



COLORADO MESA UNIVERSITY

ATHLETIC TRAINING PROGRAM

PROGRAM DESCRIPTION

The Colorado Mesa University Athletic Training Program is a five semester didactic/clinical program beginning the spring semester of the sophomore year and 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 a 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., 20 – 25 hours/week outside of scheduled class meeting times on afternoons and some weekends). Each field experience course will begin the first week of August with a didactic component and a clinical component being completed prior to or during the preseason practices for the fall sports. Athletic Training Program students will complete four off campus rotations during the course of the program. Juniors will complete rotations at local high schools and at an outpatient physical therapy clinic. Seniors will complete rotations at an emergency department and at a multi-physician orthopedic clinic.

The application deadline is December 1st. 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 clinical rotation sites.

All applicants will complete an interview (either in person or by phone / Skype) with members of the Athletic Training Program faculty. After the completed application material has been received, the student will be allowed to schedule the interview. Interviews will be completed the first week in December. Sign-ups will be posted on the Program Director's door.

The criteria for determining admission will include the following: demonstrated work ethic, involvement during observations, overall GPA, pre-requisite course GPA, interview, essay and the recommendation from a supervising certified athletic trainer.

All students in the Athletic Training Program are required to complete a 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 page 5.)

ADMISSION REQUIREMENTS

Academic

- Overall college grade point average of 2.75 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 Program at Colorado Mesa University will accept students from other institutions directly into the program provided they have completed courses equivalent to KINE 234, BIOL 209, and 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 Athletic Training 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 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. Please note, transfer students should begin to matriculate in January with the rest of the accepted items.

In the event that a student is unable to transfer in January, they will be required to enroll in KINE 252 and KINE 253 the following summer and arrange to complete acceptable clinical hours where ever they may be living. Once these course requirements are met, they will continue their course work with the rest of the cohort.

ATHLETE PARTICIPATION

Colorado Mesa University athletes will be allowed to participate in the Athletic Training Program with the same requirements as all other athletic training students. The athlete must realize that extra effort must be made on their part to complete the required athletic training clinical education experience hours associated with each Clinical Experience class. This may include missing some of their sports practices and assisting with sports during Thanksgiving, Christmas and/or Spring breaks. Also if the athletic participation limits the athletic training 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. Please contact the Athletic Training Program Director to outline a plan of study.

STUDENT RETENTION POLICY

Students in the Athletic Training Program are required to maintain a 2.75 semester GPA. Students failing to maintain a semester GPA of 2.75 will be placed on academic probation. If the semester GPA remains below 2.75 in the subsequent semester, the student will be dismissed from the Athletic Training Program.

Students in the Athletic Training Program 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 criterion will result in a one semester suspension from the program and repeating the course. Potential Students can obtain more detailed information by contacting the Program Director.

COLORADO MESA UNIVERSITY
Athletic Training Program
Application Form

1. Full Legal Name _____
Last First Middle Initial
2. Colorado Mesa University Student ID (if applicable) 700 _____
3. Date Application Submitted _____
4. Grand Junction area phone number (With Area Code) _____
5. Permanent Phone Number (With Area Code) _____
6. E-Mail Address _____
7. Grand Junction Address: _____

8. Permanent Address: _____

8. Please complete the following pre-requisite course requirement (or equivalent) information:

| <u>Course</u> | <u>Semester Taken</u> | <u>Grade Received</u> |
|---------------|-----------------------|-----------------------|
| KINE 234 | _____ | _____ |
| KINE 240 | _____ | _____ |
| BIOL 209 | _____ | _____ |
| BIOL 209L | _____ | _____ |

9. Your current cumulative GPA: _____
10. All applications must include the following to be considered complete. Incomplete applications will not be considered.

Essay on why you want to pursue a concentration in athletic training and your career goals once you complete the Athletic Training Program. (1 to 2 pages)

Copies of the following documents: unofficial transcript, current course enrollment, current Healthcare Provider CPR certification for the professional rescuer or equivalent, immunization records including MMR and HepB, completed technical standards form, completed skills verification form, completed observation experience form

Confidential letter of recommendation

NOTIFICATION OF ADMISSION: All applicants who submitted an application on or before the deadline and complete the interview during the first week of December will be notified by January 1st regarding acceptance.

ATHLETIC TRAINING PROGRAM TECHNICAL STANDARDS FOR ADMISSION

The Athletic Training Program at Colorado Mesa University 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 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 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 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 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 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 University 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

COLORADO MESA UNIVERSITY STUDENTS

- Completed Application Form
- Essay on why you want to pursue an education in athletic training at Colorado Mesa University and what your career goals are with this degree as a foundation
- Unofficial transcript
- Current course enrollment
- Copy of current CPR-PR card or equivalent
- Copy of immunization records including documentation of MMR and Hep B vaccinations
- Signed Technical Standards for Admission form
- Confidential letter of recommendation from a certified athletic trainer
- Completed KINE 240 course requirements (Completed Skills Verification Form and Observation Experience Form – obtain copies from course instructor)

TRANSFER STUDENTS APPLYING FOR DIRECT ADMISSION

- Complete Application Form
- Essay on why you want to pursue an education in athletic training at Colorado Mesa University and what your career goals are with this degree as a foundation
- Unofficial transcript
- Current course enrollment
- Copy of current CPR-PR card or equivalent
- Copy of immunization records including documentation of MMR and Hep B vaccinations
- Signed Technical Standards for Admission form
- Confidential letter of recommendation from the certified athletic trainer involved in the observational experience
- Completed Skills Verification Form
- Completed Observation Experience Form

PROGRAM EXPENSES FOR STUDENTS

Involvement in the CMU Athletic Training Program will result in some out of pocket expenses to students beyond the customary tuition and fees. Many of these expenses are listed below. Prices may vary depending on the provider:

- Criminal background check – completed once after program admission
- Liability insurance – needed continuously during program matriculation
- TB test – completed once after program admission
- Health insurance – needed continuously during program matriculation
- NATA membership dues – needed continuously during program matriculation

Applicant Name _____

SKILLS VERIFICATION FORM

Students accepted into the Colorado Mesa University Athletic Training Program are expected to have developed proficiency in some basic skill while completing the observation phase. These skills are presented, practiced and evaluated during the Colorado Mesa University KINE 240 – Intro to Clinical Athletic Training course. Transfer students are expected to possess these same skills.

Transfer students should work with their supervising Certified Athletic Trainer(s) (AT) to develop these skills and prove proficiency. After the student has demonstrated proficiency in the skill the supervising AT will enter a P in the proficiency column and initial the AT column.

We realize that different facilities have a variety of therapeutic modalities and rehabilitation equipment. If the supervising athletic trainer does not have access to a particular modality, please discuss the modality or device with the student and enter a C for concept in the proficiency column.

| | Proficiency | AT Initials |
|--|-------------|-------------|
| Pre-Physical assessment | | |
| 1. The student will assess the following: | | |
| a. Height | _____ | _____ (1) |
| b. Weight | _____ | _____ (2) |
| c. Blood pressure | _____ | _____ (3) |
| d. Pulse | _____ | _____ (4) |
| e. Vision (Snellen Chart) | _____ | _____ (5) |
| Acute Care | | |
| 2. The student will demonstrate the ability to: | | |
| a. Properly apply and remove gloves and other PPE | _____ | _____ (6) |
| b. Properly dispose of bio-hazardous waste | _____ | _____ (7) |
| c. Apply ice, compression, and elevation to an acute injury | _____ | _____ (8) |
| Record Keeping | | |
| 3. The student will: | | |
| a. Use standard record keeping methods (e.g., SOAP, HOPS) | _____ | _____ (9) |
| Cryotherapy | | |
| 4. The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply the following: | | |
| a. Cold whirlpool treatment | _____ | _____ (10) |
| b. Ice pack | _____ | _____ (11) |
| c. Ice immersion | _____ | _____ (12) |
| d. Ice massage | _____ | _____ (13) |
| e. Cryokinetics | _____ | _____ (14) |
| Thermotherapy | | |
| 5. The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply the following: | | |
| a. Moist heat pack | _____ | _____ (15) |
| b. Warm whirlpool treatment | _____ | _____ (16) |

| | Proficiency | AT Initials |
|---|-------------|-------------|
| Electrotherapy | | |
| 6. The student will set up and apply a variety of electrical stimulation currents and units, such as: | | |
| a. TENS | _____ | _____ (17) |
| b. High volt | _____ | _____ (18) |
| c. Biphasic | _____ | _____ (19) |
| d. Russian | _____ | _____ (20) |
| e. Microcurrent | _____ | _____ (21) |
| f. Interferential current | _____ | _____ (22) |
| g. Pre-modulated current | _____ | _____ (23) |

| | | |
|--|-------|------------|
| Ultrasound | | |
| 7. The student will demonstrate the ability to select the appropriate parameters for and then prepare and apply the following: | | |
| a. Thermal ultrasound with appropriate mHz | _____ | _____ (24) |
| b. Non-thermal ultrasound with appropriate mHz | _____ | _____ (25) |

| | | |
|--|-------|------------|
| Taping and Wrapping | | |
| 8. The student will demonstrate the ability to tape and wrap the following joints to limit motion: | | |
| a. Should joint – girdle spica wrap | _____ | _____ (26) |
| b. Elbow – hyperextension tape | _____ | _____ (27) |
| c. Elbow – compression wrap | _____ | _____ (28) |
| d. Wrist and hand – wrist tape with X | _____ | _____ (29) |
| e. Wrist and hand – compression wrap | _____ | _____ (30) |
| f. Thumb – spica tape | _____ | _____ (31) |
| g. Hip and pelvis – spica wrap | _____ | _____ (32) |
| h. Knee – compression wrap | _____ | _____ (33) |
| i. Lower leg – compression wrap | _____ | _____ (34) |
| j. Ankle – compression wrap | _____ | _____ (35) |
| k. Ankle – tape | _____ | _____ (36) |
| l. Foot and arch – arch tape | _____ | _____ (37) |

| | | |
|--|-------|------------|
| Rehabilitation | | |
| 9. The student will set up and utilize the following rehabilitation equipment: | | |
| a. Exercise bike – seat bike | _____ | _____ (38) |
| b. Rebounder | _____ | _____ (39) |
| c. Slide board | _____ | _____ (40) |
| d. Exercise band/tubing | _____ | _____ (41) |
| e. Exercise ball | _____ | _____ (42) |

Supervising AT Print

Supervising AT Signature