

P 280 - Principles of Athletic Training and Emergency Care

Athletic Training Observation Experience ("Buddy Program") Objectives and Directions for Participation

Objectives:

- To expose intended athletic training majors * to the daily routine, duties and qualifications of certified athletic trainers in a collegiate environment.
- To expose intended athletic training majors* to the time and skill requirements of clinical education for those athletic training majors accepted into the program.
- To develop basic competency in selected, basic athletic training skills.
- The Athletic Training Education Program (ATEP) is a competitive program in which students must be admitted. **Completion of the P280 Athletic Training Observation Experience or other approved athletic training observation is required prior to application to ATEP.** Any student demonstrating interest in applying to the ATEP should complete this observation experience while enrolled in P280 (see attached P280 AT Observation Experience Requirements) and **submit copies of Forms A & B with your ATEP application** (see attached forms).

Please contact instructor for details on seeking approval of a different observation experience.

Directions for Participation (*AT Majors only*):

1. P280 Students will be assigned a "buddy" in the ATEP.
2. P280 students should contact their buddy within the first 3 weeks of classes to make arrangements for observation during ATEP clinical education.
3. P280 students should observe their buddy a minimum of **12 hours** over the course of 3 days of clinical education (pre-practice through post-practice). This will be approximately 4 hours per observation session.
 - a. P280 students may arrange to observe on more frequent occasions for less time if their schedule does not permit a four hour observation in one day. Specific arrangements should be made with the P280 buddy. Please immediately contact Dr. Klossner @ jklossne@indiana.edu if the assigned buddy can not accommodate this scheduling request.

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- b. For scheduling purposes, students are asked to make arrangements to observe their buddy a minimum of **once each month for 3 months if at all possible** (i.e. Sept, Oct, Nov or Feb, Mar, April).
 - i. P 280 students should plan accordingly with their buddy. Please contact your buddy in advance if you need to reschedule.
 - ii. All observation experiences during the spring semester should be completed (and signed by P280 buddy) prior to ATEP interviews.
4. The Basic Athletic Training Proficiency Skills (See Form B) may be practiced with your P280 Buddy. Please turn in the original with your application to ATEP. Retain a copy for your files.
5. Students are strongly encouraged to complete the P280 Athletic Training Observation Experience Feedback Form (Form C) upon conclusion of the observation experience. These should be turned in to your P280 instructor or mailed to the name and address listed on the form.
6. All forms may be found on On-Course if additional copies are needed.
7. **Students must follow the required dress code.** This dress code includes: Khaki pants or black dress pants, closed-toed shoes, and a white polo-style shirt (plain white or with a small Indiana logo are the only acceptable options). Students should try to avoid wearing clothing with any logo other than the Adidas logo if at all possible. Clean tennis shoes are acceptable. No hats or excessive jewelry. **You will be sent home if you do not meet the required dress code.** Students should discuss acceptable clothing options for outdoor practice observation with their P280 Buddy.

**P 280 - Athletic Training Observation Experience
Hour Verification - Form A**

Name: _____
Semester P280 Taken: _____ **Instructor:** _____
Assigned ATEP Buddy: _____

PART I:

Directions: Please fill in the days, time and setting or sport in which you observed. Please have your buddy sign your form at the end of each observation. Please try to observe once each month in February, March & April.

DATE	START TIME	END TIME	SETTING/ SPORT	ATEP BUDDY SIGNATURE

PART 2:

Directions: Please list any questions you have about becoming an athletic trainer or the athletic training education program. Please ask you buddy these questions and describe his / her response(s). You may use the back of this paper if needed.

Please submit completed form with ATEP application. Maintain a copy for your files.

**P 280 - Athletic Training Observation Experience
Basic Athletic Training Skills - Form B**

Name: _____
Semester P280 Taken: _____ Instructor: _____
Assigned ATEP Buddy: _____

Directions:

- You should review and practice the following basic athletic training skills. These may be learned with your P280 buddy or others within the ATEP program willing to assist you.
- Please have your buddy sign off after you learn and demonstrate each skill.
- Please bring attached skill sheets to each of your observation experiences.
- Please turn in a copy of this form with your ATEP application. Retain a copy for your files.

BASIC ATHLETIC TRAINING SKILLS

SKILL	DATE DEMONSTRATED	ATEP BUDDY SIGNATURE	COMMENTS
Crutch Walking			
Ice Bag; Compression Wrap			
Basic Wound Care / Universal Precautions			
Use & Interpret Weight Charts			
Sling Psychrometer			
Lightening Precautions			
Vital Signs (BP, pulse, respirations, temperature)			
Height			
Snellen Eye Chart			

Please list any other skills practiced with your ATEP buddy (if any):

Please submit completed form with ATEP application. Maintain a copy for your files.

