

**University of Connecticut  
Athletic Training Education Program  
Clinical Rotation IV- Clinical Proficiencies  
Packet #2**

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:

You are working with women's lacrosse player suffering from a navicular stress fracture. She has been given clearance to initiate partial 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:

You are working with a women's cross country athlete who just underwent bilateral anterior and lateral fasciotomies. 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:

One of your baseball players suffered a PCL rupture during practice yesterday. He is scheduled for surgery in three weeks. 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 hurdlers suffered a grade II hip flexor strain during yesterday's track meet. She is having difficulties weight-bearing. 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.

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