

	Department/School Name: Department of Kinesiology Course Number and Name: ATR6090 Clinical Internship I Number of Units: 3 Units
Fall 2020	

Meeting days: Tuesday	Instructor title and name: Nicole Cosby, PhD, ATC Ryan Nokes, PhD, ATC
Meeting times: 9:30am-11:30am	Office Phone: 619-849-2901 (Cosby) Office Phone: Please email (Nokes)
Meeting location: Mission Valley Room 309	Email: rnokes@pointloma.edu Email: ncosby@pointloma.edu
Final Exam: N/A	Office location and hours: <u>Dr. Cosby: MW via Zoom 10-12pm</u> <u>Dr. Nokes: Monday via Zoom 12pm-2pm</u>

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 is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

This course will provide graduate level athletic training students with the knowledge and skills required to appropriately and effectively use exercise to promote healing, return to optimal function, and enable peak performance in the athletic population. Students will explore the theory and practice behind multiple therapeutic techniques to restore human function. Students will have the opportunity to integrate functional rehabilitation strategies, multiple manual therapy techniques, proprioceptive neuromuscular facilitation, and applied biomechanics to create specific rehabilitation protocols for some of the most common orthopedic pathologies. To be successful in this course, students must synthesize information presented in lecture and laboratory and apply it to the clinical setting.

PROGRAM LEARNING OUTCOMES

The Point Loma Nazarene University MS-AT graduate will be able to:

1. Demonstrate competency in interpreting evidence-based research and improving clinical standards and practice through clinical question development and research methodology.
2. Develop expertise in the athletic training domains through an integrative experiential clinical model.
3. Demonstrate the appropriate knowledge and educational foundation required for an entry-level Certified Athletic Trainer.
4. Establish and understand the importance of inter-professional relationships, while collaborating with other health care professionals to become effective communicators.
5. Demonstrate preparation, knowledge and skill in the delivery of comprehensive healthcare to a diverse set of patients with musculoskeletal injuries and conditions and illnesses in a distinctly moral and ethical manner, integrating Christian faith with clinical practice.

COURSE LEARNING OUTCOMES

After completing this course, you should be able to:

1. Design and implement an emergency action plan during life-threatening or catastrophic injury situations.
2. Demonstrate the appropriate use of aseptic or sterile techniques, approved sanitation methods, and universal precautions for the cleansing and dressing of wounds.
3. Design and implement the recommended or required components of a pre-participation examination designed to assess for disqualifying conditions.
4. Uphold accepted guidelines, recommendations, and policy and position statements of applicable governing agencies related to activity during extreme weather conditions and environmental conditions.
5. Implement principles and concepts related to prophylactic taping, wrapping and bracing.
6. Apply the basic principles associated with the use of protective equipment in contact sport athletes.

CLINICAL COMPETENCIES ADDRESSED IN THIS COURSE

HCA-92	Develop, implement, and revise policies that pertain to prevention, preparedness, and response to medical emergencies and other critical incidents.
HCA-93	Develop and implement specific policies and procedures for individuals who have sustained concussions or other brain injuries, including the following:
HCA-93.1	Education of all stakeholders
HCA-93.3	Selection and interpretation of baseline testing
HCA-93.4	Agreement on protocols to be followed, including immediate management, referral, and progressive return to activities of daily living, including school, sport, occupation, and recreation
PCC-59	Communicate effectively and appropriately with clients/patients, family members, coaches, administrators, other health care professionals, consumers, payors, policy makers, and others.
PCL-70.1	Cardiac compromise (including emergency cardiac care, supplemental oxygen, suction, adjunct airways, nitroglycerine, and low-dose aspirin)
PCL-70.2	Respiratory compromise (including use of pulse oximetry, adjunct airways, supplemental oxygen, spirometry, meter-dosed inhalers, nebulizers, and bronchodilators)
PCL-70.3	Conditions related to the environment: lightning, cold, heat (including use of rectal thermometry)
PCL-70.4	Cervical spine compromise
PCL-70.5	Traumatic brain injury
PCL-70.6	Internal and external hemorrhage (including use of a tourniquet and hemostatic agents)
PCL-70.7	Fractures and dislocations (including reduction of dislocation)
PCL-70.8	Anaphylaxis (including administering epinephrine using automated injection device)
PCL-70.9	Exertional sickling, rhabdomyolysis, and hyponatremia
PCL-70.11	Drug overdose (including administration of rescue medications such as naloxone)
PCL-70.12	Wounds (including care and closure)
PCL-71.4.g	Mental status
PCL-76.1	Performance of a comprehensive examination designed to recognize concussion or other brain injury, including (but not limited to) neurocognitive evaluation, assessment of the vestibular and vision systems, cervical spine involvement, mental health status, sleep assessment, exertional testing, nutritional status, and clinical interview
PCL-76.2	Re-examination of the patient on an ongoing basis
PCL-76.3	Recognition of an atypical response to brain injury
PCL-76.4	Implementation of a plan of care (addressing vestibular and oculomotor disturbance, cervical spine pain, headache, vision, psychological needs, nutrition, sleep disturbance, exercise, academic and behavioral accommodations, and risk reduction)
PCL-76.5	Return of the patient to activity/participation
PCL-76.6	Referral to the appropriate provider when indicated
PCL-78.1	Durable medical equipment
PCL-78.2	Orthotic devices
PCL-78.3	Taping, splinting, protective padding, and casting
PHP-83	Educate and make recommendations to clients/patients on fluids and nutrients to ingest prior to activity, during activity, and during recovery for a variety of activities and environmental conditions.
PHP-85	Monitor and evaluate environmental conditions to make appropriate recommendations to start, stop, or modify activity in order to prevent environmental illness or injury.

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

This course, being a hands-on experience, will demand that the student use a wide base of resources for gathering needed information. The student should possess in their personal library such textbooks that will assist them in completing the courses objectives.

CLINICAL COURSE CREDIT HOUR POLICY

Each clinical course within the athletic training program is worth 3 units of credit. See below for course credit hour and clinical hour expectations:

- 1 course credit hour = 75 - 149 hours of clinical experience
- 2 course credit hours = 150 - 224 hours of clinical experience
- 3 course credit hours = 225 - 299 hours of clinical experience
- 4 course credit hours = 300 - 375 hours of clinical experience

Each clinical course syllabi have specific clinical hour policies and expectations regarding the completion of these clinical hours. Please see course syllabus for more information. See clinical education progression for more details on clinical education hour requirements.

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3 unit class delivered over 16 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

Distribution of Student Learning Hours

Category	Time Expectation in Hours
In-Class Laboratory Instruction	30
Online Lectures, Readings, etc.	30
Course Assignments	20
Clinical Hour Logs, Reflections, Surveys, etc.	15
Misc Activities, Assignments, etc.	17.5
Total Hours	112.5

CLINICAL ROTATION REQUIREMENTS

Students will participate in a 16-week hands-on learning experience at various high schools and injury clinics around San Diego County under the supervision of a certified athletic trainer. Clinical hours will include covering clinic days, practice days, game days, and any other experiences that clinical preceptors deem beneficial to student learning. Students should expect to be scheduled at their clinical site 3-4 times per week. Students must have at least one day off in a seven day period.

A total of 225-299 clinical hours for the entire semester is required of the athletic training student.

Transportation to the clinical site is the responsibility of the individual student as stipulate in the university catalog and the **MS-AT student handbook**. Consider organizing car pools. Transportation problems will not be seen as a reason for excused absences from clinical rotations.

All students are required to attend all assigned days. If a student misses a day, the student is required to make up those missed hours. Students are allowed a total of three miss/switch days a semester.

All students are required to follow the dress code established by the **MS-AT student handbook** and requirements set during the MS-AT clinical orientation at the beginning of the semester.

Clinical Hour Grading – 200 points

<i>Clinical Hours</i>	<i>Points</i>

225-249 hours	160
250-274	180
274-299	200

ASSESSMENT AND GRADING

Note: Clearly define a grading policy to avoid any confusion concerning expectations. It is most helpful if at least two things are present: 1) a point distribution and 2) a grading scale.

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

Standard Grade Scale Based on Percentages

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by 11:59pm of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. (DRC@pointloma.edu or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all synchronous class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See **Academic Policies** in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

Synchronous Attendance/Participation

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.) Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

Hybrid Course Participation

At Point Loma Nazarene University, attendance is required at all scheduled classes. Adult Degree Completion courses are taught in the hybrid format, which means some class meetings will be face-to-face and some will be online. Attendance in the face-to-face classes is to be for the entire time of the class. Arriving late or leaving early will be considered a partial absence. A day of attendance in an online class is determined as contributing a substantive note, assignment, discussion, or submission that adds value to the course as determined by the instructor. Three days of attendance are required each week.

Face-to-face Portion of the Hybrid course

In blended or hybrid courses, if a student misses one face-to-face class then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses two face-to-face classes, the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

Online Portion of the Hybrid Course

If a student misses two online classes (fails to contribute to a discussion board) during the course, then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses three online classes (fails to contribute to a discussion board by the due date) during the course, then the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

1 missed F2F class = warning

2 missed F2F classes = de-enrollment

2 missed online classes = warning

3 missed online classes = de-enrollment

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the **Office of Spiritual Development**

Mission Valley:

PLNU strives to be a place where you grow as a whole person. To this end we provide resources for our Graduate and Adult Degree Completion students to encounter God and grow in their Christian faith. At the Mission Valley (MV) campus we have an onsite chaplain, Rev. Gordon Wong, who is available during class break times across the week. If you have questions for, desire to meet or share a prayer request with Rev. Wong you can contact him directly at mvchaplain@pointloma.edu or gordonwong@pointloma.edu. Rev. Wong's cell number is 808-429-1129 if you need a more immediate response. In addition, on the MV campus there is a prayer chapel on the third floor which is open for use as a space set apart for quiet reflection and prayer.

USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the ***Technology and System Requirements*** information.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.