

COMPETENCY MODULE SEQUENCE AND MODIFICATIONS

(For use with the third edition of *Knight, K. (2001). Assessing Clinical Proficiencies in Athletic Training: A Modular Approach. Champaign, IL: Human Kinetics.*)

Athletic training students in CAAHEP-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 Joint Review Committee on Athletic Training. The athletic training practicum program (KIN 198-498) employs Knight’s competency module sequence 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 the list of references included with each module. They should help you with the information you need to master the clinical proficiencies contained in each module. When you have completed a module, have it checked by your practicum instructor and signed in both your workbook and on the master list in your file. Use the checklists starting on page 225 to help you prepare.

SEMESTER 1 X1 ⁺ , A1, A2, A3, A4, B1, B6, B7, B8, B9, X2, C1, C3, C4 [*] , C5 ^{**} , C7 ^{***} , C8 [†] , [G1, G2, G3], G8	SEMESTER 2 X1 ⁺ , A5, B2, B3, B4, B5, B11, X3, C4 [*] , C7 ^{***} , C8 [†] , E4, [G4, G5, G6], G7, G10 [#]
SEMESTER 3 B10, T1, D1, [D3, E5], [D4, E6], E2, E3, G10 [#] , G11, H3, H4, H5, H6, H7, H8, X7 ^{††}	SEMESTER 4 C2, C5 ^{**} , C6, C9, D2, E1, X8 ^{††} , [F1, F2], G10 [#] , G12, H9, H10, H11, H12, H13, H14, H15, H16
SEMESTER 5 T2, X6 ^{††} , I1, J1, J2, J3, J4, [K2, K3], L2, [L3, L4], L5	SEMESTER 6 X5 ^{††} , X9 ^{††} , [F3, F4], G9, OP1, J5, J6, J7, J8, T5, T6
SEMESTER 7 [H1, H2], X4 ^{††} , X10 ^{††} , J9, J10, J11, OP2, [X13, K1], T4, M1, M2	SEMESTER 8 X11 ^{††} , [J12, J13], J14, J15, J16, J17, J18, L1, M3

+ Complete this module twice – once for each of your first two semesters in the program.

* Complete low-dye proficiency in semester 1. Complete remainder of C4 in semester 2.

** Complete hip flexor and adductor wrap proficiency during semester 1. Complete remainder of C5

during semester 4.

*** Be able to do the wrist (football), wrist flexor, and wrist extensor taping during semester 1. All other competencies during semester 2.

† Thumb sprain, DIP, and PIP taping during semester 1. All others during semester 2.

Sensory level pain control (HVGS, Pre-modulated, Interferential, TENS) during semester 2. Noxious level pain control (Neuroprobe) and muscle reeducation (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.)

<u>MODULE</u>	<u>PAGE #</u>	<u>MODIFICATION</u>
X1	2	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 for each of your first two semesters in the program.
A1	4	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.
A2	5	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.
A3	7	Use the master supply inventory list provided by your practicum instructor for this competency.
A4	8	Be able to identify, locate, and re-stock the following items: field kits, splint kits, travel trunk, coolers, and the football pad bag.
A5	9	Be able to identify and explain the purpose of all therapeutic modalities and rehabilitation equipment.
B2	11	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.
B3	12	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.
B4	13	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.
B5	14	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.
B8	17	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.
B11	22	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	24-25	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	26, 122, 196	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.
C1	28	Add open-face Gibney with a felt compression horseshoe to the list of tasks for this competency.
C4	33	Add a low-dye strapping (with and without moleskin and a longitudinal arch pad) and a

			traditional longitudinal arch taping.
C5	35		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
C6	36		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.
C7	38		The wrist flexor and extensor procedures are normally combined into one tape job.
D3, E5	44, 53		The skills in these modules will be taught together. Be prepared to demonstrate competence for both of these modules together.
D4, E6	46, 55		The skills in these modules will be taught together. Be prepared to demonstrate competence for both of these modules together.
F1, F2	57, 58		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-inflammatories (NSAIDs), corticosteroids, bronchodilators, antibiotics (topical and oral), and local anesthetics.
F3, F4	59, 61		The skills in these modules will be taught together. Be prepared to demonstrate competence for both of these modules together.
G1, G2, G3	62-64		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.
G4, G5, G6	65-68		The skills in these modules will be taught together. Be prepared to demonstrate competence for both of these modules together.
G10	73		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.
H1, H2	79, 80	Each senior-level student will be assigned a rehabilitation case (module X13). Modules H1 and H2 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 H1 and H2 will be completed as part of this rehabilitation case.
H4	83	Be able to demonstrate this technique on the fingers, shoulder girdle joints, patello-femoral joint, and the ankle.
H6	86	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).
H8	90	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.
H11	95	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.
X4	108	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.
X6, X7	112, 114	Includes soccer, volleyball, baseball, and softball.
X8, X9	116, 118	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.
X10, X11	120, 121	These off-campus "mini-internships" will be conducted over the course of 2-3 months (the length of a sports season). 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	124	Skip this module.
I1	125	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.
J14-J18	181-191	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 J15, observe Dr. Hulst three times during his weekly on-campus clinics.
X12	194	Skip this module.
X13	195	Ignore the instructions printed in the book for this module. Instead, each senior-level student will be assigned a rehabilitation case for module X13. Modules H1, H2, and K1 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 H1, H2, and K1 will be completed as part of this rehabilitation case.
T5, T6, T7	198-200	Skip these modules.
K1	201	Complete in conjunction with X13. Observe Dr. Hulst three times during his weekly on-campus clinics.
K2, K3	202, 203	Complete and be assessed on these modules together.
L2	205	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.
L3, L4, L5	206-208	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.
M1, M2	209, 211	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 M1 and M2 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.
M3	212	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.