

**University of Connecticut  
Athletic Training Education Program  
Clinical Rotation V- 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.

**Psychosocial Intervention and Referral**

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 Problem #1:

A few of your swimmers come to you concerned about a teammate. They have noticed a drop in her performance as well as her mood swings. They want to help, but are not sure how. What would you do? What might be wrong?

Specific Outcomes:

Demonstrate the ability to conduct an intervention and make the appropriate referral of an individual with a suspected substance abuse or other mental health problem. Effective lines of communication should be established to elicit and convey information about the patient's status. While maintaining patient confidentiality, all aspects of the intervention and referral should be documented using standardized record-keeping methods.

Score \_\_\_\_

The Problem #2:

A football player who suffered a major knee injury (MCL, ACL, meniscus) is struggling with his rehabilitation program. Lately he has been missing treatments and giving minimal efforts while in the training room. Discuss what techniques/strategies could change his outlook/compliance.

Specific Outcomes:

Demonstrate the ability to select and integrate appropriate motivational techniques into a patient’s treatment or rehabilitation program. This includes, but is not limited to, verbal motivation, visualization, imagery, and/or desensitization. Effective lines of communication should be established to elicit and convey information about the techniques. While maintaining patient confidentiality, all aspects of the program should be documented using standardized record-keeping techniques.

Score \_\_\_\_\_

**Nutritional Aspects of Injury and Illnesses**

The Problem #3:

Your coaching staff asks you to prepare the most appropriate pre-game and post-game meals while they are on the road this weekend. They are concerned that the field hockey team isn’t eating the proper meals before and after the game to promote/enhance performance. Discuss your decisions.

Specific Outcomes:

Demonstrate the ability to counsel a patient in proper nutrition. This may include providing basic nutritional information and/or an exercise and nutrition program for weight gain or weight loss. The student will demonstrate the ability to take measurements and figure calculations for a weight control plan (e.g., measurement of body composition and BMI, calculation of energy expenditure, caloric intake, and BMR). Armed with basic nutritional data, the student will demonstrate the ability to develop and implement a preparticipation meal and an appropriate exercise and nutritional plan for an active individual. The student will develop an active listening relationship to effectively communicate with the patient and, as appropriate, refer the patient to other medical professionals (physician, nutritionist, counselor or psychologist) as needed.

Score \_\_\_\_\_

The Problem #4:

The gymnastics coach comes to you concerning one of his star male gymnasts. He has noticed a change in his personality, eating habits, and performance. Discuss what your next step would be and how you would handle this situation.

Specific Outcomes:

Demonstrate the ability to recognize disordered eating and eating disorders, establish a professional helping relationship with the patient, interact through support and education, and encourage vocal discussion and other support through referral to the appropriate medical professionals.

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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