

**The University of Texas at Austin  
Athletic Training Education Program**



**Directed Observation Program  
Student Manual**

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## Introduction

Welcome to the Directed Observation Program (D.O.P) for the Athletic Training Education Program (ATEP) at the University of Texas at Austin. The D.O.P is a one to two semester long “pre-professional” program for students seeking admission to the ATEP.

While athletic training is a very valuable and rewarding profession, it is not for everyone. The D.O.P. is designed to give those students whom may be interested in Athletic Training a cursory look at the profession and UT’s program. This will allow the student to ensure that he / she wants to pursue a career in athletic training, or a related field, and be a part of the UT program before making a major commitment. In addition, we want new students to have time to make the transition from high school to college without the added time commitment associated with our program. Lastly, the D.O.P allows our staff to evaluate each student in a clinical setting similar to the ones that he / she will be involved with throughout the remainder of his/her education. This gives us a good idea of whether or not the student will be able to handle the demands of the program.

Participation in the D.O. program is a requirement for admission to the ATEP unless a student is transferring from another ATEP and meets the admission requirements for transfer students. **However, students must understand that being in the D.O.P does not ensure their admission into the ATEP.**

In addition to reading this packet, students are to review the information on the ATEP website ([www.edb.utexas.edu/atep](http://www.edb.utexas.edu/atep)), including the athletic training student manual. Students should pay particular attention to the program’s admission requirements and technical standards information.

We have tried to include all of the information that you will need to complete the D.O.P, however, if you have any questions that are not covered in this manual please feel free to contact Brian Farr, the ATEP Director at [bfarr@mail.utexas.edu](mailto:bfarr@mail.utexas.edu). or by phone at 471-9885.

Good Luck and Have Fun!

## Program Components

The D.O.P has three primary components: (a) directed observation hours, (b) clinical proficiencies and educational competencies, and (c) coursework.

### A. Directed Observation Hours:

Directed Observation Students (D.O.Ss) will be given a schedule of bi-weekly clinical rotations for which they are to spend at least five hours per week “observing” a staff athletic trainer and his / her athletic training student (ATS) at a given clinical setting (see page 8 for an example of the rotation schedule). During this time, D.O.Ss will have the opportunity to observe and interact with our Certified Athletic Trainers (ATCs) and ATSS. It is a time to see what the profession and our program are all about. The hours that the D.O.Ss accumulate in the athletic training room will include interacting with many of UT’s staff and ATSS. Use this time wisely to ask questions, get involved, and really look at what the athletic training profession and our ATEP demands of you. D.O.Ss will NOT provide athletic training services to any athletes, but they may voluntarily assist with the day-to-day activities while observing. D.O.Ss need to obtain 50 observation hours in order to meet the admissions requirements.

D.O.Ss are required to keep an accurate account of their observation hours. This is to be done on the *Directed Observation Hour Log*. D.O.Ss are to enter the date, rotation site and number of observation hours obtained. The log is to be signed by a supervisor on a daily basis. D.O.Ss are reminded NOT to wait until the end of the semester to fill in the log. This log must be turned in with the application materials. A copy of this log can be found on page 12 of this packet. The form may also be downloaded from the ATEP website. Please make copies of the original, as several copies will be needed to track the observation hours. Bring this form to your rotations.

While performing the observation hours, our staff and ATSS will be observing and evaluating the D.O.S. Scores from these evaluations are used as part of the admission criteria. The D.O.S is responsible for reminding his / her site supervisor to fill out the *Directed Observation Student Evaluation Form* when the rotation is completed. This form is available on-line on the ATEP website <http://www.edb.utexas.edu/atep/formspage.htm>. The supervisor will complete the evaluation and submit the form to the Program Director. If the D.O.S fails to remind the supervisor about a form, the supervisor may not submit an evaluation of the student. Because the evaluation scores are considered when determining admission to the major and the ATEP, a D.O.S without documented evaluation scores will not fulfill the admissions requirements. It is of utmost importance that the D.O.S reminds the site supervisor to submit an evaluation form. As a reference, a

copy of this form is included on page 13 of this packet. The actual form will be filled out and submitted electronically.

The D.O.S is also responsible for completing a *Directed Observation Site Evaluation* form and submitting it to the Program Director. This is also done on-line at <http://www.edb.utexas.edu/atep/formspage.htm>. As a reference, a copy of this form is included on page 15 of this packet. The actual form will be filled out and submitted electronically. See Appendix B for instructions on how to complete and submit this form electronically.

B. Clinical Proficiencies and Educational Competencies (“proficiencies”):

D.O.Ss will be given a list of skills (“proficiencies”) that they must learn and become proficient in performing. The proficiencies address basic athletic training knowledge, skills and techniques. Our course instructors, clinical instructors, and ATS will teach the proficiencies in both a formal and informal manner. After learning the skill, the D.O.S should practice the skills until he / she can perform them effectively. Once the D.O.S believes he / she is competent in the skill, he / she should meet with a staff athletic trainer or ATS to demonstrate proficiency and competency in performing the skill. If the evaluator deems the D.O.S competent the skill will be “signed-off”, meaning the D.O.S has proven his / her competency and proficiency in that particular skill. Proficiencies can be worked on at anytime the supervisor or ATS has some “down” time, however, we advise arranging times with the supervisor or ATS in advance. Completion of the proficiencies is also a requirement for admission to the ATEP. A list of the proficiencies and a sign off sheet is located on pages 17-21 of this packet. Print those pages and bring them with you to your rotations.

C. Coursework:

Completion of the following four prerequisite courses is required for admission to the ATEP: (a) KIN 312K Care and Prevention of Athletic Injuries, (b) KIN 219K – Introduction to Athletic Training, (c) BIO 309D – The Human Body, and (d) CC 306M – Introduction to Medical and Scientific Terminology. Further information regarding these courses is explained in the ATEP admissions packet. In addition to the prerequisite courses, D.O.Ss should enroll in general education requirements for the major. These courses can be found on the left side of the Athletic Training Major degree sheet. Degree sheets can be picked up in Bellmont 1005. Students are encouraged to meet with an academic advisor if they have any questions about general education requirements. Appendix A has additional information regarding the coursework that is associated with the ATEP.

## **RULES & REGULATIONS:**

The following is a list of guidelines that **must be followed** in order for this to be a mutually beneficial experience. Violation of any of these guidelines will result in immediate expulsion from the Directed Observation Program. This list is not all-inclusive. Actions will be evaluated for their appropriateness as warranted. Inappropriate actions will be reported to the University or legal authorities as warranted.

1. The Directed Observation Program is only open to UT-Austin undergraduate students.
2. If you are asked to assist, do only what you are specifically instructed to do. These instructions **MUST** come from a credentialed member of The University of Texas at Austin's Athletic Training and Sports Medicine Staff. **DO NOT** perform any treatments, dispense any medications, or provide opinions on injuries or care rendered. These practices are the prerogative of our physicians and licensed athletic trainers. The Texas Department of State Health Services regulates our work as athletic trainers and we must follow all standards of practice guidelines established by this agency. Know your limitations and abide by all of our directives when it comes to any health care interaction with our student athletes. If you are not comfortable in performing a task that is requested of you, it is your responsibility to communicate this information as quickly as possible to your supervisor(s). Remember, **FIRST DO NO HARM!**
3. Athletic training is a medical profession. Athletic trainers, professional and student alike, are held to the highest of ethical and legal standards. You will also be held to these standards. One of the most important areas deals with patient/ athlete confidentiality. What you see or hear in the athletic training room, the locker room, or on the field stays there. You are not to disclose anything you see or hear to anyone including, but not limited to family, friends, or media. Disclosure of an athlete's information without his/her direct and informed consent is illegal and punishable by law.
4. You are expected to represent yourself in a mature and professional manner at all times. You must remember that The University of Texas athletic program is a highly visible and respected program. Do not do anything to jeopardize that status or your involvement with our program. Your interaction with athletes, coaches, and departmental staff members is expected to remain professional. Socializing with athletes is highly discouraged. Also, remember that you are participating in the D.O.P to learn about the athletic training profession and the ATEP, not to meet, befriend, or "get an in" with the athletes. You must maintain a professional relationship at all times.
5. You are required to comply with the laws, rules and regulations set forth by the Texas Department of State Health Services and its Advisory Board of Athletic Trainers.

Please go to the Department's and Board's website at: <http://www.dshs.state.tx.us/at/default.shtm> for specific information.

6. You must also abide by the NATA's Code of Ethics which can be found at: [http://www.nata.org/codeofethics/code\\_of\\_ethics.pdf](http://www.nata.org/codeofethics/code_of_ethics.pdf)
7. You are to report well-groomed and dressed appropriately. The preferred attire is a collared shirt or t-shirt with a UT logo, tennis shoes, warm-up or wind breaker type shorts or pants, or "khaki" type shorts or pants. Shirts must have sleeves and should not have low-cut "v-necks". Hats are not to be worn inside. Do not wear hats, shirts, etc. with other team's logos or with inappropriate references (alcohol, parties, cuss words, etc). Do not wear jeans or sandals. Shorts must be at least mid-thigh in length. Shorts and pants must be worn around the waist line, not below it. Bring outdoor clothing as you feel appropriate.
8. No cell phone use is allowed during scheduled observation times!
9. Recognize that our staff and students have a job to do. Caring for the athletes is their first priority. There will be times when the staff and students go about their jobs without paying much attention to you – this cannot be avoided. You should observe their activities and ask questions at an appropriate time. Also, keep in mind that you will not be privileged to or involved with everything. If you are asked to leave a situation, do not take it personally, they still have a job to do.
10. You are responsible for arranging the days and times of your rotations. You will be given a schedule of rotations to follow. Do NOT veer from this schedule without the permission of Brian Farr or Donald Nguyen. You should call the contact person listed for that rotation the week prior to your rotation with them to make arrangements. Do not show up without making prior arrangements. Please be on time to your rotations. If you will be late or unable to show up, you MUST inform the supervisor of that site in advance.
11. You are to report for a minimum of five (5) hours per week. You may report for more hours with the permission of the clinical supervisor. Try to make arrangements to see practice or game prep, practice or game coverage, and post practice or game situations to get a good feel for what occurs. It is not the number of hours that you put in that is important, but what you do during those hours. Note that not all rotations allow D.O.S to attend / observe games.
12. It will be up to you to get involved with learning and making this a good experience. Our staff will help you learn and attempt to provide a sound educational experience, but they will NOT take you by the hand and lead you around. We are looking for students that want to learn and experience as much as possible. Remember this is a time for us to evaluate you. Do not be passive in your experience! However, keep in mind that you are NOT to provide any athletic training or medical services without

being specifically instructed to do so by a member of the UT medical staff (see item #1).

13. You will be given a list of proficiencies and competencies to complete. It is up to you to seek out assistance in learning and mastering these competencies. Completion of these proficiencies is part of the admissions criteria.
14. You are responsible for meeting all admissions criteria, completing all admissions forms, and submitting the materials before the due dates.
15. If, at anytime, you are uncomfortable with a situation, please report that to the supervisor of your rotation, to Donald Nguyen, or to Brian Farr immediately.
16. If you decide that you are no longer interested in athletic training or our program, please inform Brian Farr or Donald Nguyen.

If you have any questions or concerns, please contact Brian Farr at 471-9885 or Donald Nguyen 748-1016.

**ROTATION SCHEDULE:**

This is a sample of the rotational schedule, your name will be placed in one of the slots and that will become your rotation for the rest of the year. EACH ROTATION WILL LAST FOR 2 WEEKS.

FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK
WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK
WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB
VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB
BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK
MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC
SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN
MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB
SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK
MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN
WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB
FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK
WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK
WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB
VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB
BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK
MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC
SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN
MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB
SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK
MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN
WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB
FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK
WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK
WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB
VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB
BB	MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK
MBK	SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC
SOC	MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN
MTN	SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB
SB	MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK
MTK	WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN
WTN	FB	WTK	WBK	VB	BB	MBK	SOC	MTN	SB	MTK	WTN	FB

**CONTACT NAMES & NUMBERS:**

These are the supervisors that you will need to contact in relation to your rotation. It is up to you to set up a schedule with them and you must do it prior to the start of each new rotation.

Sport / Rotation		Supervisor	Contact Info
FB	Football		
MBK	Men's Basketball		
WBK	Women's Basketball		
VB	Volleyball		
BB	Baseball		
SB	Softball		
SOC	Women's Soccer		
MTN	Men's Tennis		
WTN	Women's Tennis		
MTK	Men's Track		
WTK	Women's Track		
ROW	Women's Rowing		

## FREQUENTLY ASKED QUESTIONS:

*Does everyone have to do a year of directed observation hours?*

No. Students who have had at least 50 hours of athletic training experience at the **college or university level** may, at the ATEP Admissions Committee's or Program Director's recommendation, skip the D.O.P and be admitted to the ATEP. The 50 hours must have been performed under a BOC certified athletic trainer. In this case, the student is placed on a probationary status until all requirements for admission to the program have been fulfilled. Prior experience does NOT guarantee waiver of the D.O.P or admission to the UT ATEP. Please see the program's admissions packet for full details or speak with the Program Director.

*What if I am going through the rotations and do not get my 5 hours in that week due to conflicts?*

Every effort should be made to obtain five hours per week. However, if you are unable to do so because of unavoidable conflicts, you can make them up in the next week's rotations or at some other time in the rotation schedule. Please be sure to contact your supervisor to inform them of the conflicts ahead of time.

*What are the requirements for admission in to the ATEP?*

Please see the ATEP website at [www.edb.utexas.edu/atep](http://www.edb.utexas.edu/atep) for full details on the admission's process and requirements.

*What happens after my year as a directed observation student?*

In May, the D.O. students should apply for admission to the ATEP. Admission is competitive and limited. Admission is based on criteria that include your GPA, staff evaluations, completion of the competencies, grades in the prerequisite courses, and completing at least 50 hours of directed observation. For full details on program admissions, students should see the information on admissions on the ATEP website ([www.edb.utexas.edu/atep](http://www.edb.utexas.edu/atep)) or speak with an academic advisor or the ATEP Director.

The admissions process is competitive. Therefore, **not every directed observation student is admitted to the ATEP**. If admitted to the ATEP, students will be placed with a clinical instructor in a clinical rotation (UT sports team, high school, sports medicine clinic, etc.). From that point on, as long as the student meets the program's standards, he / she continues taking classes and performing clinical rotations to prepare for graduation and the national certification and/or state licensure exam. Once admitted, students should expect an increase in their time commitment. Fulfilling the clinical rotation assignment must be a high priority for the student to successfully complete the program's requirements. In addition to the increased time demands, the clinical and professional expectations and demands placed on the student increase dramatically. Students should note that the Athletic Training major / ATEP

requirements are set up for a four-year process. This can not be shortened. Upper division and transfer students should be especially mindful of this time requirement.

*What happens if I do not get accepted?*

If a student is not accepted after their D.O. year he / she has three options. One option is to continue to take the classes required for the ATEP with the permission of the Program Director, continue as a D.O. student and reapply to the program the following year. The second option is to enroll in courses outside of the ATEP / athletic training major, continue as a D.O. student and reapply to the program the following year. Students not admitted to the ATEP are NOT permitted to perform clinical rotations. The third option is to transfer majors. Students not admitted after two attempts will not be allowed to repeat the D.O.P nor will an additional application for admission be reviewed.

*Which classes should I take during my directed observation year?*

Students should meet with an academic advisor to receive a list of classes that are needed for the program. Students are encouraged to take a variety of general education courses during their D.O. year. Students should note that KIN 219K – Introduction to Athletic Training, KIN 312K Care and Prevention of Athletic Injuries, CC 306M Introduction to Medical Terminology and BIO 309D – The Human Body are prerequisite courses for admission. Although it can not always be done, students should attempt to take classes that will be finished by 1:00pm so they can participate in their D.O. rotations.

*What about scholarships, stipends, or awards?*

There are no monies specifically for D.O.S or ATS. Students are encouraged to seek financial aid counseling as needed. There are many “general” scholarships for which students are encouraged to apply. Contact the financial aid office for more information.

*Is the UT ATEP accredited?*

Yes. The ATEP was awarded accreditation by CAAHEP, now CAATE, in the spring of 2006. Our next major review will take place in 2011.

\*\* Please note that the information provided is a basic explanation of the D.O. program. Please see the Program Director for additional information or with questions.



The University of Texas at Austin  
Athletic Training Education Program  
Directed Observation Student Evaluation Form

Students Name \_\_\_\_\_ Rotation Site & Dates \_\_\_\_\_

Please rate the student in each category and make appropriate comments in the space provided on the back of the form.

NA = not applicable 1= poor / strongly disagree 2= below avg / disagree 3= average

4= above avg / agree 5= outstanding / strongly agree

- |  |          |          |          |          |          |           |
|--|----------|----------|----------|----------|----------|-----------|
| <input type="checkbox"/> <b>Attendance:</b>  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>NA</b> |
| Student reported on the agreed upon days and was punctual. Fulfilled the 5 hour minimum requirement  |          |          |          |          |          |           |
| <input type="checkbox"/> <b>Professional Appearance</b>  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>NA</b> |
| Student displays appropriate, neat attire and was well groomed   |          |          |          |          |          |           |
| <input type="checkbox"/> <b>Initiative to learn</b>  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>NA</b> |
| Student seeks out and takes advantage of learning opportunities. Inquisitive   |          |          |          |          |          |           |
| <input type="checkbox"/> <b>Involvement</b>  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>NA</b> |
| Student gets involved at the appropriate level   |          |          |          |          |          |           |
| <input type="checkbox"/> <b>Interest level</b>   | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>NA</b> |
| Student has a genuine interest in the program and athletic training field  |          |          |          |          |          |           |
| <input type="checkbox"/> <b>Ethical conduct</b>  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>NA</b> |
| Acts as a professional. Maintains professional relationship with others during rotations.  |          |          |          |          |          |           |
| <input type="checkbox"/> <b>Cooperation</b>  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>NA</b> |
| Maintains a friendly atmosphere and develops a good rapport with athletes, coaches, ATs., ATCs. Works well with peers. Is willing to help. |          |          |          |          |          |           |



**SAMPLE FORM – actual form to be completed on-line**

The University of Texas at Austin  
Athletic Training Education Program  
Directed Observation Site Evaluation

Rotation Site \_\_\_\_\_ Site Coordinator \_\_\_\_\_ Date \_\_\_\_\_

Please rate your experience, in the following categories, at this Directed Observation rotation site. Your comments are confidential and used only to improve the program.

NA = not applicable 1= poor 2= below avg 3= average 4= above avg 5 = outstanding

- |   |       |   |   |     |   |    |
|---|-------|---|---|-----|---|----|
| <input type="checkbox"/> Interaction with staff athletic trainer  | 1     | 2 | 3 | 4   | 5 | NA |
| <input type="checkbox"/> Interaction with student athletic trainer  | 1     | 2 | 3 | 4   | 5 | NA |
| <input type="checkbox"/> Ease in contacting and arranging times with this site's coordinator                        | 1     | 2 | 3 | 4   | 5 | NA |
| <input type="checkbox"/> Value of this experience as an educational opportunity                                     | 1     | 2 | 3 | 4   | 5 | NA |
| <input type="checkbox"/> The amount of material you learned or were taught by the staff or student athletic trainer | 1     | 2 | 3 | 4   | 5 | NA |
| <input type="checkbox"/> Did the staff athletic trainer attempt to educate you?                                     |       |   |   | YES |   | NO |
| <input type="checkbox"/> Did the student athletic trainer attempt to educate you?                                   |       |   |   | YES |   | NO |
| <input type="checkbox"/> Did you cover any of your competencies?  |       |   |   | YES |   | NO |
| <input type="checkbox"/> What was your favorite part of this rotation rotation?                                     | _____ |   |   |     |   |    |



Student's Signature \_\_\_\_\_ Date \_\_\_\_\_

The University of Texas at Austin  
Athletic Training Education Program  
Directed Observation Student  
Competency and Proficiency List

1. Review and discuss the Emergency Action Plan (EAP) with the supervisor of each clinical rotation that you are assigned.
2. Discuss the Athletic Training Room Policies and Procedures at each of your assigned clinical sites:
  - a. What are the staff member's or graduate assistant's and student's responsibilities?
  - b. What are the typical working hours of the staff member, graduate assistant, or student?
  - c. What are the proper channels to go through to refer an athlete to a physician?
  - d. What are the proper procedures for checking out equipment or supplies?
  - e. What are the proper procedures for distributing OTC medications?
3. Preventative ankle tape using prewrap and 1 ½ " cotton white cotton tape
  - (2 anchors, 3 stirrups, 3 horseshoes, 1 pr heel-locks high, 1pr heel-locks low, 1 figure-8, close).
    - a. W/ elastikon continuous heel-locks/ figure 8
    - b. W/ elastikon split diamond
    - c. W/ moleskin stirrups
4. Arch tape support
  - a. W/ pad support (pg 196 Arnheim 10<sup>th</sup> ed.)
  - b. "X" technique (pg 196 Arnheim 10<sup>th</sup> ed.)
  - c. "X teardrop" technique (pg 196-7 Arnheim 10<sup>th</sup> ed)
  - d. Fan technique (pg 197 Arnheim 10<sup>th</sup> ed)
  - e. LowDye technique (pg 197-8 Arnheim 10<sup>th</sup> ed)
5. Turf toe:
  - a. Strap and anchors (pg 199 Arnheim 10<sup>th</sup> ed)
  - b. Figure 8/ spica (pg 198-9 Arnheim 10<sup>th</sup> ed)
  - c. Combination of both
6. Achilles tape support:
  - a. Low version (pg 203-4 Arnheim 10<sup>th</sup> ed)

- b. High version
7. Wrist support:
    - a. Basic circles (pg 207-8 Arnheim 10<sup>th</sup> ed)
    - b. C-strips
    - c. Figure 8/ spica
    - d. "X" strips with figure 8/ spica (pg. 208 Arnheim 10<sup>th</sup> ed)
  8. Thumb:
    - a. Figure 8/ spica (pg 209 Arnheim 10<sup>th</sup> ed)
    - b. Figure 8 w/ C-strips
    - c. Combination w/ wrist
  9. Compression wraps
    - a. Ankle w/o horseshoe (pg 186-7 Arnheim 10<sup>th</sup> ed)
    - b. Ankle w/ horseshoe
    - c. Lower leg (pg 187-8 Arnheim 10<sup>th</sup> ed)
    - d. Knee
    - e. Quad/ hamstring
    - f. Elbow (pg 189-90 Arnheim 10<sup>th</sup> ed)
    - g. Wrist/ hand
  10. Spica wraps
    - a. Shoulder general (pg 188-9 Arnheim 10<sup>th</sup> ed)
    - b. Shoulder – stability
    - c. Hip – adductor (pg 189 Arnheim 10<sup>th</sup> ed)
    - d. Hip – hip flexor (pg 189 Arnheim 10<sup>th</sup> ed)
    - e. Hip – abductor
    - f. Hip – extensors
  11. Set up a R.I.C.E. treatment and discuss the purpose and importance of R.I.C.E.
  12. Record a treatment on the paper form and in the computer
  13. Demonstrate assisted stretching for:
    - a. Hamstrings
    - b. Quadriceps
    - c. Hip Flexors (rectus vs. psoas)
    - d. Gastrocnemius
    - e. Soleus
    - f. Adductors
    - g. Abductors
    - h. I.T. Band
    - i. Lumbar Extensors
    - j. Wrist extensors
    - k. Wrist flexors
    - l. Biceps

- m. Triceps
  - n. Pec Major
  - o. Latismus Dorsi
  - p. Upper Trapezius
- Include contract relax techniques
13. Application of vacuum splints, SAM splint, air splints, and board splints.
  14. Crutch fitting and instruction
  15. Shoulder Sling fitting
  16. Sizing and application of finger splints
  17. Blister care:
    - a. Closed
    - b. Open
    - c. Pad for practice
  18. Measuring athlete's temperature
    - a. Electronic thermometer
    - b. Tympanic thermometer
  19. Discuss and demonstrate how to determine presence of A.B.C's
  20. Detecting and measuring pulses
    - a. Radial
    - b. Carotid
    - c. Posterior Tibial
    - d. Dorsalis Pedis
  21. Stationary bike set-up
    - a. Correct height for cardiovascular
    - b. Emphasize ROM for knee
    - c. Emphasize ROM for hip
  22. Set-up and instruct use of Stairmaster
  23. Set-up and instruct use of UBE
    - a. Cardio
    - b. Trunk ROM
    - c. Shoulder ROM

Name \_\_\_\_\_

Directed Observation Student Competency and Proficiency Check-off Sheet

Item Number	Staff / ATS Signature	Date
1 & 2 FB		
1 & 2 BB		
1 & 2 SB		
1 & 2 MBK		
1 & 2 WBK		
1 & 2 MTK		
1 & 2 WTK		
1 & 2 VB		
1 & 2 SOC		
1 & 2 MTN		
1 & 2 WTN		
3a		
3b		
3c		
4a		
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4c		
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5a		
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9g		
10a		
10b		Name
10c		
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20b		
20c		
20d		
21a		
21b		
21c		
22		
23a		
23b		
23c		

**The University of Texas at Austin  
Athletic Training Education Program  
Directed Observation Program  
Acknowledgement of Policies and Procedures**

By signing below, you certify that you:

1. have read and fully understand the information provided in this packet.
2. recognize that the rules and regulations list (pages 5-7) is not all-inclusive and that your actions will be evaluated for their appropriateness as warranted.
3. agree to follow the guidelines and understand that failure to follow the guidelines will result in immediate dismissal from the Directed Observation Program.
4. understand that your participation in this program is voluntary and may be terminated at the discretion of the Athletic Training Education Program staff.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness

***KEEP THIS COPY FOR YOUR RECORDS!***

**The University of Texas at Austin  
Athletic Training Education Program  
Directed Observation Program  
Acknowledgement of Policies and Procedures**

By signing below, you certify that you:

1. have read and fully understand the information provided in this packet.
2. recognize that the rules and regulations list (pages 5-7) is not all-inclusive and that your actions will be evaluated for their appropriateness as warranted.
3. agree to follow the guidelines and understand that failure to follow the guidelines will result in immediate dismissal from the Directed Observation Program.
4. understand that your participation in this program is voluntary and may be terminated at the discretion of the Athletic Training Education Program staff.

---

Print Name

---

Signature

---

Date

---

Witness

***Sign & Return This Copy***

## Appendix A: Course Sequence

Note:

- 1) **Courses underlined and in BOLD must be taken in the semester listed,** unless transfer credit is accepted.
- 2) Courses not underlined or in bold are suggestions for the semester.
- 3) Prerequisite: courses listed are prerequisites for this course
- 4) (if the course is a prerequisite for another course or the ATEP, it is stated in the parentheses)

Freshman / 1<sup>st</sup> Year:

Fall

M 305G – Math

Prerequisite: 480 on SAT, Math Level 1C Testing, or M 301  
(prereq for PHY & CH which are prereq for other courses)

CC 306M – Intro to Medical and Scientific Terminology  
(prereq for ATEP)

BIO 309D – The Human Body  
(prereq for ATEP)

Spring

**KIN 219K – Introduction to Athletic Training**

Prerequisite: Permission of Instructor  
(prereq for ATEP)

KIN 312K – Care and Prevention of Athletic Injuries  
Prerequisite: Permission of Instructor  
(prereq for ATEP)

CH 301 – Principles of Chemistry 1  
Prerequisite: M 305G  
(prereq for BIO 211)

Sophomore / 2<sup>nd</sup> Year:

Fall

**KIN 324K – Applied Human Anatomy**

Prerequisite: none

(prereq for KIN 325K, KIN 326K, KIN 352K courses (Eval Upper, Eval Lower, Rehab, Topics))

**KIN 341 – Therapeutic Modalities in Athletic Training**

Prerequisite: KIN 219K, BIO 301L or BIO 211 and 212

**KIN 140C – Practicum in Athletic Training**

Prerequisite: admission to ATEP

PHY 302K – General Physics – Tech. Course – Mechanics, Heat, Sound

Prerequisite: M 305G or high school trigonometry, registration or credit in PHY 102M

(prereq for KIN 326K – Kines: Biomech Analysis of Movement)

PHY 102M – Laboratory for PHY 302K

Prerequisite: credit or registration for PHY 302K

(prereq for KIN 326K – Kines: Biomech Analysis of Movement)

CH 302 – Principles of Chemistry II

Prerequisite: CH 301, M 305G

Spring

**KIN 343– Clinical Evaluation of Athletic Injuries: Upper Body**

Prerequisite: KIN 219K, KIN 324K, concurrent registration for KIN 342 – Clin. Eval. of Ath. Inj. Lower Body

(prereq for KIN 344 – Adv Ath Trng: Therap Ex / Rehab)

**KIN 342 – Clinical Evaluation of Athletic Injuries: Lower Body**

Prerequisite: KIN 219K, KIN 324K, concurrent registration for KIN 343 – Clin. Eval. of Ath. Inj. Upper Body

(prereq for KIN 344 – Adv Ath Trng: Therap Ex / Rehab)

**KIN 326K – Kinesiology: Biomechanical Analysis of Movement OR KIN 320 Applied Biomechanics of Human Movement**

Prerequisite: KIN 324K, PH 302K, PH 102M

**KIN 140D – Practicum in Athletic Training**

Prerequisite: admission to ATEP

BIO 211 – Intro Biology: Cell Biology

Prerequisite: CH 301 or 313N

(prereq for BIO 212)

Junior / 3<sup>rd</sup> Year:

Fall

**KIN 344 – Adv. Ath Trng: Therapeutic Exercise and Rehabilitation**

Prerequisite: KIN 219K, KIN 324K, KIN 3343 Eval Upper, KIN 342 Eval Lower

**KIN 119 – Conditioning**

Prerequisite: Permission of Instructor

**KIN 325K – Physiology of Exercise**

Prerequisite: KIN 324K or Human Physiology Course

**KIN 140E – Practicum in Athletic Training**

Prerequisite: admission to ATEP

BIO 212 – Introduction to Biology: Genetics & Evolution

Prerequisite: BIO 211

Spring

**KIN 345 – Topics in Athletic Training**

Prerequisite: KIN 219K, KIN 324K, Permission of Instructor

**KIN 140F – Practicum in Athletic Training**

Prerequisite: admission to ATEP

Senior / 4<sup>th</sup> Year:

Fall

**KIN 346- Athletic Training Program Administration**

Prerequisite: Permission of Instructor

**KIN 352K – Sports Nutrition**

Prerequisite: CH 314 or Human Physiology

**KIN 140G – Practicum in Athletic Training**

Prerequisite: admission to ATEP

Spring

**KIN 140 J – Practicum in Athletic Training**

\*\* It is suggested that students needing KIN electives, fulfill the requirement by enrolling in one or more of the following courses:

- KIN 310 – Physiological Basis of Conditioning
- KIN 311K – Sport Psychology
- KIN 321M – Motor Development and Performance
- KIN 335 – Motor Learning
- KIN 336 – Motor Control
- KIN 352 – Coaching Theory and Principles
- KIN 373 – Evaluation and Research Design
- KIN 376 – Measurement in Kinesiology

All students should note that the following courses must be taken at The University of Texas at Austin (UT). Transfer courses will not be accepted as replacements.

- KIN 119 – Conditioning
- KIN 219K – Introduction to Athletic Training
- KIN 312K – Care and Prevention of Athletic Injuries
- KIN 341 – Therapeutic Modalities in Athletic Training
- KIN 342 – Clinical Evaluation of Athletic Injuries in the Lower Body
- KIN 343 – Clinical Evaluation of Athletic Injuries in the Upper Body
- KIN 344 – Advanced Athletic Training: Therapeutic Exercise & Rehabilitation
- KIN 345 – Topics in Athletic Training
- KIN 346 – Athletic Training Program Administration

Students interested in substituting previous coursework for the following courses must contact the ATEP Director and provide a detailed course syllabus and description of the course to be used in place of the UT course.

- KIN 320 – Applied Biomechanics of Human Movement
- KIN 324K – Applied Human Anatomy
- KIN 325K – Physiology of Exercise
- KIN 326K – Kinesiology: Biomechanical Analysis of Movement
- KIN 352K – Sports Nutrition
- BIO 309D – The Human Body
- CC 306M – Introduction to Medical and Scientific Terminology
- BIO 301L – Molecules to Organisms
- BIO 211 – Introductory Biology: Cell Biology
- BIO 212 – Introductory Biology: Genetics and Evolution

➤ substitution of these courses is handled on a case by case basis

- decisions on whether or not the course(s) can be substituted will be made by the ATEP Director, who may or may not consult with the UT instructor of the equivalent course and the instructor of the course that the student is trying to use as a replacement to determine if the course content matches
  
- students should note that in the event that the ATEP Director, with or without consultation, determines that the student's previous course is not appropriate to substitute for the UT course the student must enroll in the UT course
  
- substituting for courses that are not mentioned in the above sections (i.e. M 305G, GOV 301L, E 316K, etc.) is up to the discretion of UT academic advisors

## **Appendix B: Completing and Submitting On-line Surveys**

1. Go to the UT ATEP website: [www.utexas.edu/atep](http://www.utexas.edu/atep)
2. In the left hand column select “FORMS”
3. At the top of the page select “ONLINE SURVEYS”
4. Enter your UT EID and password
5. Go to “SURVEYS TO BE COMPLETED BY DIRECTED OBSERVATION STUDENTS:” and click on [Directed Observation Site Evaluation](#)
6. Complete the survey, then click “submit survey” at the bottom of the page

➤ This should be done after each two-week rotation.