

**University of Connecticut
Athletic Training Education Program
Clinical Rotation IV- Clinical Proficiencies
Packet #1**

Please complete the following scenarios with your ACI/student during the four week evaluation period. The ACI should evaluate the performance of the athletic training student after completing the following scenarios and discuss the results upon completion.

Conditioning and Rehabilitative Exercise

Please indicate the level of performance of your athletic training student by placing the most appropriate number listed below after each scenario. Scores of 2 or 3 indicate a passing (competent) score.

Criteria	Excellent	Proficient	Marginal	Not Competent
	3	2	1	0
Performance & Completion of Scenarios	Student successfully completes tasks/evaluation/skill without guidance or prompting. Is complete and thorough with task/evaluation/skill. Takes necessary steps (in sequence). Is able to handle situation. Demonstrates confidence in abilities.	Student was able to complete the evaluation but needed guidance or prompting at times. Student was able to recognize and properly treat/handle situation.	Student needed support throughout task/evaluation/skill. Student was unorganized in task/evaluation/skills. Missed key components.	Student was unorganized in evaluation. Student was unable to complete the tasks/evaluation/skills. Needed complete explanation or review to complete task.

The same four problems should have the same outcome as indicated below:

The Problem #1:

A football player who suffered an L3 compression fracture has been given clearance to begin weight-bearing activities. Specifically, what goals/objectives do you have for this particular player? Develop a program that would incorporate exercises to meet your goals.

Specific Outcomes:

Synthesize information obtained in a patient interview and physical examination to determine the indications, contraindications and precautions for the selection, application, and evidence-based design of a therapeutic exercise program for injuries to the upper extremity, lower extremity, trunk, and spine. The student will formulate a progressive rehabilitation plan and appropriately demonstrate and/or instruct the exercises and/or techniques to the patient. Effective lines of communication should be established to elicit and convey information about the patient's status and the prescribed exercise(s). While maintaining patient confidentiality, all aspects of the exercise plan should be documented using standardized record-keeping methods.

Score _____

The same three problems should have the same outcome as indicated below

The Problem #2:

A tennis player was diagnosed with spondylolisthesis three weeks ago. Specifically, what goals/objectives do you have for this particular player? Develop a program that would incorporate exercises to meet your goals.

Specific Outcomes:

Same as problem 1.

Score ____

The Problem #3:

You are working with an ice hockey player who suffers from low back spasms. They have been creating problems for the past week. Specifically, what goals/objectives do you have for this particular player? Develop a program that would incorporate exercises to meet your goals.

Specific Outcomes:

Same as problem 2.

Score ____

The Problem #4:

One of your crew players has been getting treatment for SI joint dysfunction for over a year. She has been symptom free for two months, but returns today complaining of pain and discomfort. Specifically, what goals/objectives do you have for this particular player? Develop a program that would incorporate exercises to meet your goals.

Specific Outcomes:

Same as problem 2.

Score ____

**Your signatures below indicate completion of the above tasks as well as a discussion of the performance and grade assigned.

ACI Name

ACI Signature

Date

Student Name

Student Signature

Date

Please provide any additional comments on the student performance.
