

ATHLETIC TRAINING EDUCATION

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The Athletic Training Education Program at Carroll University is accredited by the Commission on Accreditation of Athletic Training Education. (CAATE)

The aim of the athletic training program is to train qualified health care professionals at the baccalaureate level who are educated and experienced in the management of health care problems associated with physical activity across the life span as defined by the National Athletic Trainers' Association. Students are educated to work with athletic and physically active populations in a variety of settings including, but not limited to, secondary schools, universities, professional sports programs, sports medicine clinics, prevention and wellness settings, and industrial settings.

The graduate athletic trainer is competent in the delivery of athletic training. The graduate possesses the knowledge and skills needed for risk management and prevention of injuries associated with physical activity, the pathology of injuries and illnesses, assessment and evaluation, and acute care of injury and illnesses for the physically active. The graduate applies knowledge and skills concerning pharmacology, therapeutic modalities, therapeutic exercise, general medical conditions and disabilities, and nutritional aspects of injury and illness for the physically active population. The athletic trainer demonstrates the ability to carry out psychosocial intervention and referral, perform health care administration, and uphold professional development and responsibilities as outlined by the National Athletic Trainers' Association. To ensure that the program is reflective of the development of athletic trainers at the baccalaureate level in a changing health care environment, ongoing student, faculty, program, institutional, and professional assessments occur regularly.

To meet the education mission for service and scholarly activity, the program utilizes a variety of individuals including, but not limited to, academic and clinical athletic trainers; basic, behavioral, and social scientists; other health care professionals; athletes and

coaches; and community members. The athletic training academic faculty is responsible for design, implementation, and evaluation of the professional curriculum. In addition to the academic training of future athletic trainers, the program is committed to intra- and interdisciplinary service and scholarly activity in the delivery of athletic training.

Learning Outcomes for Athletic Training Education Program

Upon graduation and entry into the field of athletic training, the individual:

1. Will possess the knowledge and skills of an entry-level athletic trainer in the six practice domains of athletic training set forth by the National Athletic Trainers' Association Board of Certification: Prevention of Injuries; Recognition, Evaluation & Assessment of Injuries; Immediate Care of Injuries; Treatment, Rehabilitation & Reconditioning of Injuries; Organization & Administration; and Professional Development & Responsibility.
2. Will have experience with multiple athletic training and health care settings including interactions with health care providers from various disciplines.
3. Will be able to think critically to effectively solve problems in a variety of dynamic athletic training environments.
4. Will understand the importance and process of becoming life-long learners in order to contribute to the field of athletic training.
5. Will be an effective communicator among health care providers, administrators, coaches, athletes, family, and community in their delivery of athletic training.
6. Will practice with professionalism and integrity and adhere to the professional code of ethics outlined by the National Athletic Trainers' Association.

Academic Progression Standards

The academic progression standards for the athletic training education program are presented in the Academic Program and Policies section of this catalog on page 27.

Admission Requirements

The admission requirements for the athletic training education program are presented in the Admission section of the catalog.

Technical Standards for Admission to and Progression in the Athletic Training Education Program

Successful participation in the Athletic Training Education Program requires that a student possess the ability to meet the requirements of the program. Though the program may modify certain course requirements in order to provide a handicapped person (handicapped is defined by the federal government pursuant to SS 504 of the Rehabilitation Act of 1973) with an equivalent opportunity to achieve results equal to those of a non-handicapped person, there are no substitutes for the following essential skills. The applicant must initially meet these requirements to gain admission to the program, and must also continue to meet them throughout participation in the program.

1. **Physical requirements:** The applicant/student must be willing and capable of performing physical assessments (e.g. range of motion, manual muscle testing, visual observations) of patients using various evaluative and therapeutic instruments and equipment. The applicant/student must also be able to perform athletic training skills (e.g. taping, splinting, ambulatory aid, rehabilitative and treatment techniques, activities of daily living). In addition, an applicant/student must successfully complete and maintain certification in first aid and cardiopulmonary resuscitation.
2. **Communication:** An applicant/student must be able to elicit information, describe changes in health, mood, and activity and perceive non-verbal communication. An applicant/student must be able to communicate effectively and efficiently with patients and all members of the health care team.
3. **Intellectual abilities:** Problem solving, a critical skill of athletic trainers, requires abilities in measurement, calculation, reasoning and analysis.
4. **Behavioral and social attributes:** The applicant/student must be able to tolerate physically active taxing workloads and to function effectively under stress, must be able to adapt to changing environments, to display flexibility, and to learn to function in the face of uncertainties inherent in athletic training care provided to people. The applicant/student must possess the qualities of integrity, concern for others, compassion, skills in interpersonal relationships and motivation for a career in health care.

The athletic training program can require that an applicant/student undergo a physical examination. A handicapped applicant/student shall not, on the basis of his or her handicap (except those which would preclude the essential skills outlined above) be excluded from participation in, denied benefits of, nor be subjected to discrimination in the athletic training program.

Policies for students with disabilities can be found in the Student Life section of the academic catalog.

Caregiver Background and Criminal History Check

On October 1, 1998, the State of Wisconsin Department of Health and Family Services mandated that all persons who seek to be employed and/or licensed in the caregiver industry must fulfill the caregiver and background check requirements in Section 50.065 of the Wisconsin State Statute. Professional phase athletic training students are required to complete a background and criminal history check and abide by state regulations and university policies pertaining to any findings.

Insurance

Health: Athletic Training Education Program students are required to have medical insurance. Those who are covered by a family or personal policy must provide the insuring company's name and the policy number on a waiver form that is sent to the student by the university business office. For students without their own coverage, a group insurance policy is available through the university. Athletic Training students

are also required to have a personal health history and physical form completed and on file in the administrative area of the Health Sciences.

Professional Liability: Students are required to purchase on an annual basis professional liability insurance through a university-endorsed company.

Fees

Students enrolled in the professional phase of the Athletic Training Education Program are assessed a program fee for course related supplies and equipment, assistance with membership dues in the National Athletic Trainer Association, and liability insurance. Select athletic training course in the preprofessional phase that require use of equipment and disposable supplies are assigned a course fee.

Curriculum

Throughout the curriculum, subject matter progresses from the basic sciences to clinical sciences to professional content.

In coordination with academic coursework, learning over time occurs by interaction with clinical instructors through field experiences in traditional athletic training settings, other health care settings, and practice and athletic event coverage. Students can expect to travel to offsite clinical rotations/laboratory sessions or field experiences in the professional phase of the program. Throughout the program, students are evaluated on the attainment of knowledge to include psychomotor, cognitive, and affective competencies as outlined by the National Athletic Trainers' Association Education Council. Outcomes are measured through ongoing self, peer, and clinical instructor assessments.

Ongoing program assessments include student evaluations and feedback, curriculum evaluations, institutional self study assessment and site visits by the Commission on Accreditation of Athletic Training Education (CAATE).

Athletic Training Major Bachelor of Science

Major Courses (40 credits)

- Athletic Training 301, Assessment and Evaluation I (4 credits)
- Athletic Training 302, Assessment and Evaluation II (4 credits)
- Athletic Training 304, Therapeutic Modalities (4 credits)
- Athletic Training 311, Athletic Training Practicum I (1 credit)
- Athletic Training 312, Athletic Training Practicum II (1 credit)
- Athletic Training 403, Applied Exercise for Musculoskeletal Injuries (4 credits)
- Athletic Training 405, Administration of Athletic Training (2 credits)
- Athletic Training 407, Athletic Training Seminar III (2 credits)
- Athletic Training 411, Athletic Training Practicum III (1 credit)
- Athletic Training 499, Capstone Internship (14 credits)
- Health Sciences 300, Pharmacology (3 credits)

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Required Support Courses (51 credits)

Athletic Training 101, Athletic Training Seminar I (2 credits)

Athletic Training 102, Athletic Training Seminar II (2 credits)

Biology 130, Introduction to Human Anatomy and Physiology I (4 credits)

Biology 140, Introduction to Human Anatomy and Physiology II (4 credits)

Chemistry 101, General Chemistry (4 credits)

Chemistry 102, Biological Chemistry (4 credits)

Exercise Science 324, Exercise Science Laboratory (2 credits)

Health Sciences 101, Introduction to Health Care Skills (1 credit) or equivalent of First Aid and CPR for the Professional Rescuer Certification with AED certification

Health Sciences 103, Personal and Community Health (4 credits)

Health Sciences 110, Basic Weight Training Instruction (1 credit)

Health Sciences 120, Fundamental Motor Development (4 credit)

Health Education 201, Nutrition (2 credits) or

Chemistry 208, Nutrition (3 credits)

Health Sciences 322, Kinesiology (4 credits)

Health Sciences 303, Exercise Physiology (4 credits)

Physics 101, Introductory Physics (4 credits)

Physics 102, Introductory Physics (4 credits)

General Education (32 credits)

Step 1: The foundation for understanding culture and communicating ideas about culture.

Cultural Seminar (first semester) (4 credits)

Writing Seminar (either first or second semester) (4 credits)

Step 2: Expanding your knowledge outside your major area of study.

- Take one class in each of the four distribution areas outside your major area (16 cr.). See Gen Ed for specific courses in distribution areas

Psychology 101, Introduction to Psychology (4 credits, S1)

Communication 207, Intercultural Communication (4 credits, S1 CCD)

Courses in areas of Fine Arts (F1), Humanities (H1), Philosophy/Ethics/
Religion (P1)

- Take one GE 2 course in one of the 4 distribution areas

Step 3: Completing the General Education cultural experience.

Cross-Cultural Experience (CCE) (2 credits)

Global Perspectives Colloquium (GPC) (2 credits)

Degree Support Courses (6 credits)

Computer Science 107, Problem Solving Using Information Technology (2 credits)

Mathematics 112, Introduction to Statistics (4 credits)

101. Athletic Training Seminar I**2 credits**

This course will provide an overview of basic athletic training theory and techniques that is useful for those involved with athletics and physical activity. The student will gain an understanding of basic anatomy and common injuries associated with physical activity. Other topic areas that will be addressed include: prevention and management of injury, emergency medical plans, blood borne pathogen precautions, nutritional issues, and legal matters and risk management. Overall, this course will introduce the student to the sports medicine team, their roles and responsibilities, and how they themselves are a contributing member of the sports medicine team. (Required course fee) (*Sp*)

102. Athletic Training Seminar II**2 credits**

This course will provide students with basic skills and knowledge used in the athletic training profession. It will include discussions regarding the role of preventative techniques, emergency management plan, injury treatment methods, components of a pre-participation exam, and wound management techniques. Competencies for injury prevention will be taught including developing an emergency plan, vision screenings, wound management, advanced taping techniques, wrapping techniques, and taking vital signs. (Required course fee) (*Fa*)

301. Assessment and Evaluation I**4 credits**

This course will provide students with the knowledge and skills for clinical and on-the-field musculoskeletal assessment and evaluation of the upper and lower extremities for physically active people. General topics for the course will include patient care, interviewing and history taking, determining subjective and objective findings, and applying assessment and evaluation skills for the upper and lower extremities. Specific injuries and conditions specific to each extremity will be discussed as well as emergency, management, referral and return to participation measures for the physically active. (*Fa*) Prerequisites: Professional phase of Athletic Training Program standing or consent of instructor.

302. Assessment and Evaluation II**4 credits**

This course provides students with the knowledge and skills for assessment and evaluation of the trunk and thorax, general medical conditions for systemic illnesses including viruses and skin conditions. Topics for the course include patient care, patient interviewing skills, history taking, subjective and objective findings, and assessment and evaluation skills using problem solving/scientific methods. (*Sp*) Prerequisites: Professional phase of Athletic Training Program standing or consent of instructor.

304. Therapeutic Modalities**4 credits**

This course applies assessment and evaluation skills to develop treatment plans and protocols for physically active people. Students will relate the findings of their assessment to determine treatment plans and goals. Students will gain knowledge and skills regarding the rationale for therapeutic modalities and their physiologic effects. Students will gain experience in the application of therapeutic modalities including

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cryotherapy, thermotherapy, diathermy, electrotherapy, ultrasound, traction, intermittent compression, EMG biofeedback, laser, continuous passive motion, and therapeutic massage. (*Sp*) Prerequisites: Professional phase of Athletic Training Program standing or consent of instructor.

311. Athletic Training Practicum I

1 credit

Students will gain experience in the field of athletic training and be expected to apply and perform competencies previously taught in the curriculum. Students will gain experience working with high risk sports to include football, soccer, wrestling and basketball; equipment intensive sports including football at the youth, high school or university level; attend a surgical experience for the extremities and orthopedic round experience for the extremities. (*Fa*) Prerequisites: Professional phase of Athletic Training Program standing.

312. Athletic Training Practicum II

1 credit

Students will gain experience in the field of athletic training and be expected to apply and perform competencies previously taught in the curriculum. Students will gain experience working with upper/lower extremity sports to include baseball, softball, track, soccer, wrestling, and basketball; attend a surgical experience and orthopedic rounds for the spine; orthopedic treatment and rehabilitation experience; and general medicine experience. (*Sp*) Prerequisites: Professional phase of Athletic Training Program standing.

403. Applied Exercise for Musculoskeletal Injuries

4 credits

The course will explore the foundation for rehabilitation and reconditioning of physically active populations. Pathology of tissue injury and repair will be discussed. Progressions for range of motion, strength, speed, power, neuromuscular control, proprioception and coordination, agility, cardio respiratory endurance, and mobilization techniques will be explored. (*Fa*) Prerequisites: Professional phase of Athletic Training Program standing or consent of instructor.

405. Administration of Athletic Training

2 credits

This course covers topics associated with the administration and management of an athletic training facility and staff. These topics will be covered through lecture, class discussion, group work, and assignments. Some of the topics that will be covered include: management theories and styles, human resources, finances, facility design, information management, insurance, legal aspects/risk management, ethics, pre-participation physicals, developing a referral system, drug testing programs, and organizational bodies that provide governance/guidance to the field of athletic training/health care. (*Fa*) Prerequisites: Professional phase of Athletic Training Program standing or consent of instructor.

407. Athletic Training Seminar III

2 credits

This course will provide an overview of the domains of athletic training and the implications that clinical proficiencies have in athletic training and their role in the day to day management of an athletic training facility. This will serve as a forum to discuss

and review skills and topics prevalent to the entry level athletic trainer. This course also assists the student in becoming knowledgeable in the BOC exam process. (*Fa*) Prerequisites: Professional phase of Athletic Training Program standing.

411. Athletic Training Practicum III**1 credit**

Students will gain experience in the field of athletic training and be expected to apply and perform competencies previously taught in the curriculum. Students will gain experience working with fall/winter sports to include football, soccer, basketball, and cross country at the university and/or high school level; football game coverage; professional sports; outpatient rehabilitation clinic; health and fitness setting; industrial setting; general medicine; emergency settings. (*Fa*) Prerequisites: Professional phase of Athletic Training Program standing or consent of instructor.

499. Capstone Internship**14 credits**

Students will gain experience in the field of athletic training and perform competencies and display knowledge expected of the entry level certified athletic trainer outlined by the National Athletic Trainers' Association. This internship experience is directly supervised by a certified athletic trainer. Students apply and interview to complete their Capstone in a variety of athletic training settings, such as a University Athletic Program at the Division 1, 2 or 3 level, a clinic/ high school setting, an industrial medicine setting, a large multipurpose scale venue, a professional sport setting or an emerging setting. Students will present a case study modeled after the Journal of Athletic Training's format for a case study and present to faculty and students. (*Sp, Fa*) Prerequisites: Professional phase of Athletic Training Program standing.

See Health Sciences in the Carroll University Catalog for descriptions of Health Sciences (HSC) courses in the Athletic Training Program curriculum.

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Athletic Training Education Program Four-Year Curriculum Model

Class Standing	Fall Semester	Spring Semester
Freshman	CCS 100	ENG 170 (GE)
	CHE 101	CHE 102
	GE1 (F, H, or P)	PHY 101
	GE1 (F, H, or P)	GE1 (F, H, or P)
	HSC 101	ATH 101
	<u>17</u>	<u>18</u>
Sophomore	PHYS 102	PSY 101 (GE S1)
	BIO 130	BIO 140
	COM 207 (GE CCD)	HSC 110
	HSC 103	HSC 120
	ATH 102	CSC 107
	<u>18</u>	<u>15</u>
Junior	HSC 303	MATH 112
	ATH 301	ATH 302
	HSC 322	ATH 304
	ATH 311	HSC 324
	CHE 208 or HED 201	HSC 300
	GE CCE	ATH 312
	<u>16/18</u>	<u>18</u>
Senior	ATH 403	ATH 499
	ATH 405	or GE (GPC)
	ATH 407	
	ATH 411	
	GE2 (F, H, S or P)	
	GE (GPC)	
	<u>15</u>	<u>14/16</u>

= 131/135 credits