ATHLETIC TRAINING
CAATE Accredited ATHLETIC TRAINING EDUCATION PROGRAM

Athletic Training Student

-APPLICATION-

FOR MORE INFORMATION CONTRACT:

John Roslien MS, LAT, ATC
Associate Professor Exercise Science
Director, Athletic Training Education Program
117A Kuyper Complex  641-628-5132

roslienj@central.edu

Applicant Name ________________________________

ID Number ________________________________

Due Date: Last Day of the Drop/Add Period Spring Semester
January 30, 2009
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PURPOSE OF THE APPLICATION PROCESS

The purpose of the application process in the ATEP at Central College is to identify qualified students for the academic program. The intent is to introduce the prospective students to basic entry-level skills, policies and procedures which will allow them to decide whether or not to formally apply for acceptance into the academic program. Exposure to the field of athletic training during the application process affords students the opportunity to make an informed decision regarding their future academic pursuits.

APPLICATION REQUIREMENTS

The admission requirements of the Central College Athletic Training Education Program are rigorous and thorough. They are necessary to expose students to the entry level skills required to enter the field of athletic training as a competent young professional. The process also identifies those students that are sincerely interested in pursuing an academic major in athletic training. It is important that students considering the Athletic Training Education Program make an informed decision. Successful applicants must also be able to meet technical standards within the program.

The field of athletic training requires competency in many different knowledge bases. These include biology, anatomy, kinesiology, health, management, psychology, pharmacology, physiology, nutrition, and first aid. A practical working knowledge of a wide variety of settings used by the physically active is also important.

To practice as an athletic trainer, you must be certified by the Board of Certification (BOC). Eligibility for the BOC certification exam requires successful completion of a CAATE-accredited graduate or undergraduate program.

The Athletic Training Education Program involves completing a strong academic program. Additionally, it will require a large time commitment on the part of a successful student in the practical setting. This is necessary to fulfill the CAATE accreditation requirements for clinical competencies and provide you with a wide array of clinical proficiencies. This is an intense academic program and will require successful students to practice diligent academic planning and have focused study habits.

Diligent planning in advance and attention to ATEP academic requirements are necessary for student-athletes or students wishing to travel and participate in an international program to be successful. Participation in the ATEP or athletic programs will be addressed on an individual basis. The Director of the ATEP reserves the right to protect the academic integrity of the program.

- Out of season and non-traditional season activity will not be permitted.
- Overseas travel is limited to spring semester of the junior year or summer.

The process for admittance to the program is initially based on admittance to Central College. You will apply for formal acceptance into the athletic training education program in your first year. The process will consist of the completion of an extensive application, a personal interview and having completed a period of observation. In the observation, prospective students will complete a series of basic objectives designed to introduce them to the program at Central College and the profession of athletic training. Minimum coursework prior to complete admission to the program includes; EXSC 149f, EXSC 151 (including observation assignment) and BIOL 131. A cumulative GPA of 2.8 is required to enter the program. PRCP, AED, BBP and First Aid Certification are required. At the completion of the application process, the number of new students accepted into the program will be based on the number of positions available. A ratio of athletic training students to clinical instructors of 8:1 is used to determine available positions. Unqualified students based on objective criteria will not be considered.

As you progress through the program, periodic evaluations of your skills will be made. Clinical, as well as classroom content will be evaluated. It is your responsibility to be actively involved in planning your progress through the ATEP. You are required to take a dynamic role in this process.

APPLICATION DUE

Written applications will be accepted on or before the end of the Drop/Add period in the spring semester. Requests for additional information, interviews, selection, and notification will be completed prior to the start of spring break.
ADMISSION PROCESS

General Criteria for Candidates to the Athletic Training Education Program
Candidates must have a sound academic background. Special consideration is given to students with strong science skills as indicated on their transcript. Candidates must have good written and verbal communication skills to communicate with staff, faculty, clients, coaches, administrators and other allied health professionals. Finally, candidates must be self-motivated, demonstrate initiative and be able to carry out tasks efficiently and professionally.

Pre-enrollment
Suggested high school / pre-admission background. Successful experiences in each area should be addressed in the application essay, Part C.
- Practical experience observing or working with: PT, PTA, ATC or DR.
- Successful science courses: Biology, Chemistry, Physics, Anatomy, Physiology, etc.
- Successful communication skills.
- Successful Math and Computer Science background.
- Demonstrate successful academic achievement.

Enrollment
- Successful application to Central College.
- Successful pre-enrollment campus visit.

Post-enrollment
First Year
- Attend prospective athletic training student orientation sessions as scheduled.
- Complete the Athletic Training Education Program application.
- Successfully complete the Athletic Training Education Program interview process.
- Complete the following courses prior to second semester of the sophomore year:
  - BIOL 131 Introduction to Cells
  - EXSC 149F Foundations of Exercise Science
  - EXSC 151 First Aid and Sports Injuries (including observation assignment)

Continuing Requirements to the Athletic Training Education Program
- Successful progression through the academic components of the Athletic Training Education Program.
- Maintain minimum retention requirements.
- Successful adherence to the Athletic Training Education Program standard of conduct.
- Current, signed first responder contract
- Athletic Training Education Program contract on file with program director.
- Maintain appropriate athletic training student file.
- Maintain current yearly physical exam form on file.

General Admission Procedures

I. To initiate the application process the student should contact the program director as soon as possible. The applicant must obtain and complete the Athletic Training Education Program application. To obtain the application, please e-mail the director of the athletic training education program John Roslien, MS, LAT, ATC, (roslienj@central.edu) or contact him at 641-628-5132.

II. Admission to the Central College Athletic Training Education Program occurs in one of three methods.

A. Early admission deadline is on or before the end of the Drop/Add period in the spring semester. Student materials submitted prior to this date will be reviewed and the applicant will receive written notification of their status in the Central College Athletic Training Education Program. Acceptance will occur prior to the start of spring break.

A ratio of athletic training students to clinical instructors of 8:1 is used to determine available positions.

B. Late admission deadline is the first class day in May. Students who submit materials prior to this date will have their material reviewed and the applicant will receive written notification of their status in the Central College Athletic Training Education Program. Notification of acceptance will be made if positions are available.

A ratio of athletic training students to clinical instructors of 8:1 is used to determine available positions.
C. The third method is rolling admission. Students must request to have their application reviewed via rolling admission. Rolling admits are reviewed upon receiving all application materials. If the applicant is accepted, their name is placed in a pool of additional candidates to be considered. If clinical athletic training positions are available, admittance may occur for the next most-qualified applicant in the pool. This may occur up to the end of the drop/add period in the fall.

A ratio of athletic training students to clinical instructors of 8:1 is used to determine available positions.

III. Transfer Application Procedures

**Transfer Policy for the Athletic Training Education Program**

Transfer students will be considered on an individual basis following admission to the college and the completion of all Athletic Training Education Program application procedures. (See above) All required courses in the Athletic Training Education Program and athletic training competencies and proficiencies must be audited or completed in the Central College Athletic Training Education Program. Central's Athletic Training Education Program is a three-year/five semester program. To receive an application, policies and procedures handbook, copy of the technical standards, transfer policy, learn GPA requirements, and to get the most current information regarding this program, contact John Roslien, Director of the Athletic Training Education Program, or go to [www.central.edu](http://www.central.edu)

**Transfer Students from CAATE programs:**

Students with previous documented clinical experience from a CAATE accredited athletic training program who transfer to Central College and meet all the application requirements may be eligible for admission to the Athletic Training Education Program upon enrollment in their first semester.

All application materials must be completed prior to beginning the program. To receive an application, policies and procedures handbook, copy of the technical standards, transfer policy, learn GPA requirements, and to get the most current information regarding this program, contact John Roslien, Director of the Athletic Training Education Program, or go to [www.central.edu](http://www.central.edu)

Transfer Requirements:

1. Initiate and complete the application process with the athletic training education program director.
2. Documentation of a minimum of 100 hours of clinical experience supervised by a BOC certified athletic trainer or a state credentialed athletic trainer in a CAATE program.
3. Provide a recommendation from the student’s primary supervising athletic trainer at the previous institution and include a copy of his/her BOC certification card. Also provide two additional recommendations from a faculty member, academic advisor, program director or a different clinical supervisor at the student’s previous institution.

**Transfer Students from CAATE programs Required Course Work:**

Students meeting the transfer criteria above may be admitted without previously completing EXSC 149 or BIOL 131. Credit for these classes must be transferred in or the course must be completed within the first year after having been accepted in the program. EXSC 151 must be completed at Central College.

Transfer students should contact the Director of the Athletic Training Education Program as soon as possible in their application process to the college.

**Non-discrimination Policy**

The Athletic Training Education Program at Central College is an affirmative action/equal opportunity academic program dedicated to creating a diverse community. Individuals from underrepresented groups are encouraged to apply. Student recruitment, admission, academic practices are non-discriminatory with respect to race, color, creed, gender, sexual orientation, age, disabling conditions (handicaps), and national origin and are consistent with defined institutional policy.

**APPLICATION INSTRUCTIONS**

*Information for the applicant.* There are many parts to this application. The application instructions and grievance procedures are explained on this page. Part A is to provide demographic information and a summary of your activities, honors, memberships, and certifications. The signature affixed to this page indicates your intent is to go through the application process for selective admission. Part B contains background information and a reference list, including permission to contact these references. Part C is a written statement answering a series of questions related to why you are choosing athletic training as a course of study. Part D is a description of the observation component and narrative
summary of that experience. Part E is a statement related to the technical standards of the ATEP. Additionally, students will be required to sign the standard of conduct and retention contract in Part F. Part G is the final disclosure information.

All students successfully completing the application process will be ranked based on established criteria. Selection to the Athletic Training Education Program is based on your rank and available positions. Notification of acceptance into the program will be via campus mail.

Grievance Procedure

Admissions Appeal Procedure
Applicants for admission to the ATEP have the right to appeal decisions related to admission according to the following procedure:

1. Applicants must file a written appeal of any decision within two weeks of having received written notification of a decision. The appeal must be sent to the director of the Athletic Training Education Program and must include the reasons for challenging the decision.
2. The director of Athletic Training Education Program will consult with an appeal committee. It will consist of the department chair of EXSC and a faculty member from EXSC department.
3. A decision of the committee will be made within two weeks after receipt of the appeal.
4. The applicant will be informed in writing of the decision.

The student has a right to appeal the committee’s decision to the Vice President of Academic Affairs at Central College.

By signing below I acknowledge that I understand the application process for the Athletic Training Education Program at Central College.

Signed ____________________________________________ Date __________________
APPLICATION FOR ADMISSION
Athletic Training Education Program
Central College
Part A
DEMOGRAPHIC INFORMATION

Name __________________________________ Advisor ____________________________

ID Number __________________________________

Campus Address ____________________ Box ________ Extension _________________

Central e-mail Address ________________________________

Personal e-mail Address ________________________________

Home Address ______________________________________

City ________________________________ State _________________Zip _______________

Cell Phone Number ________________________________

Phone (___)__________________ SS# _______________________________________

Birth date _______________________________________

High School Attended ________________________________ City ____________________

Parents Name/Address _______________________________________

________________________________________________________

Family member/Home e-mail address ________________________ /

High School Extracurricular Activities and Honors:

List any current memberships and certifications that you have earned or maintained (indicate dates).

List current hobbies and interests that you actively pursue:
APPLICATION FOR ADMISSION
Athletic Training Education Program
Central College
Part B
BACKGROUND INFORMATION

Applicant ____________________________________________ Date ______________

List the dates of your college attendance, degree (if any) and the institution:
College / Degree / Dates
___________________________________ ____________ ____________ ____________
___________________________________ ____________ ____________ ____________
___________________________________ ____________ ____________ ____________

Please list each past and/or current experience in athletic training, sports medicine, or health professions.

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<th>Contact Person</th>
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List full or part-time employment over the last two years: (add another sheet if needed)

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High School academic information (available through your academic advisor at Central College)

High School __________________________ City __________________________

ACT Composite ___________ HS cumulative GPA ___________/scale __________ Class rank __________ / __________
By signing below I authorize the ATEP Director to contact my references.

Signed ____________________________ Date __________________

Submit with this part of the application the names, addresses and phone numbers of three references: one from an individual who knows your motivation to pursue a career in health care, athletic training or sports medicine; one who knows you personally; and one who knows you academically. These must be current references with whom you have made contact or maintained contact within the past year.
APPLICATION FOR ADMISSION
Athletic Training Education Program
Central College
Part C
WRITTEN DOCUMENT

Applicant ____________________________________________ Date __________________

Cover sheet for Written Statement

Format:
Attach this cover sheet to a written statement which addresses the following questions:

- Why do you want to be a part of the Central College Athletic Training Education Program?
- What personality characteristics would an exceptional athletic training student demonstrate on a regular basis?
- What special qualities can you bring into this program?
- Define athletic training as you understand it.
- What are your postgraduate plans and/or immediate career goals?
- Describe how you learn.
- When did you first become interested in athletic training? What was your first major influence?

Pre-enrollment suggestions from page 4 should be addressed in this statement.

The statement must be typed.

The maximum length of the statement should be four pages.
APPLICATION FOR ADMISSION
Athletic Training Education Program
Central College
Part D
OBSERVATION SUMMARY

Applicant ____________________________________________ Date _______________

Cover sheet for Narrative Summary of observation hours

1. Attach this cover sheet to the summary of your observation hours.
2. The summary must be typed.
3. The maximum length is five pages. All objectives and competencies detailed in part D must be addressed.
4. Attach a copy of the hour’s sheet with signatures.

Academic Integrity
Plagiarism and cheating of any form are serious offenses and may result in your application to the program being removed from consideration. The details of Central’s Academic Integrity policy are found in the Student Handbook on the college’s Web site.

Part D of the ATEP application is a separate assignment from the observation component outlined as part of the EXSC 151 course.

Part D of the ATEP application will require 20 hours of observation and the completion of an extensive checklist and summary paper.

The EXSC 151 observation assignment will total 10 hours of observation during your freshman year.

Part D of the ATEP application and the EXSC 151 observation assignment will total 30 hours of observation during your freshman year.

APPLICATION OBSERVATION ASSIGNMENT: Details

*MINIMUM HOURS SPENT OBSERVING — 20

Record all hours.
Have them verified and dated each time you observe.
Record hours on the back of your checklist each time you observe.
An athletic training student or Certified Athletic Trainer must verify hours and skills each time you observe.

A minimum understanding of each task/skill must be discussed.
Play with it, touch it, do it and use the equipment when possible.
Make sure you have an understanding of each task/skill.

While observing remember:
• You are there to observe and assist.
• Keep busy, be involved, and look around.
• Understand where things are and how things work.
• Be professional.
• Gain some quality hands-on experience.
• ASK QUESTIONS!!!

This is your chance to spend time in the athletic training room and experience how things are done.
Ideal times are posted or can be made by arrangement.
No more than three (3) ATS candidates may observe at a time.
Wear an observer nametag while observing.

HELPFUL HINTS
1) Ask before you do anything to an athlete. Know your limits and what you should and should not do.
2) Stay off the phone, computer and out of the office.
3) Don’t give the athletes or anyone else ATR supplies.
As you spend more time in the athletic training room you may begin to do more things.

Ask questions, but be tactful. If you have specific questions about athletes, please wait until the athlete has left the athletic training room.

Practice taping at anytime

Have Fun!!

Basic Objectives
By the end of your observation period an ATS candidates should complete objectives in the following areas.

1. Become familiar with the clinical aspect of the athletic training profession.
2. Become familiar with the basic responsibilities, policies and procedures of the athletic training room.
3. Learn why record keeping is essential to athletic training room operations and demonstrate how to keep such records.
4. Become familiar with the purpose and function of medical supplies commonly used by the athletic training profession and the ways in which these supplies are inventoried, stored and used.
5. Become familiar with the purpose and function of medical equipment commonly used by the athletic training profession and the ways this equipment is used.
6. Become familiar with the names, locations and basic uses of the medical instruments/machines used to treat and rehabilitate injured athletes.
7. Observe the skills necessary to provide appropriate initial care to acute sprains, strains and contusions.
8. Observe the skills necessary to provide appropriate initial care to open wounds.
9. Understand and be able to apply the federal Occupational Safety and Health Administration (OSHA) blood borne pathogens standards (laws).

Basic Competencies
Each competency must be documented with date and initials of the ATS observing the behavior. “Competency” implies that you can demonstrate, explain and understand the basic principles of the task. You should be able to demonstrate the skill and explain it. These competencies must be described in your written document.

- Describe the regular (daily and weekly) cleaning and maintenance responsibilities of the student and staff athletic trainers.
- Become familiar with the policies and procedures of the athletic training room.
- Discuss how proper record keeping is important in;
  a. Improving athlete health care.
  b. Communicating among staff.
  c. Preventing litigation.
- For each of the following records discuss its purpose, provide an example of each properly completed and discuss storage:
  a. Daily treatment log
  b. Individual treatment sheets
  c. Injury reports
  d. Insurance information
  e. Physical
  f. Computerized injury reports
- Discuss the purpose and use of the following athletic training/medical supplies (This list is short and not meant to be all-inclusive. It is intended as a random sampling of your knowledge and understanding of where the athletic training supplies and equipment are kept, as well as the intended function.)
- Locate one of each item on the following list.
  a. Bacitracin (triple antibiotic ointment)
  b. 6 inch double length elastic wrap
  c. Second skin
  d. Hydrocortisone
  e. Steri-strips
  f. Pre-wrap
  g. Heel and Lace pads
  h. Elastic tape
  i. AC tape
  j. OTC medications
  k. Cleaning supplies
  l. Storage areas
  m. Communication equipment
• Discuss restocking, tables, counters and shelves. Assist with the procedure.
• Browse through at least two athletic training supply catalogs. As you do, identify five items in each catalog that we use and three items not used.
• Discuss the purpose and use of the athletic training and medical equipment on the following list. (It is not all-inclusive, but meant to check your knowledge and understanding of where the supplies are kept and the intended function.)
• Locate one item from the following list:
  a. Knee sleeve - size Large
  b. Knee immobilizer
  c. Crutches for 5'4” and 6'7” person
    • Demonstrate your ability to assist an athlete to use crutches by properly fitting, instructing the athletes (NWB and PWB), coaching the athlete and correcting the athlete as they use the crutches. Tell when to use each type of gait and how to help progress them to normal walking.
  d. Vacuum splints
    • Demonstrate proper application of splints for the following:
      1. Dislocated talus
      2. Fractured mid-humerus
      3. Fractured distal radius
      4. Fractured distal tibia
  e. Spine board
    • Demonstrate proper use of a stretcher and spine board. Discuss transportation off the field without a stretcher (for sprained ankle or knee injury).
  f. Arm sling
    • Demonstrate the application of two different types of slings (one with an elastic wrap) to an athlete with a dislocated shoulder.
  g. Wrist splint
  h. Walker boot
  i. Gator
  j. H2O caddies
  k. Jobst Pump
  l. Game Ready
• Discuss plan for distribution of equipment to athletes. What is disposable and what is returned for re-use?
• Identify the major pieces of medical equipment in the athletic training room and identify its main purpose.
• Demonstrate your competence in CPR by having a valid American Red Cross (Workplace) or American Heart Association (Module C) CPR card.
• Explain the procedures for obtaining an ambulance for:
  a. An athlete at Central College
  b. A non-athlete at Central College
• Discuss the ATEP emergency plan for various locations in the complex.

As a group with the ATEP Director, the following will be completed:
Complete a tour of the health center, hospital, doctor’s offices and clinic where athletes are taken when they need care beyond what can be done in the athletic training room. Write down the names and phone numbers of those individuals and/or offices.

a. Orthopaedist ________________________________
   Phone number________________

b. Hospital Clinic ______________________________
   Phone number________________

c. Physical Therapy ____________________________
   Phone number________________

d. Family Practice Doctor _______________________
   Phone number________________
e. Dentist ______________________________________
   Phone number_________________

f. Emergency Department _____________________
   Phone number_________________

g. Health Center____________________________
   Phone number_________________

h. Chiropractic Office _______________________
   Phone number_________________

i. Eye Doctor ______________________________
   Phone number_________________

- Demonstrate application of rest, ice, compression, elevation and support (RICES) for initial care of a sprained ankle, strained hamstring, dislocated finger and a dislocated shoulder (four separate injuries). Indicate how long each would be applied, criteria for removal and reaplication.
- Define and explain to whom each of the following types of open wound occurs during athletic activities:
  a. Abrasion
  b. Laceration
  c. Puncture
  d. Incision
  e. Avulsion
- For each wound listed above, demonstrate and explain the proper way to:
  a. Stop bleeding
  b. Cleanse the wound
  c. Disinfect the wound
  d. Treat the wound with ointment
  e. Apply a dressing
  f. Protect the wound during practice/competition
  g. Manage the wound through healing
- For each type of wound listed above, what signs or symptoms would be cause for concern? How would you deal with the concern?
- Using a student volunteer and all the appropriate supplies and equipment, simulate how you would care for an open wound (bleeding) in an athlete, given what you know about the OSHA Guidelines and about HIV/hepatitis transmission.
- Define the following terms:
  a. Bloodborne pathogens
  b. Contaminated laundry
  c. Contaminated sharps
  d. Exposure incident
  e. Exposure-control plan
  f. Hand washing facilities
  g. Occupational exposure
  h. Other potentially infectious materials
  i. Personal protective equipment
  j. Source individual
  k. Universal precautions
  l. Hepatitis A, B, C
- Locate the sharps container, supply of latex and latex-free gloves and chlorine bleach. Discuss the benefits and limitations of these methods of protection.
- Demonstrate how you would mix and effective solution to disinfect a wrestling mat or examination table of potential HIV contaminations after an athlete has bled on it. What would you do with the materials used to clean that surface?
• Explain the methods of transmission of HIV and hepatitis B that places an allied health worker at risk. Describe the transmission of hepatitis A and C and the types of precautions you would take in your role as a athletic training student to protect yourself from their transmission.

• Define tuberculosis (TB) and describe how the disease is spread. Describe the four types of control measures to be taken by work groups that are “at risk” from an occupational exposure to TB.

APPLICATION FOR ADMISSION
Athletic Training Education Program
Central College
Part E

DISCLOSURE / TECHNICAL STANDARDS

Applicant ______________________________________ Date __________________

Applicant Disclosure

Disclosure does not eliminate an applicant from consideration.

1. Have you ever been convicted of a felony or misdemeanor: ___YES ___NO
   ➢ If so, please fully describe on a separate sheet attached to this application. Include date of offense, copy of relevant court documents, and disposition.

2. Have you ever been found by a court, administrative or disciplinary proceeding to have committed negligence, malpractice, willful or intentional misconduct resulting in injury to another? ___YES ___NO
   ➢ If so, please fully describe on a separate sheet attached to this application. Include date of offense, copy of relevant court documents, and disposition.

3. Are you now or have you ever been impaired by the use of alcohol, drugs or any intoxicant or any other physical or mental cause to a degree, which interferes with your ability to perform competent and objective work or duties? ___YES ___NO
   ➢ If so, please fully explain on a separate attached sheet.

4. Have you ever been suspended or expelled from an academic institution? ___YES ___NO
   ➢ If so, please fully explain on a separate attached sheet.

5. Submit a copy of a current academic program review using Web advisor that indicates athletic training as the intended major. It should also include classes you have registered for in the spring semester.

ADA Compliance Statement

Disabilities:
Central College abides by interpretations of the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973 that stipulates no student shall be denied the benefits of an education "solely by reason of a handicap." Disabilities covered by law include, but are not limited to, learning disabilities, hearing, sight, or mobility impairments, and other health related impairments. If you have a documented disability that may have some impact on your work as an athletic training student for which you may require accommodations, please see me and Nancy Kroese, Director of Student Support Services and Disabilities Services Coordinator, (x 5247) prior to completing the application so that accommodations may be discussed.
Technical Standards
Athletic Training Program
Central College

A Bachelors Degree in Athletic Training signifies that the holder bears the background required to become qualified as a clinician prepared to enter into the practice of athletic training within a variety of employment and educational settings. It follows that graduates must have the knowledge and skills to function in a broad variety of clinical situations and to render a wide spectrum of patient care. Therefore all students admitted to the Athletic Training Education Program must meet the following abilities and expectations. Applicants who may not meet these technical standards are encouraged to contact the Athletic Training Education Program Director, Kuyper Athletic Complex 117A, ext. 5132 and Nancy Kroese, Director of Student Support Services and Disabilities Services Coordinator, ext. 5247, prior to completing the application so that accommodations may be discussed.

1. Candidates must be able to observe demonstrations and experiments in the basic sciences.
2. Candidates must be able to learn to analyze, synthesize, solve problems and reach assessment and therapeutic judgments.
3. Candidates must have sufficient use of the senses of vision, hearing and the somatic sensation necessary to perform palpation.
4. Candidates must be able to relate reasonably to athletes and the physically active and to establish sensitive, professional relationships with them.
5. Candidates are expected to be able to communicate the results of the assessment of the injured or ill athlete to responsible officials (coaches), parents or guardians and to colleagues with accuracy, clarity and efficiency.
6. Candidates are expected to learn and perform routine prevention, assessment, emergency care and therapeutic procedures.
7. Candidates are expected to be able to display good judgment in the assessment and treatment of injured or ill athletes and physically active individuals.
8. Candidates must be able to learn to respond with precise, quick and appropriate action in emergency situations.
9. Candidates are expected to be able to accept criticism and respond by appropriate modification of behavior.
10. Candidates are expected to possess the perseverance, diligence, and consistency to complete the exercise science/athletic training major as outlined.
11. Candidates are expected to begin the BOC certification process within the year of program completion.

Additionally:

The Athletic Training Educational Program at Central College is a rigorous and intense program that places specific requirements and demands on the students enrolled in the program. An objective of this program is to prepare graduates to enter a variety of employment settings and to render care to a wide spectrum of individuals engaged in physical activity. The technical standards set forth by the Athletic Training Educational Program establish the essential qualities considered necessary for students admitted to this program to achieve the knowledge, skills, and competencies of an entry-level athletic trainer, as well as meet the expectations of the program’s accrediting agency (Committee on Accreditation of Athletic Training Education programs [CAATE]). All students admitted to the Athletic Training Education Program must meet and be able to follow the expectations. In the event a student is unable to fulfill these technical standards, with or without reasonable accommodation, the student will not be admitted into the program.

Compliance with the program’s technical standards does not guarantee a student’s eligibility for the BOC certification exam.

Candidates for selection to the Athletic Training Educational Program must demonstrate:

1. The mental capacity to assimilate, analyze, synthesize, integrate concepts and problem solve to formulate assessment and therapeutic judgments and to be able to distinguish deviations from the norm.
2. Sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate physical examinations using accepted techniques; and accurately, safely and efficiently use equipment and materials during the assessment and treatment of patients.
3. The ability to communicate effectively and sensitively with patients and colleagues, including individuals from different cultural and social backgrounds; this includes, but is not limited to, the ability to establish rapport with patients and communicate judgments and treatment information effectively. Students must be able to understand and speak the English language at a level consistent with competent professional practice.
4. The ability to record the physical examination results and a treatment plan clearly and accurately.
5. The capacity to maintain composure and continue to function well during periods of high stress.
6. The perseverance, diligence and commitment to complete the athletic training education program as outlined and sequenced.
7. Flexibility and the ability to adjust to changing situations and uncertainty in clinical situations.
8. Affective skills and appropriate demeanor and rapport that relate to professional education and quality patient care.

Central College will evaluate a student who states he/she could meet the program’s technical standards with accommodation and confirm that the stated condition qualifies as a disability under applicable laws.

If a student states he/she can meet the technical standards with accommodation, then the College will determine whether it agrees that the student can meet the technical standards with reasonable accommodation. This includes a review of whether the accommodations requested are reasonable. It will take into account whether accommodation would jeopardize clinician/patient safety, or the educational process of the student or the institution, including all coursework, clinical experiences and internships deemed essential to graduation.

**SIGN IN THE BOX THAT BEST DESCRIBES YOUR COMPLIANCE WITH THE TECHNICAL STANDARDS**

<table>
<thead>
<tr>
<th>I certify that I have read and understand the technical standards for selection listed above, and I believe to the best of my knowledge that I meet each of these standards <strong>without accommodation</strong>. I understand that if I am unable to meet these standards I will not be admitted into the program.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Signature of Applicant</td>
</tr>
</tbody>
</table>

**Alternative statement for students requesting accommodations.**

<table>
<thead>
<tr>
<th>I certify that I have read and understand the technical standards of selection listed above and I believe to the best of my knowledge that I can meet each of these standards <strong>with certain accommodations</strong>, I will contact the Director of the ATEP and the director of student support services at Central College to determine what accommodations may be available. I understand that if I am unable to meet these standards with or without accommodations, I will not be admitted into the program.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Signature of Applicant</td>
</tr>
</tbody>
</table>
#1 Cumulative GPA

“2.8 GPA” or above while actively involved in the athletic training program

1<sup>st</sup> warning – letter of reprimand

2<sup>nd</sup> warning – study contract/athletic training student workload reduced

3<sup>rd</sup> warning – possible program suspension and re-application required

2.8 GPA or higher is required to be accepted into the program

#2 Team Building

Participate in at least five (5) of the events listed.
Failing to meet this standard may be cause for suspension/removal from the program. Students below standard will be required to develop a written plan of action to meet the standard.

*List of events provided*

#3 Declared Major

Athletic training students must be a declared Exercise Science/Athletic Training major prior to the start of spring term their sophomore year.

#4 Professional Membership/Involvement

Athletic training students are required to be student members of the NATA prior to beginning their third semester at Central College. Successful ATS’s will actively engage in professional symposiums.

#5 Standard of Conduct

Athletic training students will be expected to conduct themselves both inside and outside the athletic training education program in a manner that reflects positively on the athletic department, the athletic training education program, as well as Central College.

When appropriate, athletic assignments will require compliance with team/athletic department standards. Failing to comply with these standards may be cause for suspension /removal from the program.

They will be expected to function within their abilities and inside the parameters established for them within the program.
The Retention and Standard of Conduct for the Athletic Training Education Program at Central College have been explained to me. I understand these requirements and the ramifications for failing to comply.

Name_____________________________________________
Date_____________________________________________
Year in School F/S/J/S
Signature of Athletic Training Student ____________________________ Date__________________

APPLICATION FOR ADMISSION
Athletic Training Education Program
Central College
Part G

FINAL STATEMENT

I, ___________________________________________________________, affirm that all statements made in the above application and attachments are true and accurate to the best of my knowledge and belief. I have the read and understand the information. I have complied with the stated application procedures and agree to abide by the requirements of the academic and clinical aspects of the program. I have read and understood the list of technical standards and I meet each one of these standards.

I make this application for selective admission to the Athletic Training Education Program and authorize the Director to furnish this information to the selection committee.

I, ___________________________________________________________, voluntarily waive my ability to review recommendations so that they may be kept confidential.

or

I, ___________________________________________________________, maintain my ability to review recommendations, as they will not be kept confidential.

____________________________________________________________
Signature/Date
# AT MAJOR COURSE LIST 2009-2010

<table>
<thead>
<tr>
<th>Dept./Course #</th>
<th>Course Name</th>
<th>Revised Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Freshmen Year - Observation/Application Year</td>
<td></td>
</tr>
<tr>
<td>Fall</td>
<td>BIO 131q Introduction to Cells</td>
<td>11/08</td>
</tr>
<tr>
<td>Fall or Spring</td>
<td>EXSC 149f Foundations of Exercise Science</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXSC 151 First Aid &amp; Sports Injuries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sophomore Year - First Year in Program</td>
<td></td>
</tr>
<tr>
<td>Fall</td>
<td>AT 223 P Level I - Clinical Rotation 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXSC 254 P Human Anatomy-Kinesiology</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXSC 234 P Sports Nutrition</td>
<td></td>
</tr>
<tr>
<td></td>
<td>AT 272 P Athletic Injury Assessment: (Lower Extremity)</td>
<td></td>
</tr>
<tr>
<td>Spring</td>
<td>AT 224 P Level I - Clinical Rotation 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>AT 273 P Athletic Injury Assessment: (Upper Extremity)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>AT 377 P Therapeutic Modalities</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Junior Year - Second Year in Program</td>
<td></td>
</tr>
<tr>
<td>Fall</td>
<td>AT 323 P Level II - Clinical Rotation 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXSC 356 P Operations &amp; Management</td>
<td></td>
</tr>
<tr>
<td></td>
<td>AT 378 P Therapeutic Exercise</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXSC 357 P Fitness Assessment &amp; Exercise Prescription</td>
<td></td>
</tr>
<tr>
<td>Spring</td>
<td>International/Internship Experience</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Senior Year - Third Year in Program</td>
<td></td>
</tr>
<tr>
<td>Fall</td>
<td>AT 423 P Level III - Clinical Rotation 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>AT 472 Medical Conditions for the Athletic Trainer</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXSC 460 P Exercise Physiology</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXSC 461 P Exercise Physiology Lab</td>
<td></td>
</tr>
<tr>
<td>Spring</td>
<td>EXSC 217 I CPR for the Professional</td>
<td></td>
</tr>
<tr>
<td></td>
<td>AT 424 P Level III - Clinical Rotation 2</td>
<td></td>
</tr>
</tbody>
</table>

**Total Hours Required**: 53
Four-year Instructional Plan

Exercise Science: Athletic Training Education Program

A typical four-year schedule for an Athletic Training major

**Freshman year**
- BIOL 131q Introduction to Cells
- EXSC 149f Foundations of Health and Exercise Science
- EXSC 151 First Aid and Sports Injuries
- Core courses and electives

**Sophomore year – fall semester**
- AT 223P Level 1: Clinical Rotation 1
- EXSC 254P Human Anatomy and Kinesiology
- EXSC 234P Sports Nutrition
- AT 272PI Athletic Injury Assessment: Lower
- Core courses and electives

**Sophomore year – spring semester**
- AT 224P Level 1: Clinical Rotation 2
- AT 273PI Athletic Injury Assessment: Upper
- AT 377P Therapeutic Modalities
- Core courses and electives

**Junior year – fall semester**
- AT 323P Level 2: Clinical Rotation 1
- EXSC 356P Operation and Management of Exercise and Sports Medicine Facilities
- AT 378P Therapeutic Exercise
- EXSC 357P Fitness Assessment & Exercise Prescription
- Core courses and electives

**Junior year – spring semester**
- International/Internship Experiences
- Core courses and electives

**Senior year – fall semester**
- AT 423P Level 3: Clinical Rotation 1
- AT 472 Medical Conditions for the Athletic Trainer
- EXSC 460P Exercise Physiology
- EXSC 461P Exercise Physiology Lab
- Core courses and electives

**Senior year – spring semester**
- EXSC 217I CPR for the Professional
- AT 424P Level 3: Clinical Rotation 2
- Core courses and electives
Central College
Athletic Training Student Work Hours

Name ___________________________  S.S.# ___________________________

Year in School ___________________  Month/Year _______________________

This form is for athletic training students, and must be completed at the end of each month and filed in your folder in the office. It is your responsibility to make sure it gets filed and the hours are recorded properly.

**Hours must be appropriate and recorded properly!!!** Failure to do so may result in your termination from the Central College Athletic Training Education Program.

<table>
<thead>
<tr>
<th>In/Out</th>
<th>Activity/Education Classification as High Risk Y/N</th>
<th>Hrs.</th>
<th>In/Out</th>
<th>Activity/Education Classification as High Risk Y/N</th>
<th>Hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>17</td>
<td>2</td>
<td></td>
<td>18</td>
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<td>3</td>
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<td></td>
<td>21</td>
<td>6</td>
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<td>9</td>
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<td>13</td>
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<td>29</td>
<td>14</td>
<td></td>
<td>30</td>
</tr>
<tr>
<td>15</td>
<td></td>
<td>31</td>
<td>16</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total Hours This Month
Total High Risk Hours
## ATHLETIC TRAINING EDUCATION PROGRAM

### Applicant’s Name: ___________________________  Academic Year: ___________________________

<table>
<thead>
<tr>
<th>New Student</th>
<th>Transfer Student</th>
<th>Date Application Submitted</th>
<th></th>
</tr>
</thead>
</table>

### Admission Components

<table>
<thead>
<tr>
<th>Component</th>
<th>Total Points Possible</th>
<th>Yes / No</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Does the applicant meet the technical standards? – Part E</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>If not, have they made arrangements for accommodations?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If not, approval is rejected until conditions are met.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cumulative GPA/ 2.8</strong></td>
<td>4.00 – 2.80 = 3</td>
<td>Yes / No</td>
</tr>
<tr>
<td>If not 2.8 – application is rejected</td>
<td>2.79 – 2.00 = 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1.99 – ↓ = 0</td>
<td></td>
</tr>
<tr>
<td><strong>ATEP Required Course/Grade</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EXSC 149</td>
<td>4.00 – 3.00 = 3</td>
<td></td>
</tr>
<tr>
<td>(If course not completed = 0)</td>
<td>2.99 – 2.80 = 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2.79 – 1.99 = 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1.98 – ↓ = 0</td>
<td></td>
</tr>
<tr>
<td><strong>ATEP Required Course/Grade</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EXSC 151</td>
<td>4.00 – 3.00 = 3</td>
<td></td>
</tr>
<tr>
<td>(If course not completed = 0)</td>
<td>2.99 – 2.80 = 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2.79 – 1.99 = 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1.98 – ↓ = 0</td>
<td></td>
</tr>
<tr>
<td><strong>Completed Application Observation Assignment</strong></td>
<td>Yes = 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No = 0</td>
<td></td>
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<tr>
<td><strong>ATEP Required Course/Grade</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BIO 131 or higher</td>
<td>4.00 – 3.00 = 3</td>
<td></td>
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<tr>
<td>(If course not completed = 0)</td>
<td>2.99 – 2.80 = 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2.79 – 1.99 = 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1.98 – ↓ = 0</td>
<td></td>
</tr>
<tr>
<td><strong>Interview</strong></td>
<td>Excellent Overall = 4</td>
<td></td>
</tr>
<tr>
<td>Director – Athletic Training Education Program</td>
<td>Above Average = 3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Average = 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Below Average = 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unacceptable = 0</td>
<td></td>
</tr>
<tr>
<td><strong>Interview</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Athletic Training Education Program Faculty/Staff</td>
<td>Excellent Overall = 4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Above Average = 3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Average = 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Below Average = 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unacceptable = 0</td>
<td></td>
</tr>
<tr>
<td><strong>Overall Application – Professional Preparation</strong></td>
<td>Excellent = 5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Above Average = 4</td>
<td></td>
</tr>
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<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Below Average = 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Need Additional Work = 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unacceptable = 0</td>
<td></td>
</tr>
<tr>
<td><strong>Total Clinical Hours</strong></td>
<td>40 + = 5</td>
<td></td>
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<tr>
<td></td>
<td>30 – 40 = 4</td>
<td></td>
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<td></td>
<td>20 – 30 = 3</td>
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<tr>
<td></td>
<td>10 – 20 = 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0 – 10 = 1</td>
<td></td>
</tr>
<tr>
<td><strong>Basic Objectives/Basic Competencies</strong></td>
<td>Excellent = 5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Above Average = 4</td>
<td></td>
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<td></td>
<td>Average = 3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Below Average = 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Need Additional Work = 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unacceptable = 0</td>
<td></td>
</tr>
<tr>
<td><strong>EXSC 151</strong></td>
<td>Excellent Overall = 4</td>
<td></td>
</tr>
<tr>
<td>Hours/Check-off sheet/Written Report/Quiz</td>
<td>Above Average = 3</td>
<td></td>
</tr>
<tr>
<td>One Point each</td>
<td>Average = 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Below Average = 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unacceptable = 0</td>
<td></td>
</tr>
<tr>
<td>Athletic Training Education Program Orientation Meetings</td>
<td>Date</td>
<td>Total Application Score</td>
</tr>
<tr>
<td>---------------------------------------------------------</td>
<td>------</td>
<td>-------------------------</td>
</tr>
<tr>
<td>One point for each attended</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Applications will be ranked according to published application criteria. The number of applicants accepted will be dependent on the number of available slots and applicants meeting an acceptable minimum standard. Applicants must score a minimum of 20 to be eligible for consideration. The Director of the Athletic Training Education Program reserves the right to accept or reject any application.

**Accept / Reject**

IF Accepted: Signed and Attached **Contract of Understanding.**   Yes / No
Annual Contract of Understanding  
Athletic Training Education Program  
2009-2010

1- I understand and agree to return to campus August 9th, 2009 to complete the entire pre-season education program as part of my fall clinical rotation course. This will include completing all assignments prior to returning to campus. I recognize this may conflict with my ability to participate in fall pre-season sports activities.

Initial Date

2- An in season athlete will be held to the same academic standard as other students in the ATEP during my season of participation. The ATEP is an academic program that will require significant time and effort to complete successfully.

Initial Date

2a- A fall sport athlete will be required to work all Central College Football Camps during one summer following either the sophomore or junior year in the ATEP. This experience will be considered part of a clinical rotation experience. There is no compensation for this clinical rotation experience.

I anticipate working the summer of ___________. (year)

Initial Date

2b- A fall sport athlete participating in the international programs during the spring of the junior year must complete a summer practicum course that includes summer camp coverage as assigned. There is no compensation for camp coverage.

Initial Date

2c- An out of season athlete will be held to the same academic standard as other students in the ATEP. Participation in voluntary out-of-season and voluntary non-traditional season practices will not be permitted. The ATEP requires time and effort to successfully complete appropriate clinical experience.

Initial Date

2d- Participation in athletics will be limited to one sport season (official season). The ATEP requires time and effort to successfully complete appropriate clinical experience.

Initial Date

3- I have read and understand the first responder contract provided by the athletic department. I understand that my role as a first responder for the athletic department will constitute and account for my work-study allotment. My work-study is not associated with the academic program in athletic training.

Initial Date

4- I have received and reviewed the ATEP student handbook. I understand that I am responsible for understanding and following policies, procedures, and recommendations in the ATEP handbook.

Initial Date
5- I understand that my opportunity for international program participation is limited to the spring semester of my junior year or during summer.

Initial Date

6- I understand that my opportunity for internship participation is limited to the spring semester of my Junior year or during summer.

Initial Date

7- I recognize that my acceptance into the ATEP requires me to complete all ATEP courses in the sequence presented. It is a minimum three-year/five semester program. I will have an advisor that is on the faculty in the ATEP beginning my first semester in the program.

Initial Date

8- COMPLIANCE WITH THE TECHNICAL STANDARDS Signature required in only ONE box below.

I certify that I have read and understand the technical standards. I believe to the best of my knowledge that I meet each of these standards without accommodation.

________________________________                            ____________________
Signature Date

Alternative statement for students requesting accommodations.

I certify that I have read and understand the technical standards. I believe to the best of my knowledge that I can meet each of these standards with certain accommodations. I will contact the Director of the ATEP and the director of student support services at Central College to determine what accommodations may be available.

________________________________                            ____________________
Signature Date

9- Central College will provide liability insurance during my involvement in the ATEP for a reasonable cost. My student account will be charged $10.00 each semester I am actively involved in the ATEP.

Initial Date

10- I understand the ATEP has rigorous academic standards and requires significant time and effort in the practical setting. It will require balancing college activities with successful study habits and the time management skills.

Initial Date

I understand that my signature and initials on this document indicate that I have read and had explained to me important requirements to be successful in the Athletic Training Education Program. I recognize that the requirements are in accordance with the CAATE standards.

I agree to meet all requirements of the Athletic Training Education Program.

Name________________________________________________Signature__________________________

PD Signature________________________________________Date__________________________

(Application Document 4/21/09)
ATHLETIC TRAINING STUDENT SELF RATING FORM  
CAATE Accredited  

ATS’s Name: ___________________________  Date: ___________________________  Year in Program: ______

1. Taping Techniques
   Excellent    Above Average    Average    Below Average

2. Treatment Techniques
   ______  ______  ______  ______

3. Recognition of Injuries
   ______  ______  ______  ______

4. Strength, Conditioning, and Rehabilitation Routines
   ______  ______  ______  ______

5. Use of Therapy Modalities
   ______  ______  ______  ______

6. Knowledge and Use of Athletic Training Room Supplies
   ______  ______  ______  ______

7. Works with Speed and Efficiency
   ______  ______  ______  ______

7. Athletic Training Room Procedures
   ______  ______  ______  ______

8. Athletic Training Room Attitude and Discipline
   ______  ______  ______  ______

10. Maintains Neat and Clean Athletic Training Room
   ______  ______  ______  ______

11. Maintains Accurate Records
    ______  ______  ______  ______

12. Can See Work Without Being Told
    ______  ______  ______  ______

13. Gets Along With Student-Athletes
    ______  ______  ______  ______

    ______  ______  ______  ______

15. Shares Knowledge
    ______  ______  ______  ______

16. Willingness to Perform all Tasks
    ______  ______  ______  ______

17. Taking Initiative
    ______  ______  ______  ______

18. Gets Along With ATS’s
    ______  ______  ______  ______

   Personal Attributes

   1. Personality
      ______  ______  ______  ______

   2. Dependability
      ______  ______  ______  ______

   3. Scholarship
      ______  ______  ______  ______

   4. Appearance
      ______  ______  ______  ______

   Predicted Success

   1. Athletic Trainer
      ______  ______  ______  ______

   (selfeval) 3/07