

# TECHNICAL STANDARDS FOR ADMISSION TO AND PROGRESSION IN THE CARROLL UNIVERSITY ATHLETIC TRAINING PROGRAM

Legal Name: \_\_\_\_\_  
Last First Middle Carroll ID (if known)

Successful participation in the Carroll University Athletic Training Program requires that a candidate possess the ability to meet the requirements of the program. Though the program may modify certain course requirements in order to provide a person with a handicap an equivalent opportunity to achieve results equal to those of a person without a handicap, there are no substitutes for the following essential skills. With or without accommodation, the applicant/candidate must initially meet the technical standards described below to gain admission to and to progress through the AT program. If a student has a change in ability to meet these standards while enrolled in the AT program, the student is required to inform their program advisor and update the technical standards form. Where applicable, the AT program may require submission of supporting documentation from appropriate providers.

## Requirements:

1. Completion of the technical standards form is required upon application to the AT program.
2. The form must be updated immediately if the student has a change in their ability to meet technical standards at any point in the program.

## Directions:

To indicate you are able to meet the technical standards described below, initial each paragraph and sign at the bottom of page 2. Any evidence of inability to meet the technical standards may be cause for further evaluation at the university's discretion and/or dismissal from the AT Program. Evidence of inability may be obtained from the application materials, interviews or visual observations. Further evaluation may entail an interview or a physical examination by a physician or other provider of the university's choice.

## Technical Standards for Carroll University Athletic Training Students

In preparation for professional roles athletic training students are expected to demonstrate the ability to meet the demands encountered in an athletic training career. Certain functional abilities are essential for the delivery of safe and effective care. An applicant to the AT Program must meet and maintain the following technical standards for progression throughout the program. Students unable to meet these technical standards will not be able to complete the program. Students shall notify the program in a timely manner of any change in their ability to meet technical standards.

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The technical standards include but are not limited to the following:

### General Ability

The student is expected to possess functional use of the senses of vision, touch, hearing and smell so that data received by the senses is integrated, analyzed and synthesized in a consistent and accurate manner. The student is expected to possess the ability to perceive pain, pressure, temperature, position, vibration and movement in order to effectively evaluate patients. A student must be able to respond promptly to urgent situations.

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### Observational Ability

The student must have the ability to make accurate visual observations and interpret them in the context of clinical/laboratory activities and patient care experiences. The student must be able to document these observations accurately.

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## Communication Ability

The student must communicate effectively verbally and non-verbally to obtain information and explain that information to others. Each student must have the ability to read, write, hear, comprehend and speak the English language to facilitate communication with patients, family members and other members of the health care team. The student must be able to document and maintain accurate records, present information in a professional manner and provide patient instruction to effectively care for patients and their families.

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## Psychomotor Ability

The student must be able to perform gross and fine motor movements with sufficient coordination needed to provide complete safe effective care for patients. The student is expected to have psychomotor skills necessary to safely perform examination procedures and treatment interventions, including CPR/AED if necessary. Examples of examination procedures include, but are not limited to, cognitive assessment, range of motion, manual muscle testing, sensation, balance, functional abilities, pain, cardiopulmonary status, percussion, palpation, and anthropometrics.

Treatment interventions include, but are not limited to, patient education, manual therapy, functional training (transfers, bed mobility, activity of daily living training, etc.), application of therapeutic physical agents such as electrotherapy, radiation, heat, and cold, and wound care.

The student must have sufficient levels of neuromuscular control and eye-to-hand coordination as well as possess the physical and mental stamina to meet the demands associated with extended periods of sitting, standing, moving and physical exertion required for safe patient care. Students must be able to bend, squat, reach, kneel or balance. The AT Program curriculum may require students to carry and lift loads from the floor, from 12 inches from the floor, to shoulder height and overhead. The student must be able to occasionally lift 50 pounds, frequently lift 25 pounds and constantly lift 10 pounds. The student is expected to be able to maintain consciousness and equilibrium and have the physical strength and stamina to perform satisfactorily in clinical settings.

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## Intellectual/Cognitive Ability

The student must have the ability to develop critical thinking and problem-solving skills essential to professional athletic training practice. Problem solving skills include the ability to measure, calculate reason, analyze, synthesize, and judge objective and subjective data, and to make decisions in a timely manner that reflects thoughtful deliberation and sound clinical judgment. The student must demonstrate application of these skills and possess the ability to comprehend, retain, retrieve and incorporate prior knowledge with new information from multiple sources including, but not limited to self, peers, instructors and related literature to formulate sound judgment for competent patient/client management, practice management, and functions required for clinical scholarship.

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## Behavioral and Social Attributes

The student is expected to have the emotional stability required to exercise sound judgment, complete assessment and intervention activities. Compassion, integrity, motivation and concern for others are personal attributes required of those in the AT program. The student must fully utilize intellectual capacities that facilitate prompt completion of all responsibilities in the classroom and clinical settings; the development of mature, sensitive and effective relationship with patients and other members of the healthcare team. The student must have the ability to establish rapport and maintain respectful interpersonal relationships with individuals, families and groups from a variety of social, emotional, cultural and intellectual backgrounds. Each student must be able to adapt to changing environments; display flexibility; accept and integrate constructive criticism given in the classroom and clinical settings; and effectively collaborate with others. Students must continuously self-assess to improve as a professional.

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### Ability to Manage Stressful Situations

The student must be able to adapt to and function effectively in relation to stressful situations encountered in both the classroom and clinical settings, including emergency situations. Students will encounter multiple stressors while in the AT program, and must effectively manage these stressors throughout entire workdays. These stressors may be (but are not limited to) personal, patient care/family, faculty/peer and/or program related.

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### Background Check

Clinical facilities require that Carroll University perform background checks on all students before participation in clinical courses. The background check result is shared with the clinical facility.

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### Evaluation

An applicant/candidate with a handicap shall not, on the basis of his or her handicap be excluded from participation in, denied the benefits of, nor be subjected to discrimination in the program. Carroll University may require that the applicant/student undergo a physical examination and/or an occupational skills evaluation. All AT students must be able to perform the essential functions of a student athletic trainer. Reasonable accommodations will be afforded to students with disabilities as required under accommodations required by the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1990. A student who can no longer perform the essential functions of a student athletic trainer must report this to their program advisor. If reasonable accommodations cannot be made, the student will not be able to remain in the AT program. I certify that the information submitted in this form is complete and correct to the best of my knowledge.

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Student Signature: \_\_\_\_\_ Date \_\_\_\_\_

Print name here: \_\_\_\_\_

Signature of care provider: \_\_\_\_\_ Date \_\_\_\_\_

*(Note: Signature of care provider is not required at the time of application.)*

Print name here: \_\_\_\_\_