

Clinical Instructional Plan

Nebraska Wesleyan University uses the learning over time concept in this way: athletic training students will initially be introduced to Athletic Training Competencies through the required sequential curricula. In each course (both clinical and didactic) the student will be provided the opportunity to practice the assigned competencies and receive developmental feedback on his or her individual performance from peers, clinical instructors and/or approved clinical instructors. Athletic training students progress through the program based on successful performance both clinically and didactically. Athletic training students must demonstrate clinical proficiency as identified/defined by the NWU Standardized Clinical Proficiency Rubrics. As an athletic training student progresses through the program he or she will again be exposed to the competencies for practice and re-evaluation. Final evaluation of the assigned competencies is intended to occur in a “real life” clinical experience under graded supervision of our ACI. Clinical proficiency is the combined responsibility of the student, ATEP faculty, clinical instructors, and approved clinical instructors as students’ progress through six semesters of clinical education. In the event that the “real life experience” for assessment is not possible, simulations and scenario based evaluations may be used. Proficiency evaluation is typically performed the semester following the didactic instruction of related content. This allows the athletic training student to grow and develop their skills over time. This has also enhanced the athletic training student’s retention of knowledge and skills. The NWU ATEP uses the concept of graded supervision which initially involves close monitoring. Once the student demonstrates proficiency (from successful completion of the previous semester didactic instruction) and has demonstrated experience with a particular skill, that student will be granted supervised autonomy.

Four-Year Instructional Plan

The instructional plan of the athletic training major provides for the sequential acquisition of the cognitive, psychomotor and clinical proficiencies required to perform as an entry-level athletic trainer. The plan integrates coursework, and clinical experiences.

1. **Academic Coursework:** The athletic training student takes a required block of courses each semester that the athletic training student is formally enrolled within the ATEP with each semester’s coursework building upon the knowledge and skills acquired in previous semesters. Appropriate assigned athletic training educational competencies and clinical proficiencies are incorporated into each course. Courses will include laboratory experiences that expose the student to designated competencies.
2. **Clinical Experiences (I-VI):** At Nebraska Wesleyan University the student gains clinical education through six semesters at approved clinical affiliates. The student will register for a one credit clinical experience course each semester while formally enrolled in the ATEP. Each clinical experience course includes a didactic component and 200 hours a semester of clinical experiences. Clinical education integrates cognitive, psychomotor, and clinical proficiencies both didactically as well as within their affiliated sites. Athletic training students learn under the direct supervision of an ACI/CI and when possible involves patient care.

Clinical Education Academic year 07-08

- The first term the student will enroll in AT 003 (Clinical Athletic Training I, 1 credit) which will include the following clinical content areas: risk

management and injury prevention, taping and wrapping of athletic injuries and protective equipment fitting. During this term the student will observe at the Nebraska Wesleyan University athletic training room and submit application material for the Athletic Training Educational Program. Based on program evaluation, this will be eliminated by fall term 2008.

- The second term the student is formally admitted into the program, the student will enroll in AT 004 (Clinical Athletic Training II, 1 credit) which will include the following clinical content areas: advanced first aid and CPR with AED, spine boarding, emergency action plan implementation, heat and environmental related conditions. During this term the student will be assigned to an approved clinical instructor at the Nebraska Wesleyan University Athletic Training Room and will be exposed to upper and lower extremity sports injuries, high and low risk sports, equipment intensive sports, and male and female student athletes. During the semester the student will also present medical cases to the team physician during his weekly athletic training room evaluations of student athletes.
- The third term the student will enroll in AT 005 (Clinical Athletic Training III, 1 credit) which will include the following clinical content areas: assessment and evaluation of the lower extremity sports injuries. During the third term the student will be assigned to an approved clinical instructor at Nebraska Wesleyan University Athletic Training Room and will be exposed to upper and lower extremity sport injuries, high and low risk sports, and male and female student athletes. During the semester the student will also present medical cases to the team physician during his weekly athletic training room evaluations of student athletes.
- The fourth term the student will enroll in AT 006 (Clinical Athletic Training IV, 1 credit) which will include the following clinical content areas: assessment and evaluation of the upper extremity sports injuries, and therapeutic modalities. During either the fourth or fifth term the student will be assigned to an affiliated high school and will be exposed to upper and lower extremity sport injuries, high and low risk sports, equipment intensive sports, and male and female student athletes. When they aren't assigned to the high school the student will be assigned to an ACI at NWU athletic training room and will be exposed to upper and lower extremity sport injuries, equipment intensive sports, high and low risk sports, and male and female student athletes. The student will also observe a surgical rotation with the ATEP Medical Directors in coordination with AT 160 Rehabilitation of Athletic Injuries. During the semester the student will also present medical cases to the team physician during his weekly athletic training room evaluations of student athletes.
- The fifth term the student will enroll in AT 007 (Clinical Athletic Training V, 1 credit) which will include the following clinical content areas: conditioning and rehabilitation exercise for athletic injuries. During either the fourth or fifth term the student will be assigned to an affiliated high school and will be exposed to upper and lower extremity sport injuries, high and low risk sports, and male and female student athletes. When they aren't assigned to the high school the student will be assigned to an ACI at NWU athletic training room and will be exposed to upper and lower extremity sport injuries, high and low risk sports, and male and female student athletes. Students will also be assigned during the semester at a general medical facility with exposure to different populations and genders. During the semester the student will also present medical cases to the team physician during his weekly athletic training room evaluations of student athletes.

- The sixth term the student will enroll in AT 008 (Clinical Athletic Training VI, 1 credit) which will include the following clinical content areas: medical conditions, recognition and referral of substance abuse or other mental problem and nutrition, organization and administration, and professional development. During this term the student will be assigned to an approved clinical instructor at Nebraska Wesleyan University Athletic Training Room and will be exposed to upper and lower extremity sports injuries, equipment intensive sports, high and low risk sports, and male and female student athletes. During the semester the student will also present medical cases to the team physician during his weekly athletic training room evaluations of student athletes.

Clinical Education Academic year 08-09 (will be in place at time of site visit)

- The first term the student will enroll in AT 101 (Clinical Experience I, 1 credit) which will include the following clinical content areas: advanced first aid and CPR with AED, spine boarding, emergency action plan implementation, heat and environmental related conditions, risk management and injury prevention, taping and wrapping of athletic injuries and protective equipment fitting and maintenance. During this term the student will be assigned to an ACI at the NWU athletic training room and will be exposed to upper and lower extremity sport injuries, high and low risk sports, equipment intensive sports, and male and female student athletes. During the semester the student will also present medical cases to the team physician during his weekly athletic training room evaluations of student athletes.
- The second term the student will enroll in AT 102 (Clinical Experience II, 1 credit) which will include the following clinical content areas: assessment and evaluation of the lower extremity sports injuries. During this term the student will be assigned to an ACI at NWU athletic training room and will be exposed to upper and lower extremity sport injuries, high and low risk sports, and male and female student athletes. During the semester the student will also present medical cases to the team physician during his weekly athletic training room evaluations of student athletes.
- The third term the student will enroll in AT 163 (Clinical Experience III, 1 credit) which will include the following clinical content areas: assessment and evaluation of the upper extremity sports injuries, and therapeutic modalities. During either the third or fourth term the students will be assigned to an affiliated high school and will be exposed to upper and lower extremity sport injuries, high and low risk sports, equipment intensive sports, and male and female student athletes. When they aren't assigned to the high school the student will be assigned to an ACI at NWU athletic training room and will be exposed to upper and lower extremity sport injuries, equipment intensive sports, high and low risk sports, and male and female student athletes. The student will also observe a surgical rotation with the ATEP Medical Directors in coordination with AT 160 Rehabilitation of Athletic Injuries. During the semester the student will also present medical cases to the team physician during his weekly athletic training room evaluations of student athletes.
- The fourth term the student will enroll in AT 164 (Clinical Experience IV, 1 credit) which will include the following clinical content areas: conditioning and rehabilitation exercise for athletic injuries. During either the third or fourth term the student will be assigned to an affiliated high school and will be exposed to upper and lower extremity sport injuries, high and low risk sports, equipment intensive sports, and male and female student athletes. When they aren't assigned to the high school the student will be assigned to an ACI

at NWU athletic training room and will be exposed to upper and lower extremity sport injuries, equipment intensive sports, high and low risk sports, and male and female student athletes. Students will also be assigned during the semester at a general medical facility with exposure to different populations and genders. During the semester the student will also present medical cases to the team physician during his weekly athletic training room evaluations of student athletes.

- The fifth term the student will enroll in AT 205 (Clinical Experience V, 1 credit) which will include the following clinical content areas: medical conditions and disabilities, pharmacology, nutritional aspects of injury and illness, and psychosocial intervention and referral. During this term the student will be assigned to an ACI at NWU athletic training room and will be exposed to upper, lower extremity sport injuries, high and low risk sports, equipment intensive sports, and male and female student athletes. Students will also be assigned during the semester to a general medical facility with exposure to different populations and genders. During the semester the student will also present medical cases to the team physician during his weekly athletic training room evaluations of student athletes.
- The sixth term the student will enroll in AT 206 (Clinical Experience VI, 1 credit) which will include the following clinical content areas: use of computer software, health care administration, and professional development. During this term the student will be assigned to either an ACI at NWU athletic training room, an affiliated high school, or an affiliated off-campus site and will be exposed to upper and lower extremity sport injuries, high or low risk sports, equipment intensive sports, and male and female student athletes. During the semester the student will also present medical cases to the team physician during his weekly athletic training room evaluations of student athletes.

3. Capstone Experiences:

For students graduating under 05-07 catalog or 07-09 catalog:

- Students will enroll in AT 298 Seminar in Health and Human Performance which will examine previous coursework and discuss its practical application to their chosen career. Topics covered are: philosophy, cover letter and resume writing, personal statement writing, applications for graduate school and/or job applications and interviewing.
- Students will enroll in AT 299 Senior Capstone Seminar which will explore the relationship of health and human performance to society at large as well as other disciplines as it pertains to their beliefs. Topics/Projects to be covered are: research writing, research paper, research presentation, and comprehensive examination.