



MESA STATE COLLEGE

ATHLETIC TRAINING EDUCATION PROGRAM

PROGRAM DESCRIPTION

The Mesa State College Athletic Training Education Program (ATEP) is a two year didactic/clinical program which leads to a Bachelor of Science Degree in Athletic Training. The program is designed to not only prepare students for a career in athletic training but also to form a foundation for graduate school and the pursuit of advanced degrees in healthcare. The Athletic Training Curriculum entails classroom and field/clinical experience courses designed to prepare students for board of certification examination and a variety of careers as certified athletic trainer. The program is designed in a way that each course builds on the knowledge and skills developed in previous courses and field/clinical experiences so a specific course sequence must be followed.. Each clinical experience requires a significant time commitment on the part of the student (i.e., a minimum of 240 hours outside of scheduled class meeting times on afternoons and some weekends). Each field experience course will begin on August 1st with the 32 hours didactic component and 50 hour clinical component being completed prior to or during the preseason practices for the fall sports. ATEP students will complete four off campus rotations during the course of the program (one each semester). Juniors will complete four week rotations at local high schools and at an out patient physical therapy clinic. Seniors will spend four weeks rotations at a general medical / family practice setting and at a multi-physician orthopedic clinic.

Applications are accepted through out the year with an April 15th deadline to ensure consideration for the next academic year. Applications received after the April 15th deadline may be reviewed on an individual basis if space is available in the upcoming academic year. If no space is available, the application will be held for consideration the following year. Approximately 16 students will be admitted to the program each year, however the number of students admitted may vary due to student attrition and availability of off campus clinical rotation sites. The number of positions available for the next year will be determined by March 1st.

All applicants will complete an interview (either in person or by phone) with a member or members of the ATEP faculty. After the completed application material has been received, the student will be allowed to schedule the interview. Interviews must be completed prior to April 25th.

The criteria for determining admission will include the following with all areas having equal value and importance; demonstrated work ethic, involvement during observations, overall GPA, pre-requisite course GPA, interview, and the recommendation from a supervising certified athletic trainer for transfer students.

All students in the ATEP are required to complete an annual background check and TB test, as well as, maintain liability insurance and personal health insurance and become student members of the National Athletic Trainers Association. (See Program Expenses for Students on Pg 5)

ADMISSION REQUIREMENTS

Academic

- Overall college grade point average of 2.5 or higher
- Grade of C or higher in KINE 234 Prevention and Care of Athletic Injuries or equivalent
- Grade of C or higher in KINE 240 Introduction to Clinical Athletic Training or
- equivalent observational experience (transfer students)*
- Grade of C or higher in BIOL 209: Human Anatomy & Physiology I or equivalent
- Grade of C or higher in BIOL 209L: Human Anatomy & Physiology I Lab or equivalent

***TRANSFER STUDENTS**

The Athletic Training Education Program (ATEP) at Mesa State College will accept students from other institutions directly into the program provided they have completed courses equivalent to KINE 234, BIOL 209, BIOL 209L. In place of the KINE 240 - Introduction to Clinical Athletic Training transfer students can complete an observational experience that must equal or surpasses the course completion requirements. It is recommended that all potential transfer students contact the ATEP Program Director early in the academic year to obtain the course requirements for KINE 240- Introduction to Clinical Athletic Training and receive an Observational Experience Form. Transfer applications are accepted through out the year with an April 15th deadline to ensure consideration for the next academic year. Transfer applications received after the April 15th deadline may be reviewed on an individual basis if space is available in the upcoming academic year. If no space is available, the application will be held for consideration the following year. Transfer applications must include a completed Skills Verification Form and a confidential letter of recommendation from a certified athletic trainer involved with the observational experience to be considered complete.

ATHLETE PARTICIPATION IN THE ATHLETIC TRAINING EDUCATION PROGRAM

Mesa State College athletes will be allowed to participate in the ATEP with the same requirements as all other ATEP students. The athlete must realize that extra effort must be made on their part to complete the required athletic training experience hours associated with each Clinical Experience class. This may include assisting with sports during Thanksgiving, Christmas and/or Spring breaks. Also if the athletic participation limits the ATEP students exposure to a specific required experience (i.e. equipment intensive, upper extremity specific sport or lower extremity specific sport) then the student may be required to attend an additional semester of school to fulfill this requirement.

STUDENT RETENTION POLICY

Students in the ATEP are required to maintain a 2.5 semester GPA. Students failing to maintain a semester GPA of 2.5 will be placed on academic probation. If the semester GPA remains below 2.5 in the subsequent semester, the student will be dismissed from the athletic training education program.

Students in the ATEP are required to master specific entry level skills, complete a set number of hours in designated athletic training settings and achieve a grade of C or higher in all Field and Clinical Experience courses. Failure to meet this criteria will result in a one semester suspension from the program and repeating the course. Mesa State students can access more detailed information in the Campus H:Drive/Athletic Training folder. Potential transfer students can obtain more detailed information by contacting the Program Director.

ATHLETIC TRAINING EDUCATION PROGRAM TECHNICAL STANDARDS FOR ADMISSION

The Athletic Training Educational Program at Mesa State College is a rigorous and intense program that places specific requirements and demands on the students enrolled in the program. An objective of this program is to prepare graduates to enter a variety of employment settings and to render care to a wide spectrum of individuals engaged in physical activity. The technical standards set forth by the Athletic Training Educational Program establish the essential qualities considered necessary for students admitted to this program to achieve the knowledge, skills, and competencies of an entry-level athletic trainer, as well as meet the expectations of the program's accrediting agency (Commission on Accreditation of Athletic Training Education [CAATE]). The following abilities and expectations must be met by all students admitted to the Athletic Training Educational Program. In the event a student is unable to fulfill these technical standards, with or without reasonable accommodation, the student will not be admitted into the program.

Compliance with the program's technical standards does not guarantee a student's eligibility for BOC examination.

Candidates for selection to the Athletic Training Educational Program must demonstrate:

- 1) the mental capacity to assimilate, analyze, synthesize, integrate concepts and problem solve to formulate assessment and therapeutic judgments and to be able to distinguish deviations from the norm;
- 2) sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate physical examinations using accepted techniques; and accurately, safely, and efficiently use equipment and materials during the assessment and treatment of patients;
- 3) the ability to communicate effectively and sensitively with patients and colleagues, including individuals from different cultural and social backgrounds; this includes, but is not limited to, the ability to establish rapport with patients and communicate judgments and treatment information effectively. Students must be able to understand and speak the English language at a level consistent with competent professional practice;
- 4) the ability to record the physical examination results and a treatment plan clearly and accurately;
- 5) the capacity to maintain composure and continue to function well during periods of high stress;
- 6) the perseverance, diligence, and commitment to complete the athletic training education program as outlined and sequenced;
- 7) flexibility and the ability to adjust to changing situations and uncertainty in clinical situations;
- 8) affective skills and appropriate demeanor and rapport that relate to professional education and quality patient care.

Candidates for selection to the athletic training educational program will be required to verify they understand and meet these technical standards or that they believe that, with certain accommodations, they can meet the standards.

Educational Access Services, a division of Academic Services Department, will evaluate a student who states he/she could meet the program's technical standards with accommodation and confirm that the stated condition qualifies as a disability under applicable laws.

If a student states he/she can meet the technical standards with accommodation, then the College will determine whether it agrees that the student can meet the technical standards with reasonable accommodation; this includes a review of whether the accommodations requested are reasonable, taking into account whether accommodation would jeopardize clinician/patient safety, or the educational process of the student or the institution, including all coursework, clinical experiences and internships deemed essential to graduation.

I certify that I have read and understand the technical standards for selection listed above, and I believe to the best of my knowledge that I meet each of these standards without accommodation. I understand that if I am unable to meet these standards, I will not be admitted into the program.

Signature of applicant

Date

Alternative statement for students requesting accommodations.

I certify that I have read and understand the technical standards of selection listed above and I believe to the best of my knowledge that I can meet each of these standards with certain accommodations. I will contact Educational Access Services, a division of Academic Services Department, to determine what accommodations may be available. I understand that if I am unable to meet these standards with or without accommodations, I will not be admitted into the program.

Signature of applicant

Date

CHECK LIST FOR APPLICATION MATERIALS

An interview will be scheduled after the complete application is received

MESA STATE COLLEGE STUDENTS

Complete Application Form

Essay on why you want to pursue a concentration in athletic training at Mesa State College

Unofficial Transcript

Current Course enrollment

Copy of current CPR-PR card or equivalent

Copy of Immunization Records
(MMR, and Hep B vaccinations)

Signed Technical Standards for Admission form

Completed KINE 240 course requirements
(obtain form from instructor)

TRANSFER STUDENTS APPLYING FOR DIRECT ADMISSION

Complete Application Form

Essay on why you want to pursue a n education in athletic training at Mesa State College

Unofficial Transcript

Current Course enrollment

Copy of current CPR-PR card or equivalent

Copy of Immunization Records
(MMR, and Hep B vaccinations)

Signed Technical Standards for Admission form

Confidential Letter of Recommendation from a Certified Athletic Trainer involved in the observational experience

Completed Skills Verification Form

Program Expenses to Students

Involvement in the MSC ATEP will result in some out of pocket expenses to students beyond the customary tuition and fees. Many of these expenses are listed below.

1. Background check	\$40.00 - annual- 2 years
2. Liability Insurance	\$35.00 - annual- 2 years
4. TB Test	\$7.00 – annual – 2 years
5. Name tag	\$5.00
6. Health Insurance	Varied
7. NATA Membership Dues	\$125.00 - annual- 2 years

Electrotherapy

- 1. The student will set up and apply a variety of electrical stimulation currents and units, such as:
 - a. TENS _____ (18)
 - b. High volt _____ (19)
 - c. Biphasic _____ (20)
 - d. Russian _____ (21)
 - e. Microcurrent _____ (22)
 - f. Interferential _____ (23)
 - g. Pre-modulated therapy _____ (24)

Ultrasound

- 1. The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply the following:
 - a. thermal ultrasound treatment with appropriate mHz _____ (25)
 - b. non-thermal ultrasound treatment with appropriate mHz _____ (26)

Taping and wrapping

- 1. The student will demonstrate the ability to tape and wrap the following joints to limit motion:
 - b. shoulder joint and girdle
 - spica wrap _____ (27)
 - c. elbow
 - wrap _____ (28)
 - hyperextension tape _____ (29)
 - d. wrist and hand
 - wrap _____ (30)
 - tape wrist with X _____ (31)
 - e. Thumb
 - spica wrap _____ (32)
 - tape _____ (33)
 - g. hip and pelvis
 - spica wrap _____ (34)
 - h. knee
 - wrap _____ (35)
 - i. lower leg
 - wrap _____ (36)
 - j. ankle
 - wrap _____ (37)
 - tape _____ (38)
 - k. foot and arch
 - wrap _____ (39)
 - arch tape _____ (40)

Rehabilitation techniques

- 2. The student will set up and utilize the following rehabilitation equipment
 - a. exercise bike – seat height _____ (41)
 - b. rebounder _____ (42)
 - c. slide board _____ (43)
 - d. exercise band/tubing _____ (44)
 - e. exercise ball _____ (45)

Supervising ATC Print

Supervising ATC Signature

