

University of Delaware
College of Health Sciences
Department of Kinesiology & Applied Physiology
Athletic Training Education Program

Athletic Training
Clinical Experience Overview

Purpose and Design of Clinical Experience

The athletic training “clinical” experience is designed to provide students with the various “real life” situations athletic trainers’ face on a daily basis. Athletic training is a demanding profession; therefore the student assumes certain obligations when expressing an interest in becoming an athletic training student. The athletic training student will attend both practices and competitions. In addition, students will also be exposed to various “clinic” environments including a required General Medical experience. During these sessions the athletic training student will be involved in injury prevention, recognition, management, and rehabilitation of athletic injuries for those athletes/patients in their care. The experience is provided to allow students to develop specific technical skills and knowledge through direct application of services to the athletes and other physically-active individuals. The experience is meant to supplement classroom presentation of theoretical materials.

The clinical experience is defined by Commission on Accreditation of Athletic Training Education (CAATE) requirements and the unique opportunities available at the University of Delaware and surrounding area. The variety of settings available to students should provide for a diversified experience and prepare students for a career in the health care profession. The following CAATE Requirements for Accreditation guide our policy:

- IV. Program Delivery:** Program delivery includes didactic, laboratory, and clinical education courses.
- A. The content of the curriculum must include formal instruction in the current version of the athletic training knowledge, skills, and abilities.
 - B. Formal instruction must involve teaching of required subject matter in structured classroom, clinical, and laboratory environments.
 - C. Students must interact with other medical and health care personnel.
 - D. Clearly written current course syllabi are required for all courses that deliver content contained in the athletic training knowledge, skills, and abilities. Syllabi must be written using objectives stated in measurable terms.
 - E. Clinical education must follow a logical progression that allows for increasing amounts of clinically supervised responsibility leading to autonomous practice upon graduation. The clinical education plan must reinforce the sequence of formal instruction of athletic training knowledge, skills, and clinical abilities, including clinical decision-making.
 - F. Clinical education must provide students with authentic, real-time opportunities to practice and integrate athletic training knowledge, skills, and clinical abilities, including decision-making and professional behaviors required of the profession in order to develop proficiency as an Athletic Trainer.
 - G. Clinical education must allow students opportunities to practice with different patient populations, care providers, and in various allied health care settings relative to the program's mission statement.
 - H. Clinical education assignments cannot discriminate based on sex, ethnicity, religious affiliation, or sexual orientation.
 - I. Students must gain clinical education experiences that address the continuum of care that would prepare a student to function in a variety of settings with patients engaged in a range of activities with conditions described in athletic training knowledge, skills and clinical abilities, role delineation study and standards of practice delineated for a certified athletic trainer in the

profession. Examples of clinical experiences must include, but should not be limited to:

1. Individual and team sports
 2. Sports requiring protective equipment (e.g., helmet and shoulder pads)
 3. Patients of different sexes
 4. Non-sport patient populations (e.g., outpatient clinic, emergency room, primary care office, industrial, performing arts, military)
 5. A variety of conditions other than orthopedics (e.g., primary care, internal medicine, dermatology)
- J. All clinical education sites must be evaluated by the program on an annual and planned basis and the evaluations must serve as part of the program's comprehensive assessment plan.
- K. An athletic trainer certified by the BOC who currently possesses the appropriate state athletic training practice credential must supervise the majority of the student's clinical coursework. The remaining clinical coursework may be supervised by any appropriately state credentialed medical or allied health care professional.
- L. Athletic training students must be officially enrolled in the program prior to performing skills on patients.
1. Athletic training students must be instructed on athletic training clinical skills prior to performing those skills on patients.
 2. All clinical education must be contained in individual courses that are completed over a minimum of two academic years. Clinical education may begin prior to or extend beyond the institution's academic calendar.
 3. Course credit must be consistent with institutional policy or institutional practice.
- M. All clinical education experiences must be educational in nature.
1. Program must have a written policy that delineates a minimum/maximum requirement for clinical hours.
 2. Students must have a minimum of one day off in every seven-day period.

3. Students will not receive any monetary remuneration during this education experience, excluding scholarships.
 4. Students will not replace professional athletic training staff or medical personnel.
- N. The program must include provision for supervised clinical education with a preceptor (see Section III).
1. There must be regular communication between the program and the preceptor.
 2. The number of students assigned to a preceptor in each clinical setting must be of a ratio that is sufficient to ensure effective clinical learning and safe patient care.
 3. Students must be directly supervised by a preceptor during the delivery of athletic training services. The preceptor must be physically present and have the ability to intervene on behalf of the athletic training student and the patient.

Clinical Coordinator

Jeff Schneider, MS, ATC, CSCS

Clinical Assignments and Rotations

The Athletic Training Education Program - Steering Committee determines clinical assignments. Every effort is made to offer students a variety of experiences (university, high school, clinic, research settings, high risk sports, low risk sports, upper extremity sports, lower extremity sports, equipment intensive sports, and general medical experiences of both genders) during their tenure in the program.

Site selection may be based on some of the following criteria:

- 1) Skill Level/Competency
- 2) Past Sport Assignments
 - Gender
 - Type of sport (collision, contact, non-contact)
 - Type of site (HS, UD, clinic)
- 3) Needs of Particular Site/Sport Team
- 4) Standing in Program (soph, junior, senior)
- 5) Previous Work Related Responsibilities
- 6) Recommendations from Preceptor

7) Personality

8) Ability to Benefit

9) Personal Preference (“Top 3 Choices”)

10) Number of Students Graduating

Students will be informed of their clinical assignment prior to the end of each semester (Fall/Spring and following the Spring term for the new students). Students are requested to meet with their preceptor immediately following the announcement of their site assignment to arrange an exact reporting date and time. Students may be required to begin their clinical experience several days before the start of each semester. Vacations, summer jobs, sorority/fraternity functions, etc... are not acceptable excuses for getting out of these commitments. Clinical site assignments vary from ½, one, and two semesters in length depending on the situation. The student’s clinical experience will be part of the formal evaluation process in the Practicum classes.

Upon acceptance into the Athletic Training Education Program (ATEP), students will be required to fulfill six (6) semesters of clinical experiences. Students are expected to receive a clinical evaluation score of 3.0 or higher (0-5 scale) for each experience. All students will be required to complete the following clinical experiences:

- One semester of interscholastic or intercollegiate *football*.
- A minimum of two semesters of intercollegiate experience with the *University of Delaware*
- ½ semester (7.5 weeks) with an affiliated *clinical* site, as well as satisfy the CAATE “General Medical” rotation requirement working at minimum one (1) day each week with a local physician, physician assistant, or nurse practitioner in a *non-orthopedic* setting.
- One semester at an affiliated *high school* site

Description of Clinical Sites

University of Delaware Athletics

The University of Delaware currently fields 21 varsity sports teams (8 men & 13 women), which operate out of three primary facilities; Delaware Field House (DFH), Bob Carpenter Center (BCC) and Carpenter Sports Building (CSB) athletic training rooms. Numerous certified athletics trainers (full-time staff, interns, and graduate assistants) staff each of these facilities. The staff, interns, and graduate assistant athletic trainers will serve as important preceptors in the education and supervision of the athletic training students assigned to these sites.

During clinical rotation assignments working from either the **DFH** or **BCC** locations (**NOT the CSB training room location!**), athletic training students will be required to complete a total of two (2) “Clinical Evaluation Observation with Team Physician” forms as a means of documenting interaction with the team physicians. This interaction may occur in either the DFH or BCC athletic training room facilities or the Sports Medicine Clinic. The documentation form is available to students on UD’s Athletic Training Education Program Sakai web site portal - <https://sakai.udel.edu/portal> and must be completed using the S.O.A.P. (or a modification) format and signed by the team physician who performed the evaluation. Completed forms are to be given to the ATEP Program Director or Clinical Coordinator and will be placed in the student’s file folder for safe keeping. This

requirement is in effect with **EACH** rotation involving the above named clinical locations and may be experienced with other athletic training students present.

Collegiate

Wilmington University offers students a unique NCAA Division II collegiate experience. Students will work directly with the certified athletic training staff responsible for the oversight of 11 varsity sport teams.

Professional

The Philadelphia Flyers of the National Hockey League (NHL) provide an opportunity for one (1) UD ATEP student every semester to experience athletic training at the highest level of professional hockey. Students are able to gain experiences at the Voorhees Practice Facility as well as work home games at the Wells Fargo Center.

High School

Currently 12 local high schools sites serve as potential clinical affiliates sites for students in the undergraduate ATEP. Each of these affiliated sites has a certified athletic trainer who serve as Preceptor for our students. The following high schools have served as affiliate sites:

A.I. duPont	Appoquinimink	Caravel Academy	Charter School of Wilmington
Glasgow	Hodgson Vo Tech	Middletown	Newark
Newark Charter	Salesianum	Sanford	St. Marks
Wilmington Friends			

Clinics

A variety of local sports medicine clinics located throughout the greater Wilmington/Newark area serve as clinical affiliates for the Athletic Training Education Program. These sites provide for a variety of clinical experiences. Each affiliate is staffed by certified athletic trainers and other allied health professionals who serve as preceptors. The following are the clinical sites that have been previously utilized:

ATI Physical Therapy
 Christiana Care Physical Therapy PLUS
 Delaware Orthopedic Specialist
 Dynamic Physical Therapy
 Elite Physical Therapy
 Handling Physical Therapy
 Kinetic Physical Therapy
 Nemours/AI DuPont Hospital for Children
 Performance Physical Therapy and Fitness
 Pike Creek Physical Therapy
 Premier Physical Therapy & Sports Performance
 University of Delaware Physical Therapy

**** Important Hour Requirement ****

Athletic training students assigned to “clinic” rotations will be required to garner at least **75** hours of experience during the 7.5 week assignment period. Failure to secure the required number of hours will result in the student being assigned to another “clinic” assignment. Students are reminded that General Medical rotation hours may count toward the semester Practicum hour requirement but **CANNOT** be used to help satisfy the clinic hour requirement!

General Medical Facilities

UD’s Athletic Training Education Program facilitates student observations in a “General Medical” capacity while shadowing physicians, physician assistants, and nurse practitioners in a variety of non-orthopedic clinical settings. Potential sites include emergency medicine, radiology, family practice, internal medicine, and walk-in care facilities throughout the greater Wilmington, DE area and are listed on the UD ATEP Clinical Education web site - <http://www.udel.edu/chs/atep/clinicaledu> Athletic training students are required to maintain a log/record documenting with the necessary details what conditions they have observed and the type of allied health professional they worked with. The log/record will then be given to the ATEP Program Director or Clinical Coordinator at the conclusion of the rotation and placed in the student’s file for safe keeping. In addition, the hours worked during each General Medical visit must be documented on the UD ATEP Hour Log and signed off by the supervising physician (or appropriate designee). Although there is no specific hour requirement associated with the students’ General Medical clinical experience, it is expected that the student will be involved in experiences that require them to be present for a period of 3-4 hours once each week.

Practicum Requirements

A curricular requirement for all students in the Athletic Training Education Program is the satisfactory completion of six (6) practicums. These Practicums (KAAP 257, 357, 358, 457, 458, 459) are offered in sequence over six full semesters. Requirements for each of these Practicum experiences include: (1) ***Clinical Hours (10%)***, (2) ***Clinical Evaluations (40%)***, (3) ***Completion of the Clinical Integration Proficiencies (CIP) & Performance on the Assessment of Clinical Knowledge & Skills (50%)***. The details of each of these requirements are clarified in the **UNIFORM PRACTICUM GRADING GUIDELINES** - <http://www.udel.edu/chs/atep/policies.html>

Clinical Assignment Contractual Agreement

Once the students begin their clinical assignment, they are required to sign a Clinical Assignment Contractual Agreement outlining specific responsibilities, which will have been agreed upon, by both the student and preceptor. This contract emphasizes the student’s commitment to the clinical experience. In addition, policies governing Confidentiality and Professional Conduct are to be discussed and adhered to. Students involved with clinical rotations at University of Delaware athletic sites are required to sign separate medical confidentiality statements. The contractual agreement enables the ATEP Program Director and Clinical Coordinator to verify compliance with the following requirements for participation in UD’s athletic training clinical education program:

Physical Examination Requirement

CPR and AED Certification

First Aid Certification

Hepatitis B Vaccination

TB Test Verification (if applicable)

Bloodborne Pathogens Training & Exposure Policy Form
HIPPA & FERPA Training
Reviewed the ATEP Communicable Disease Policy
Background Check (if applicable)
Drug Screening (if applicable)
CCHS Clinical Documentation (if applicable)
Nemours/AI duPont Hospital Documentation (if applicable)
UD ATEP Confidentiality & Professional Conduct Form
UD Athletic Training Room Confidentiality Form
UD Student Health Services Confidentiality Form

Clinical Evaluation

CAATE defines a “Preceptor” as a certified/licensed professional who teaches and evaluates students in a clinical setting using an actual patient base. Furthermore, CAATE standards require that a preceptor must receive planned and ongoing education from the program designed to promote a constructive learning environment. Lastly, CAATE standards necessitate that all clinical education sites must be evaluated by the program on an annual and planned basis and the evaluations must serve as part of the program's comprehensive assessment plan. In light of these mandates, UD ATEP has established a plan that involves the Clinical Coordinator visiting each clinical site where UD ATEP students are assigned *at minimum* once each semester. The visits are meant to enable the Clinical Coordinator an opportunity to witness the AT student in the clinical setting interacting with student-athletes/patients/clients, as well as observe interactions with the preceptor and AT student. Each site visit is documented and stored in the Clinical Coordinator’s files. Additionally, feedback gleaned from the “Clinical Experience Summary Form” (see below) is shared with each preceptor at regular intervals throughout the school year. This process of on-going assessment helps us to improve the clinical education delivery process across all clinical venues. When this feedback is combined with our regular sequence of preceptor training (in-person or on-line) our cohort of preceptors are kept up-to-date and informed about the clinical education component of UD’s ATEP.

The Preceptor will be responsible for evaluating (on-line) the athletic training student at mid-semester and again at the end of the semester utilizing the Athletic Training Student Evaluation Form. The student is expected to meet with the Preceptor to discuss this evaluation in person. In addition, each student will be asked to submit (on-line) a summary of their clinical experience (“Clinical Experience Summary Form”) at the conclusion of their clinical rotation. This summary, which is given to the ATEP Program Director or Clinical Coordinator, is used to critique the various clinical settings to ensure that the students are receiving a quality experience and assist in achieving the program goals.

Disciplinary Actions

Athletic Training Students who fail to adhere to UD’s ATEP policies and procedures governing the clinical experience may be subject to consequences as set forth in the “Yellow Card” Infraction Policy. Students are encouraged to read these policies carefully - <http://www.udel.edu/chs/atep/policies.html>