & Illnesses
- Risk Management & Injury Prev. #2 – Equipment
- Risk Management & Injury Prev. #3 – Environment
- Risk Management & Injury Prev. #4 - Taping

#### **Expected Athletic Training Room Activities**

- Assist in all aspects of ATR operation
- Assist in practice/event preparations
- Assist in practice/event coverage & post practice/event activities
- Demonstrate foundational behaviors of professional practice
- Provide peer instruction and serve as a role model for lower level ATS

#### **Learning/Practice opportunities to include:**

- All previous semesters' activities
- Demonstrate advanced anatomical landmark recognition and palpation
- Recognize and identify common athletic injuries and discuss them using appropriate medical terminology
- Perform common evaluative procedures including goniometry, manual muscle testing, and neurologic screening as supervised by CP
- Perform individual evaluation skills and special tests as supervised by CP
- Document injuries through standard reporting practices

**Anticipated ratio of active participation to observation: 70:30**

**Clinical Restrictions:** *Students may only perform duties or skills for which they have been approved of through the clinical proficiency modular system*

## Clinical Activities and Learning Opportunities by Level and Clinical Setting

### **Semester #4 – Spring (Level 2) KN 393: Clinical Experience in AT – Rehabilitation**

Students will receive laboratory instruction and practical experience in rehabilitation skills including therapeutic modalities and exercise, through structured laboratories sessions and natural settings.

#### **KN 393 Psychomotor Skills modules**

- 393-1.1 Ther. Modalities – Thermotherapy
- 393-1.2 Ther. Modalities – Cryotherapy
- 393-1.3 Ther. Modalities – Phototherapy
- 393-1.4 Ther. Modalities – Ultrasound / Phonophoresis
- 393-1.5 Ther. Modalities – Electrotherapy
- 393-1.6 Ther. Modalities – Traction/Compression/Massage
- 393-2.1 Ther. Exercise – Range of Motion
- 393-2.2 Ther. Exercise – Joint Mobilization
- 393-2.3 Ther. Exercise – Muscle Strength & Endurance
- 393-2.4 Ther. Exercise – Neuromuscular Control & PNF
- 393-2.5 Ther. Exercise – Aquatic Therapy
- 393-3.1 Rehab. Planning Protocol Instruction
- 393-3.3 Medline Surgical Procedure

#### **KN 393 Clinical Proficiencies**

- Orthopedic Clinical Examination #1-LE
- Orthopedic Clinical Examination #2- UE
- Orthopedic Clinical Examination #3-Head/Face
- Orthopedic Clinical Examination #4- Spine/Ribs

#### **Expected Athletic Training Room Activities**

- Assist in all aspects of ATR operation
- Assist in practice/event preparations
- Assist in practice/event coverage & post practice/event activities
- Demonstrate foundational behaviors of professional practice
- Provide peer instruction and serve as a role model for lower level ATS

#### **Learning/Practice opportunities to include:**

- All previous semester's activities
- Recognize and identify common athletic injuries and discuss them using appropriate medical terminology
- Perform integrated evaluative procedures and testing as supervised by CP and determine initial assessment, treatment goals, and treatment planning
- Document injuries and treatment planning through standard reporting practices
- Perform individual modality as supervised by CP
- Perform individual therapeutic exercises as supervised by CP
- Practice and apply manual therapy techniques including joint mobilizations and PNF as supervised by CP

**Anticipated ratio of active participation to observation: 80:20**

**Clinical Restrictions:** *Students may only perform duties or skills for which they have been approved of through the clinical proficiency modular system*

## Clinical Activities and Learning Opportunities by Level and Clinical Setting

### Expected Rehabilitation Clinic Activities

- Assist in all aspects of Rehabilitation Clinic operation
- Assist CP in daily performance of their clinic duties
- Interact with and differentiate the roles and responsibilities of the various medical professionals present
- Interact with and identify the fundamental differences of a variable patient population
- Demonstrate foundational behaviors of professional practice

### Learning/Practice opportunities to include:

- All previous semester's activities if applicable
- Recognize and identify common athletic injuries and discuss them using appropriate medical terminology
- Perform and/or simulate integrated rehabilitative evaluation as supervised by CP and determine/simulate initial assessment, treatment goals, and treatment planning
- Compare and Contrast clinic protocols with those used in the Athletic Training Room
- Document and/or simulate injury documentation and treatment progress through standard reporting practices
- Perform individual modality treatments as directed/supervised by CP
- Perform individual therapeutic exercises as directed/supervised by CP
- Practice and apply manual therapy techniques including joint mobilizations and PNF as supervised by CP
- Consult with the CP in the all aspects of treatment planning and treatment progression
- Compare and Contrast the discharge process and the return to activity/play criteria with those of the Athletic Training Room

### **Anticipated ratio of active participation to observation: 80:20**

**Clinical Restrictions:** *Students may only perform duties or skills for which they have been approved of through the clinical proficiency modular system. Due to the nature of billing and reimbursement, all clinic directors have restricted ATS from direct, autonomous patient care. This does not mean that ATS can't be active participants in patient care, it simply implies that ATS can't be autonomous in evaluation and treatment provision in the rehabilitation clinic setting. Students may still practice and integrate the associated psychomotor skills or may simulate the application of skills under the direct supervision of the clinical preceptor.*

## Clinical Activities and Learning Opportunities by Level and Clinical Setting

### Semester #5 – Fall (Level 3) KN 492: Clinical Experience in AT – General Medical

Students will receive laboratory instruction and practical experience in general medical and performance training and testing competencies and proficiencies, through structured laboratories sessions and natural settings.

#### KN 492 Psychomotor Skills modules

- 492-1.1 General Medical Assessment
- 492-2.1 Medication Records & Procedures
- 492-2.2 Medications Common to AT
- 492-2.3 Asthma – Anaphylaxis (Bronchodilators/ EpiPen)
- 492-3.1 Skin Conditions
- 492-3.2 Virus/Respiratory Conditions
- 492-3.3 Cardiovascular Disorders
- 492-3.4 Gastrointestinal Disorders
- 492-3.5 Renal-Urogenital Disorders
- 492-3.6 Neurological Disorders
- 492-3.7 Endocrine Disorders
- 492-3.8 Facial Injury-Illness
- 492-4.1 Medline Surgical Procedures

#### KN 492 Clinical Proficiencies

- Therapeutic Modalities – Infrared, EMS, US, Mechanical, Manual
- Conditioning & Rehabilitative Exercise – UE, LE, Torso, Spine
- Psychosocial Intervention #2 – Ex. Compliance
- Medical Conditions and Disabilities

#### Expected Athletic Training Room Activities

- Assist in all aspects of ATR operation
- Assist in practice/event preparations including organization and administration of assigned team sport
- Assist in practice/event coverage & post practice/event activities
- Demonstrate foundational behaviors of professional practice
- Provide peer instruction and peer leadership for lower level ATS

#### Learning/Practice opportunities to include:

- All previous semester's activities
- Recognize and identify common athletic injuries and discuss them using appropriate medical terminology
- Perform integrated evaluative procedures and testing as supervised by CP and determine initial assessment, treatment goals, and treatment planning
- Document injuries and treatment planning through standard reporting practices
- Select and Perform integrated modality, therapeutic exercises, and manual therapy techniques as part of a well coordinator treatment plan as supervised by CP
- Demonstrate integrated knowledge of common medications and proper procedures regarding medication handling
- Perform common evaluative procedures related to general medical conditions
- Recognize and identify common general medical conditions
- Consult with supervising CP regarding injured/ill athlete referral and participation limitations

**Anticipated ratio of active participation to observation: 80:20**

**Clinical Restrictions:** *Students may only perform duties or skills for which they have been approved of through the clinical proficiency modular system*

## Clinical Activities and Learning Opportunities by Level and Clinical Setting

### Expected Sports Performance Clinic Activities

- Assist in all aspects of Performance Clinic operation
- Assist CP in daily performance of their clinic duties
- Interact with and differentiate the roles and responsibilities of the various fitness professionals present
- Interact with and identify the fundamental differences of various ages of healthy athletes
- Demonstrate foundational behaviors of professional practice

### Learning/Practice opportunities to include:

- Perform and/or simulate integrated performance assessments as supervised by CP and determine/simulate goal setting and session planning
- Compare and Contrast rehabilitation for an injured athlete versus performance improvement training for a healthy athlete
- Document and/or simulate documentation of training sessions through standard reporting practices
- Plan and perform individual and/or group training components as directed/supervised by CP
- Consult with the CP in the all aspects of program planning and program progression

### **Anticipated ratio of active participation to observation: 80:20**

**Clinical Restrictions:** *Students may only perform duties or skills for which they have been approved of through the clinical proficiency modular system. Similar to the rehabilitation clinic, the ATS may not perform direct, autonomous performance assessments. This does not mean that ATS can't be active participants in the assessment process; it simply implies that ATS can't be autonomous in evaluation and training planning in the performance clinic setting. Students may still practice and integrate the associated psychomotor skills or may simulate the application of skills under the direct supervision of the clinical preceptor.*

## Clinical Activities and Learning Opportunities by Level and Clinical Setting

### **Semester #6 – Spring (Level 3) KN 493: Clinical Experiences in AT – Capstone**

This course is designed to integrate all aspects of athletic training on an advanced level. Students will receive laboratory instruction and practical experience on organization and administration issues, and integration of athletic training skills, through structured laboratories sessions and natural settings. Students will also complete a capstone project.

#### **KN 493 Psychomotor Skills modules**

- 493-1.1 Fitness Testing and Exercise Instruction
- 493-1.2 Communications and Ethics
- 493-1.3 Professional Development
- 493-2.1 Injury Management
- 493-2.2 Injury Management #2/Monograph
- 493-2.3 Medline Surgical Procedures
- 493-3.1 Healthcare Professionals
- 493-3.2 Cultural Competence and Diversity
- 493-3.3 Psychosocial Considerations
- 493-3.4 Drug Testing
- 493-4.1 Athletic Training Administration
- 493-4.2 Ergonomics and Injury Prevention
- 493-4.3 Casting

#### **KN 493 Clinical Proficiencies**

- Nutritional Aspects #1 – Planning
- Nutritional Aspects #2 – Disordered Eating
- Risk Manage. & Injury Prev. #1 – Fitness Training
- Psychosocial Intervention #1 – Substance Abuse

#### **Expected Athletic Training Room Activities**

- Assist in all aspects of ATR operation
- Assist in practice/event preparations including organization and administration of assigned team sport
- Assist in practice/event coverage & post practice/event activities
- Demonstrate foundational behaviors of professional practice
- Provide peer instruction and peer leadership for lower level ATS

#### **Learning/Practice opportunities to include:**

- All previous semester's activities
- Recognize and identify common athletic injuries and discuss them using appropriate medical terminology
- Demonstrate comprehensive care and management of athletic injuries/illness to include:
  - Perform integrated evaluative procedures and testing as supervised by CP and determine initial assessment, treatment goals, and treatment planning
  - Document injuries and treatment planning through standard reporting practices
  - Select and perform integrated modality, therapeutic exercises, and manual therapy techniques as part of a well coordinator treatment plan as supervised by CP
  - Demonstrate integrated knowledge of common medications and proper procedures regarding medication handling
  - Consult with supervising CP regarding injured/ill athlete referral, participation limitations, and return to play decision making, then, communicate with appropriate coaches regarding participation limitations
- Research and Present scholarly material related to injury, illness, or other health related topic to an appropriate audience
- Consult with supervising CP regarding appropriate nutritional and training components related to assigned team sport

### **Anticipated ratio of active participation to observation: 90:10**

**Clinical Restrictions:** *Students may only perform duties or skills for which they have been approved of through the clinical proficiency modular system*

## Clinical Activities and Learning Opportunities by Level and Clinical Setting

### Expected General Medical – Student Health Clinic Activities

- Assist in all aspects of Health Clinic operation
- Assist CP in performance of their clinic duties
- Interact with and differentiate the roles and responsibilities of the various medical professionals present
- Interact with and identify the fundamental differences of a variable patient population with medical illnesses and conditions, and modify the diagnostic process according to the situation and patient
- Recognize various medical illnesses and conditions and make referrals for appropriate medical care
- Demonstrate foundational behaviors of professional practice

### Learning/Practice opportunities to include:

- All previous semester's activities if applicable
- Perform and document patient intake/triage procedures including medical history /medical condition review and vital sign assessment (BP, pulse, temperature, height, weight) and communicate findings with supervising CP/MD
- Perform and document common clinical procedures using standard techniques including, but not limited to, peak flow, pulse oximeter, blood glucose levels and vision screening as directed
- Collect and perform urinalysis as directed/supervised by CP
- Recognize and identify common injuries and illnesses and discuss them using appropriate medical terminology
- Compare and Contrast clinic protocols with those used in the Athletic Training Room
- Under the direction of the MD present, examine patients including the use of otoscope/ophthalmoscope, auscultate heart, lung and bowel sounds, evaluate skin conditions and wounds, and perform musculoskeletal and neurologic assessments.
- Consult with MD present regarding appropriate referral and diagnostic testing and physical activity restrictions.
- Recognize common medication prescription and procedures

### **Anticipated ratio of active participation to observation: 80:20**

**Clinical Restrictions:** *Students may only perform duties or skills for which they have been approved of through the clinical proficiency modular system. Due to the nature of billing and reimbursement, ATS should be restricted from direct, autonomous patient care. This does not mean that ATS can't be active participants in patient care, it simply implies that ATS can't be autonomous in evaluation and treatment provision in the rehabilitation/ medical clinic setting. Students may still practice and integrate the associated psychomotor skills or may simulate the application of skills under the direct supervision of the clinical preceptor.*

## Clinical Activities and Learning Opportunities by Level and Clinical Setting

### **Expected Sports Performance Clinic Activities**

- Assist in all aspects of Performance Clinic operation
- Assist CP in daily performance of their clinic duties
- Interact with and differentiate the roles and responsibilities of the various fitness professionals present
- Interact with and identify the fundamental differences of various ages of healthy athletes
- Demonstrate foundational behaviors of professional practice

### **Learning/Practice opportunities to include:**

- Perform and/or simulate integrated performance assessments as supervised by CP and determine/simulate goal setting and session planning
- Compare and Contrast rehabilitation for an injured athlete versus performance improvement training for a healthy athlete
- Document and/or simulate documentation of training sessions through standard reporting practices
- Plan and perform individual and/or group training components as directed/supervised by CP
- Consult with the CP in the all aspects of program planning and program progression

### **Anticipated ratio of active participation to observation: 80:20**

**Clinical Restrictions:** *Students may only perform duties or skills for which they have been approved of through the clinical proficiency modular system. Similar to the rehabilitation clinic, the ATS may not perform direct, autonomous performance assessments. This does not mean that ATS can't be active participants in the assessment process; it simply implies that ATS can't be autonomous in evaluation and training planning in the performance clinic setting. Students may still practice and integrate the associated psychomotor skills or may simulate the application of skills under the direct supervision of the clinical preceptor.*