

**University of Connecticut  
Athletic Training Education Program  
Clinical Rotation V- Clinical Proficiencies  
Packet #3**

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.

**Risk Management and Injury Prevention**

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 soccer player recovering from a tibial stress fracture is not cleared for weight-bearing activities, however she needs to maintain her cardiovascular fitness level. What activities might you have her engage in to accomplish this?

Specific Outcomes:

Plan, implement, evaluate, and modify a fitness program specific to the physical status of the patient. This will include instructing the patient in proper performance of the activities and the warning signs and symptoms of potential injury that may be sustained. Effective lines of communication shall be established to elicit and convey information about the patient's status and the prescribed program. While maintaining patient confidentiality, all aspects of the fitness program shall be documented using standardized record-keeping methods.

Score \_\_\_\_\_

The Problem #2:

A volleyball player who has been cleared for the weight room has the following restriction(s): no overhead movements/press. She has been recovering from a capsular shift procedure and has initiated strengthening and neuromuscular control activities. What activities would you suggest she stay away from in the weight room?

Specific Outcomes:  
Same as problem 1.

Score \_\_\_\_\_

The Problem #3:

A long distance runner who has been cleared for functional activity after receiving treatment for trochanteric bursitis and IT Band Syndrome is headed to the weight room today. What activities/exercises are you looking for this athlete to engage in?

Specific Outcomes:  
Same as problem 1.

Score \_\_\_\_\_

The Problem #4:

A rugby player who suffered a quadratus lumborum strain three days ago during practice comes in today for treatment. He is stiff and limited in his trunk motion, but the pain has decreased significantly. What activities/exercises are appropriate at this time? What limitations would you suggest?

Specific Outcomes:  
Same as problem 1.

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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