

ATR6099-1 SP20 - Athletic Training Capstone

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Spring 2020

Department of Kinesiology

ATR 6099: Athletic Training Capstone

Number of units: 2

Meeting day: Wednesday	Instructor(s): Nicole Cosby, PhD, ATC
Meeting times: 11:00-12:50	Office phone: 619-849-2901
Meeting location: MV Rm 309	E-mail: nicolecosby@pointloma.edu
Any additional info:	Office hrs: By Appointment
Final Exam: Wednesday, May 6, 2020	Canvas Login: canvas.pointloma.edu

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

This is a capstone educational experience focusing on current topics in the Athletic Training Profession and career development issues.

Prerequisite(s): 2nd Year standing in MS-AT.

COURSE OVERVIEW

Throughout this course, students will demonstrate acquisition and retention of knowledge and skills from major coursework. This course will also serve as a means for students to review and present data in an effort to prepare them for their Board of Certification (BOC) exam. Students will create an end of program portfolio in Via demonstrating preparedness to enter the field of Athletic Training.

NATURE OF COURSE DELIVERY

Face-To-Face

This course has professionals from the field of athletic training and other allied health care professional as guest speakers. Due to their professional responsibilities, guest speakers may not always be able to attend a scheduled class time. Therefore, this course may require meeting outside of regularly scheduled class times and/or travel to sites off campus. Students will be informed of such meetings one week in advance of the scheduled class meeting. Students will be expected to arrange transportation to and from the meeting site.

LEARNING OUTCOMES

At the completion of this course students should be:

1. Prepared for the BOC examination
2. Articulate an emerging topic in AT (CAT)
3. Prepare students for the job market through interviews

REQUIRED TEXTBOOKS

1. Van Ost L, Manfre K, Lew K (2010). Athletic Training
2. Rozzi, Futrell. Study Guide for the Board of Certification Examination.

RECOMMENDED (NOT REQUIRED)

1. Long, B and Hale, C. Athletic Training Review.

IMPORTANT WEBSITES

1. **Board of Certification Examination Website**
2. **Candidate Handbook**
3. **Exam Eligibility**
4. **Exam Preparation Tools**
5. **Testing Date Windows**

COURSE REQUIREMENTS

1. **Outline and implement a personal and individualized contract of preparation for the NATA exam including Spring semester dates of study AND exam preparation.**

- **Calendar for preparation** – during the first week of this course students will prepare a study calendar to help them progress in their preparation for the Certification Examination.
- **Self Practice Exams** – The purpose of these assignments is to provide the athletic training student with an understanding of their existing knowledge and where gaps might be present as you prepare to take the BOC examination. I believe that each student should have a thorough understanding of his or her own knowledge in order to create an appropriate plan to study. These areas or gaps in knowledge are most often difficult to evaluate without an assessment of knowledge. This is where these assignments come into importance throughout the students preparation for the exam. Once strengths and weaknesses have been identified, students can create a study plan allowing more time to their weak areas and less time to those areas they are most confident about.

Interestingly enough, foundational knowledge is not what the student lacks, it is typically a lack of practice with the new and creative question formats and innovate technology that has been added to the BOC exam.

Therefore, my job is to make sure you are comfortable with all question types, to create a "testing" like environment. Which means we will do testing in class. While many of you might feel as though it is a waste of time...it truly is not. Testing in class has been recommended by those who construct the exam.

So as you take this assessment whether it be in class or at home, please remember to create a testing environment that will be similar to that of the BOC.

Please **use this form** to report your results and **type complete** in the text entry box below to complete this assignment.

- **Final MOC exam** – students who have not taken the exam prior to the last month of the course will receive a MOC examination which will be purchased by the program director and sent to the students. The score on this exam and all domains within the exam must be sent to the program director no later than the last week of the course.

3. **Professional Eportfolio completed and turned in using via. Should include the following (see syllabus for the links to your original portfolios)**

- Introduction Cover Letter and Resume (no more than one page)
- Professional goals (Philosophy, goals and ethics)
- Professional Assessments (Strengths, special skills, hobbies)
- Achievements (Diploma, certifications and licenses, awards, honors and professional memberships)
- Internship/Service
- References

4. Professional interviews

This written and oral assignment is designed to help you gain valuable information about your future career. This could possibly be one of the most meaningful assignments you do in your college career (I've heard this from so many students). Contacts made throughout the course of completing this assignment could very well become leads for future jobs.

The informational interview assignment involves TWO parts:

- Locate interviewees/schedule interviews. Start on this right away, today. Schedule an interview with two professionals who are currently employed in the industry/profession you think you would ideally like to pursue. Shoot for the stars with this assignment. You may not interview close friends, family members, PLNU employees, or current employers because these are all fairly easy for you to access and create a level of comfortability that most interviews will not contain. Instead, try to find someone in the field that you want to go into whether that be athletic training (**fellowship, college ATC, HS ATC**), physician's assistant and/or physical therapy (if I didn't list your aspiring profession it wasn't intentional). **Please note that one of the interviews does not have to be face to face. So if there is a position that you are considering that isn't in San Diego please use that one as your phone interview.** There are many ways to go about getting the interview, the most successful way to do that is to make contact by email first. Please do not wait until the last minute to start this projects as many healthcare professionals will take sometimes at least 48 hours to respond.
- The two interviews are required for this course, as mentioned above one of those interviews can take place over the phone. The face to face interviews are extremely important, I cannot stress this enough, as the entire process is such a learning experience (from dressing up, to traveling to the individual's workplace, to having a face to face conversation, to experiencing the organizational culture). You are missing out on too much if you try and do both of them over the phone. Points will be deducted if one of the two face to face interviews is not conducted.
- When you have confirmed the interview please either email Dr. Cosby the email address of the interviewer so that she can send the interview evaluation link OR you can send the link by **clicking here**.

Instructions for the interview

Each interview should be at least 20 minutes in length at the professionals' workplaces or on the phone. I don't think I have to say this BUT avoid meeting at unusual settings and at late hours. Check with me if you are questioning anything. Approach these interviews as if you were applying for a job. Consider carefully the image you want to project in both dress and style. Always lean toward the conservative side in dress. Make sure you ask for a business card before you leave the interview and hand them a copy of your resume and cover letter.

Instructions to complete this assignment

- Fill out your self reflection form [here](#).
- Double check to ensure your interviewer has filled out their assessment of you. I can check on it in Qualtrics for you!

5. One on One with the Professor

6. Course Grading

- Students will be evaluated on content standards (knowledge gained) and performance (demonstration of content). Content standards may be assessed via written, presentation and examination assignments. Performance will be assessed through completion of the class activities.

Assessment Method	Number	Points Each	Points Total
Self-Examinations	8	30	240
Assignments	10	10-50	100-500
Eportfolio	1	100	100
Resume and Cover Letter	1	75	75
Professional Interviews	3	20	60
MOC interviews	1	20	20
Final MOC BOC Exam	1	100	100
Total			510

Grading Scale

A	94-100	C	73-76
A-	90-93	C-	70-72
B+	87-89	D+	67-69
B	83-86	D	63-66
B-	80-82	D-	60-62
C+	77-79	F	0-59

COURSE REQUIREMENTS

*Please Note: *The PLNU Catalog states that 1 semester unit represents an hour of class per week, and 2 hours of preparation are normal for each hour of class. Therefore, if you spend about 2 hrs per week outside of class in preparation, you will significantly increase your chances of doing well!*

Tentative Practicum Outline ****Subject to Change****

Date	Topic/Presenters	Assignments Due	CAT Polishing
BOARD OF CERTIFICATION EXAMINATION PREPARATION AND INFORMATION			

1-15 (W)	Introduction to course syllabus and course structure/expectations	Click here to complete BOC account Signing up and creating your van ost account (Click Here) Click here to sign up and create NATA account	
1-22 (W)	Examination information from the BOC	Complete Van Ost Online Knowledge (Online) Assessment #1 Discussion board on BOC exam due at 11:59 pm	Send CAT adviser your most recent version
1-29 (W)	Construction of the BOC? How do you take it? Testing Format		
2-5 (W)	Study Techniques and Test Taking Strategies	Complete Van Ost Online Knowledge (Online) Assessment #2	Meet with CAT adviser to discuss final outline to complete your CAT (final presentation to happen during finals week see below) Submit plan online.
2-12 (W)	Creating the calendar to study for the exam (knowing your limitations)	Create your own study calendar based on known weaknesses from ATR 6009 True/False #3 (in class)	
2-19 (W)	In class MOC interviews (Please upload the most recent version of your resume and cover letter so I can print several copies for you). PLEASE NOTE THIS ASSIGNMENT IS DUE ON THE MONDAY BEFORE CLASS. This was done so I have enough time print them.	Interviewers (Not All Confirmed) Shawna Baker - Head Athletic Trainer PLNU Carolyn Peters - Athletic Director SDCC and former FWATA president Kevin Messey - UCSD High School Administrator Jeanette Gomez - Sweetwater School District Administrator Ben Harwood - PT Rehab United Chris Giudicelli - PT Rehab United Michael Bux - PA, ATC Sara Williamson - ATC, Valletta Orthopedics	
2-26 (W)	In Class Practice BOC Exam	Complete Van Ost Online Knowledge (Online) Assessment #3	
3-4 (W)	What do we do when we fail?		
3-11 (W)	Spring Break Enjoy		
3-18 (W)	Study Day	Begin polishing off via account: Eddie Gallardo Anika Keys-Ludwig Danny Nguyen Justine Phillips Jenna Seime Jarret Welsh Dominique Williams	

		<u>Complete Van Ost Online Knowledge (in class) Assessment #4</u>	
3-25 (W)	Taking the exam (previous students experiences)	<u>In person interview #1 Due</u>	
4-1 (W)	FINAL MOC BOC		
FINAL CRITICAL APPRAISAL TOPIC			
4-8 (W)	BOC Prep Questions 1 on 1 with Dr. Cosby	Work on CAT	
4-15 (W)	BOC Prep Questions 1 on 1 with Dr. Cosby	Work on CAT	
4-22 (W)	CAT Presentation Practice and Meetings 1 on 1 with Dr. Cosby	<u>In person interview #2 Due</u>	
4-29 (W)	CAT Presentation Practice and Meetings 1 on 1 with Dr. Cosby	Work on CAT <u>Complete Via Eportfolio</u>	UPLOAD PDF version of CAT so we can send them to the printer for final presentations (See below)
5-6 (W)	Finals Week	FINAL CAT PRESENTATIONS and Paper due	<u>Assessment Rubrics Here</u> <u>Oral Assessment Rubric</u> <u>Written Assessment Rubric</u>