

HOPE COLLEGE
ATHLETIC TRAINING EDUCATION PROGRAM
COMPETENCY MODULE SEQUENCE AND MODIFICATIONS

(For use with 4th Edition of NATA Educational Competencies and Knight, K., & Brumels, K.(2010)
Developing Clinical Proficiency in Athletic Training: A Modular Approach. Champaign, Il: Human Kinetics.)

Athletic training students in CAATE-accredited athletic training programs are required to master the competencies in athletic training (comprised of knowledge, skill, and affective [values] competencies). They are also required to master the list of clinical proficiencies promulgated by the Commission on Accreditation of Athletic Training Education (CAATE). The athletic training practicum program (KIN 198-498) employs the competency module sequence of Knight / Brumels in *Developing Clinical Proficiency in Athletic Training: A Modular Approach* to help students master the required clinical proficiencies. The terms “competency” and “clinical proficiency” are sometimes used interchangeably in our program, although they have specific meanings and implications for our program’s accreditation. Nonetheless, this modular program covers every required clinical proficiency, while the other courses in the athletic training major cover every required competency.

Use the following chart to help guide your mastery of athletic training clinical skills. Please note that some of the modules are partially fulfilled in one semester and completed in another. Some modules are taught and evaluated together. Although you will be expected to master each module no later than the end of the semester in which it is assigned, **YOU MAY WISH TO ATTEMPT SOME MODULES EARLY**. The important thing is that you plan to work toward a new module at all times. If you have completed a semester's work early, begin on the next semester's list of modules. Also note that many of the modules have been modified.

Accomplishing these modules will take planning and plenty of persistence. Your athletic training practicum instructor will provide you with instruction in each of the clinical proficiencies contained in these modules during your weekly practicum. You will have homework to accomplish for most of these modules. Use the time you spend in the athletic training room and other clinical settings to work on your mastery of these modules. Your instructor will provide you with a schedule for completing each module. Be sure to stick to this schedule. Each module will be accompanied by an evaluation, usually in the form of an oral or practical examination.

Be sure to consult coursework and references in the AT Student and Hope College library to assist in developing the didactic knowledge needed for module completion. When you have completed a module, have it checked by your practicum instructor and signed in both your workbook and in database the program director has with all of the rest of your athletic training related information.

SEMESTER 1 A1, A3, B1, B2, B3, B4, C8, C9, C10, F1, F3, F4, F5, F7, F8, L1, [L2, L3, L4],[L5, L6, L7], X1, X2	SEMESTER 2 A2, B5, C1, C2, C3, C4, C5, C6, C7, C12, C13, F2, F6, F9, I5, L8, L9, L11#, N3, X3
SEMESTER 3 X16, C11, B6, G1, G2, G3, G4, [G5, I6], [G6, I7], L11#, M1, M3, M4, M5, T1, X4*, X8*	SEMESTER 4 [H1, H3], H2, H6, L11#, M7, M8, M9, M10, M11, M12, M13, M14, M15, X9*
SEMESTER 5 D1, D2, E1, E2, E4, I1, I2, I3, I4, J1, J2, J3, J4, N1, N2, O1, T2, X7*, X13*	SEMESTER 6 E3, [H4, H5], J5, J6, J7, L10, L12, L13, M2, M6, O/P1, P2, P3, X6*, X10*
SEMESTER 7 J8, J9, J10, K6, [N4, N5, N6, P1], O/P2, Q4, Q5, T4, X5*, X11*, X15*,	SEMESTER 8 J11, J12, [K1, K2, K3, K4, K5], O2, O3, O4, O5, O6, Q1, Q2, Q3, Q6, X12*

Sensory level pain control (HVGS, Pre-modulated, Interferential, TENS) during semester 2. Noxious level pain control (Neuroprobe) and muscle reduction (VMS and Russian) during semester 3. Iontophoresis during semester 4.

* May be completed in another semester.

Modules grouped in brackets will be taught and tested together.

MODIFICATIONS TO MODULES (If a module is not modified below, complete it as specified in the book.)

MODULE

MODIFICATION

X1	Use the form in your <i>Athletic Training Student Handbook</i> to help guide you in the writing of your case study. You shall write a case study. In addition, you shall attend at least one practice or game for EACH of the following sports: volleyball, men's soccer, women's soccer, football, cross country, men's basketball, women's basketball, swimming, baseball, softball, track, and tennis. Conduct a structured interview with the athletic training student assigned to each of these sports, record your findings, and turn this into your 198 professor.
X2	You shall write a case study just as you did for X1.
X3	You shall attend at least one practice or game for EACH of the following sports: volleyball, men's soccer, women's soccer, football, cross country, men's basketball, women's basketball, swimming, baseball, softball, track, and tennis. Conduct a structured interview with the athletic training student assigned to each of these sports, record your findings, and turn this into your 198 professor.
B1	Prepare for this module by carefully studying the <i>Athletic Training Student Handbook</i> BEFORE arrival on campus. Be prepared to demonstrate mastery by October 1 of your first semester.
B2	The only record you are required to demonstrate mastery of in this module is the daily treatment log. Be able to complete the log properly and know how to enter the data into the computer database. You should be able to demonstrate awareness of the other documents mentioned in this module. When you are assigned to work with your own team, you will be responsible for maintaining the computer injury database for your sport. You may be assigned to collect data for the NCAA Injury Surveillance System.
B3	Use the master supply inventory list provided by your practicum instructor for this competency.
B4	Be able to identify, locate, and re-stock the following items: field kits, splint kits, travel

	trunk, coolers, and the football pad bag.
B5	Be able to identify and explain the purpose of all therapeutic modalities and rehabilitation equipment.
C4	Complete this competency immediately after learning the skill in KIN 205: <i>Safety, First Aid, & CPR</i> . This class should be taken during the first or second semester of the freshman year.
C5	Complete this competency immediately after learning the skill in KIN 205: <i>Safety, First Aid, & CPR</i> . This class should be taken during the first or second semester of the freshman year.
C6	Complete this competency immediately after learning the skill in KIN 205: <i>Safety, First Aid, & CPR</i> . This class should be taken during the first or second semester of the freshman year.
C7	Visit the following places: Holland Community Hospital Emergency Room and Radiology Department, Hope College Health Clinic, Shoreline Orthopedics, and Dr. Hulst's office. DO NOT ask for a tour. Simply introduce yourself as an athletic training student at Hope and explain that you are learning the location of various medical facilities. Get the receptionist's signature in your workbook.
C10	Complete this competency within 5 days of the workshop on OSHA regulations and the prevention of transmission of bloodborne pathogens. This workshop is usually offered during the first week of each academic year.
C13	Complete this competency immediately after learning the skill in KIN 205: <i>Safety, First Aid, & CPR</i> . This class should be taken during the first or second semester of the freshman year.
X2, X3	In addition to the assignments listed in your workbook, write a 2-3 page essay summarizing and reflecting on your experiences in the program during the past semester. Also, you must observe Dr. Hulst during his weekly on-campus clinics three times per module.
T1, T2, T4	Contrary to the instructions in the book, you are not required to do a formal assessment of the lower level students with whom you are working. Tips and pointers are welcomed, of course, but only a practicum instructor can formally sign off on a student's mastery

of the competencies.

F4	Add a low-dye strapping (with and without moleskin and a longitudinal arch pad), a traditional longitudinal arch taping, and a navicular lift with Leukotape.
F5	Instead of simply taping the hip pointer, develop proficiency in constructing a hip pointer pad and affixing it with a combination of tape and an elastic wrap
F6	Add shoulder anti-dislocation wrap to the list. The shoulder sling using elastic wraps is also known as a Velpeau wrap. Forget about trying to tape the SC joint. Instead of the taping and bracing for the AC joint, demonstrate your ability to construct an appropriate pad for the AC, held in place with a combination of tape and an elastic wrap.
F7	The wrist flexor and extensor procedures are normally combined into one tape job.
G5, I6	The skills in these modules will be taught together. Be prepared to demonstrate competence for both of these modules together.
G6, I7	The skills in these modules will be taught together. Be prepared to demonstrate competence for both of these modules together.
H1, H3	The skills in these modules will be taught together. Be prepared to demonstrate competence for both of these modules together. You should be prepared to discuss the following categories of medications: Analgesics, non-steroidal anti-inflammatory (NSAIDs), corticosteroids, bronchodilators, antibiotics (topical and oral), and local anesthetics.
H4, H5	The skills in these modules will be taught together. Be prepared to demonstrate competence for both of these modules together.
L2, L3, L4	The skills in these modules will be taught together. Be prepared to demonstrate competence for both of these modules together. Know the purpose of and how to test the ground fault interrupter attached either to the outlets or the circuit breaker panel for the Dow Center and Fieldhouse whirlpools.
L5, L6, L7	The skills in these modules will be taught

	together. Be prepared to demonstrate competence for both of these modules together.
L11	This module will be taught and assessed in three parts. Sensory-level pain control (HVGS, premodulated, interferential, and TENS) will be taught in semester 2. Noxious-level pain control (neuroprobe) and muscle reeducation (VMS and Russian) will be taught in semester 3. Iontophoresis will be taught during semester 4.
N4, N5, N6	Each senior-level student will be assigned a rehabilitation case (module X15). Modules N4, N5, and N6 should be completed as part of this assignment. The student will be responsible for conducting an initial assessment, developing a plan of care, working with the patient through the various phases of rehabilitation, prescribing and teaching a home exercise protocol, assessing progress, recording daily progress reports, and conducting a discharge interview. Each student will be closely supervised by a clinical instructor who must approve all rehabilitation decisions. Modules N4, N5, and N6 will be completed as part of this rehabilitation case.
M2	Be able to demonstrate this technique on the fingers, shoulder girdle joints, patello-femoral joint, and the ankle.
M4	Be able to demonstrate the following: ankle ladder with theraband, nautilus knee extension, nautilus knee flexion, universal leg press, shoulder dumbbell progression (including scapular stabilization exercises).
M6	Be able to set up the knee, ankle, and shoulder on the Cybex. Be able to test for strength, power, and endurance and interpret the test results.
M9	In addition to the learning objectives listed for this module, be able to demonstrate the use of EMG biofeedback as an adjunct in developing neuromuscular control.
X5	Every student must have clinical experiences in environments that are primarily equipment intensive, upper extremity, lower extremity, and general medical. Football counts as an equipment intensive experience. It may be substituted with ice hockey or lacrosse. Students who participate as an athlete in a fall sport MUST have an equipment intensive clinical experience in order to graduate, either in the context of a ninth semester or through a high

	school placement.
X7, X8	Includes soccer, volleyball, baseball, and softball.
X9, X10	Includes swimming, cross country, track, tennis, wrestling, and gymnastics. Wrestling and gymnastics are not offered at Hope, but may be available during a high school placement.
X11, X12	These off-campus "mini-internships" will be conducted over the course of 6 – 12 weeks depending on the site. The first is usually at a high school. The second is usually at a sports medicine clinic. A third will take place in Dr. Hulst's office and will count as the general medical clinical experience. These can be done over the summer or at alternative times, but in any case, each student MUST complete a high school AND a sports medicine clinic AND a family practice internship. For each internship, write a case study using the guidelines in the <i>Athletic Training Student Handbook</i> and keep a daily journal of your experiences. Both should be turned in at the end of the experience. Complete a 1-2 paragraph summary of each condition you see at Dr. Hulst's office using the forms provided.
T3	Skip this module.
D2	You may be able to observe only one surgery. In any case, report the results to a faculty athletic trainer immediately following the procedure. Read Bazulski's paper on surgical observation in your <i>Athletic Training Student Handbook</i> at least one week prior to the surgery. Send a personal note of thanks to the physician within 24 hours.
K1 – K5	Complete these competencies as part of your rotation in Dr. Hulst's office. Use your copy of Dambro's <i>5-Minute Clinical Consult</i> to help you prepare for mastery of these modules. For K2, observe Dr. Hulst three times during his weekly on-campus clinics.
X14	Skip this module.
X15	Ignore the instructions printed in the book for this module. Instead, each senior-level student will be assigned a rehabilitation case for module X15. Modules N4, N5, N6 and P1 should also be completed as part of this assignment. The student will be responsible for conducting an initial assessment, developing a plan of care, working with the patient through the various phases of

	rehabilitation, prescribing and teaching a home exercise protocol, assessing progress, recording daily progress reports, and conducting a discharge interview. Each student will be closely supervised by a clinical instructor who must approve all rehabilitation decisions. Modules N4, N5, N6 and P1 will be completed as part of this rehabilitation case.
T5, T6, T7	Skip these modules.
P1	Complete in conjunction with X15. Observe Dr. Hulst three times during his weekly on-campus clinics.
P2, P3	Complete and be assessed on these modules together.
O6	Complete this module while assisting the certified athletic trainers and team physicians with preparticipation physical examinations for a sport to which you have been assigned. It may be completed in another semester.
O1, O2, O3	Complete these modules as part of the procedures manual project in KIN 404: <i>Seminar in Athletic Training Administration</i> in either semester 5 or 7.
Q2, Q4, Q5	Every senior shall present a case study to the students and faculty of the athletic training program. These presentations will be scheduled by the time the academic year begins. Modules Q2, Q4, and Q5 should be completed as part of the senior case presentation. Each student is expected to use audio-visual equipment and to develop a comprehensive handout. The presentations will be videotaped and will become part of the student's video portfolio.
Q6	Seniors will be scheduled for a mock employment interview with one of the clinical faculty and a member of the career counseling and placement staff. Students are required to submit their resumes to the program director by the end of their junior year for posting on the program's website.
O/P 3	Skip this Module

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CLINICAL PROFICIENCY COMPETENCY MODULE SEQUENCE AND MODIFICATIONS

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Semester 1 – Kinesiology 198a

<i>Module #</i>	<i>Name</i>
X1	Athletic Training Observation
X2	Athletic Training Clinic Student Staff
A1	Philosophy and Principles of Clinical Education
A3	Foundational Behaviors of Professional Practice 1
B1	Administrative Policies and Procedures
B2	Injury Record Keeping
B3	Athletic Training Supplies
B4	Athletic Training Clinic Equipment-Small
C8	RICES
C9	Open Wounds
C10	Universal Precautions
F1	Ankle Taping
F3	Thigh and Lower Leg Taping
F4	Foot Care Taping
F5	Hip and Abductor Taping
F7	Elbow to Wrist Taping
F8	Hand and Finger Taping
L1	Therapeutic Modality Foundation
L2	Whirlpool
L3	Moist Hot Pack
L4	Paraffin Bath
L5	Cryotherapy
L6	Cryokinetics
L7	Cryostretch

Semester 2 – Kinesiology 198b

<i>Module #</i>	<i>Name</i>
X3	Athletic Training Student Staff
A2	Becoming a Critical Thinking Clinician
B5	Athletic Training Equipment Major
N3	Emergency and Acute Care
C1	Emergency and Acute Care Philosophy
C2	Principles of Initial Assessment
C3	EAP
C4	CPR
C5	Choking, Hemorrhage and Shock
C6	Emergency Transportation
C7	Medical Services
C12	Anaphylaxis and Asthma
C13	PCC
F2	Knee Taping
F6	Shoulder Taping
F9	Head and Neck Bracing
I5	Palpation
L8	Lymphedema Devices
L9	Ultrasound
L11	E-Stim

Semester 3 – Kinesiology 298a

<i>Module #</i>	<i>Name</i>
X4	Foundational Behaviors of Professional Practice 2
X8	Women's Team
X16	Athletic Team Travel
C11	Environmental Injury/Illness
B6	Basic Healthcare Nomenclature
G1	Anthropometric Measurements and Screening Procedures
G2	Protective Equipment
G3	Ergonomics and Injury Prevention
G4	Fitness training
G5	Flexibility training
G6	Strength Training
I6	Assessment ROM and STR
I7	Physical Performance Measurements
L11	E-Stim
M1	ROM and Flexibility Exercises
M3	Isometric Resistance Exercises
M4	Isotonic Strength Training Exercises
M5	DAPRE
T1	Teach Level 1 Students

Semester 4 – Kinesiology 298b

<i>Module #</i>	<i>Name</i>
X9	Men's Individual Sport
H1	Medical Resources
H2	Medication Physiology
H3	Medical Policy and Procedures
H6	Concepts in Health and Wellness
L11	E- Stim
M7	Muscle Endurance
M8	Aquatic Therapy
M9	Neuro Muscular Control
M10	Muscular Speed
M11	Agility Exercises
M12	Plyometrics
M13	Cardiorespiratory Endurance
M14	Activity Specific Activities
M15	Exercise for the Young and Old

Semester 5 – Kinesiology 398a

<i>Module #</i>	<i>Name</i>
X7	Men's Team
X13	Foundational Behaviors of Professional Practice 3
D1	Basic Surgical Procedures
D2	Surgical Observation
E1	Body Systems and Development
E2	Injury and Illness Pathology
E4	Body's Response to Injury
I1	Orthopedic Injury Assessment Principles
I2	General Medical Assessment
I3	Postural Assessment
I4	Neurological Assessment
J1	Foot Assessment
J2	Ankle Assessment
J3	Lower Leg Assessment
J4	Knee Assessment
N1	Musculoskeletal Assessment and Diagnosis
N2	General Medical Assessment and Diagnosis
O1	Program Policies and Procedures
T2	Teach Level 2

Semester 6 – Kinesiology 398b

<i>Module #</i>	<i>Name</i>
X6	Basketball Team Experience
X10	Women's Individual
E3	Exercise Disease
H4	Basic Nutrition and Supplements
H5	Eating Disorders
L10	Diathemy
L12	Therapeutic Massage
L13	Traction
J5	THIPPEL Assessment
J6	Thorax and Lumbar Spine
J7	Thorax and Abdomen
M2	Joint Mobilization
M6	Isokinetic Dynamometers
OP1	OP1
P2	Substance Abuse
P3	Psycho Social Intervention

Semester 7 – Kinesiology 498a

<i>Module #</i>	<i>Name</i>
X5	Football Experience
X11	High School Experience
X15	Clinical Capstone
J8	Shoulder Assessment
J9	Arm and Elbow Assessment
J10	Wrist and Hand Assessment
K6	Sudden Illnesses and Communicable Diseases
N4	Rehabilitation Overview
N5	Rehabilitation Adherence and Motivation Techniques
N6	Rehabilitation Planning and Supervision
OP2	Oral Practical Exam #2
P1	Healthcare Communication
Q4	AT Research
Q5	Educational Aids and Professional Presentation (Senior Case Presentation)
T4	Teach Level 3 Students

Semester 8 – Kinesiology 498b

<i>Module #</i>	<i>Name</i>
X12	Sports Medicine Experience
J11	C-Spine Assessment
J12	Head and Facial Assessment
K1	Simple Dermatological Conditions
K2	Common Syndromes and Diseases
K3	Common Viral and Respiratory Conditions
K4	Common CV and GI Tract Conditions and Disorders
K5	Common GU, GYN, and Sex Related Conditions and Disorders
O2	Human Resources and Personal Management
O3	Faculty Management
O4	Fiscal Management
O5	Information and Data Management
O6	Presenting Yourself to the Job Market
Q1	Regulation of Athletic Training Practice
Q2	Athletic Training in the Community
Q3	The National Athletic Trainer's Association
Q6	Presenting Yourself to the Job Market