

**MIDDLE TENNESSEE STATE UNIVERSITY
ATHLETIC TRAINING PROGRAM**

**TECHNICAL STANDARDS
For Admission and Retention**

The Athletic Training Program (AT Program) at Middle Tennessee State University is a physically demanding and mentally intense curriculum that places specific requirements on students enrolled in this 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 in this document by the Middle Tennessee State University AT Program, establish the essential qualities necessary for successful completion of the curriculum. Essential qualities are related to achieving the knowledge, skills, attitudes and competencies of an Entry-level Athletic Trainer, which is the goal of the AT Program. Furthermore, essential qualities meet the expectations of an Entry-Level Athletic Trainer as described by the National Athletic Trainers Association (NATA) Educational Competencies and Proficiencies, the Board of Certification (BOC) Role Delineation Study as well as the Commission on Accreditation of Athletic Training Education, which is the accrediting agency for athletic training education.

Candidates for the AT Program at Middle Tennessee State University are required to meet these technical standards as part of the admission process and must continue to meet these standards for program retention. Candidates are asked to verify and demonstrate that they understand the demands, abilities, and expectations of the program and that they understand they will be required to complete the knowledge, skills, attitudes, and competencies, with or without reasonable accommodations, associated with performance as an athletic training student, which includes all coursework, clinical experiences and rotations, and internships deemed necessary for graduation. In the event a student is unable to fulfill these technical standards, with or without ‘reasonable accommodation’ (according to the American Disabilities Act), the student will not be admitted into the program or be permitted to continue in the program. Compliance with the Middle Tennessee State University Athletic Training Program’s technical standards does not guarantee a student’s eligibility for the Board of Certification examination.

Essential Qualities required for the students to complete the AT Program are as follows:

1. Students must meet the class standards for course completion throughout the curriculum.
2. Students must be able to read, write, speak, and understand English at a level consistent with successful course completion, having the ability to communicate effectively with faculty, peers, coworkers, clients, patients, athletes, coaches, and other members of the healthcare team. Effective communication includes the ability to receive, interpret, utilize and disseminate information via verbal, non-verbal, and written (manual and

- computer) communication in a manner that is comprehensible by colleagues, clients, and laypersons.
3. Students must have the mental capacity to acquire knowledge and comprehend, measure, calculate, analyze, reason, evaluate, synthesize, and apply large volumes of cognitive educational material related to athletic training in a short period of time.
 4. Students must be able to think critically and problem-solve, gather and synthesize knowledge and information relevant to decision-making during an injury assessment activity in class or in the clinical setting to develop an effective treatment program.
 5. Students must perform treatment and rehabilitation activities in class or in the clinical setting by direct performance or instruction through assistance of intermediaries.
 6. Students must apply critical thinking processes and sound judgment to their work in the classroom or in the clinical settings
 7. Students must follow safety procedures established for each class and clinical setting.
 8. Students must maintain personal appearance and hygiene conducive to the classroom and clinical setting
 9. Students must annually pass a cardiopulmonary resuscitation (CPR) course at the Healthcare Professional level.
 10. Students must annually complete OSHA-regulated Blood Borne Pathogen Exposure Training and complete the Hepatitis B Vaccine series or have a written denial on file.

Essential Skills that are required in order to complete the Essential Qualities are as follows:

1. Students must be able to develop proficiency in motor skills required for accurate examination, evaluation and intervention techniques. The students must demonstrate adequate locomotor ability to allow them to physically maneuver to and from and within the classroom, lab and clinical settings.
 - a. Students typically sit for 2-10 hours daily in the classroom, stand for 1-3 hours daily at clinical assignments and must be able to ambulate 10 yards at 2 miles per hour indoor and outdoor over rough terrain.
 - b. Students frequently are required to lift objects, carry or push/pull objects.
 1. Lifting less than 10 pounds and occasionally lift between 10-20 pounds' overhead
 2. Occasionally carry up to 25-30 pounds while walking 10-20 feet
 3. Exert 25 pounds of push/pull forces to objects, sometimes while ambulating 50 feet or more
 - c. Students frequently twist, bend, stoop, and kneel on the floor for up to 15 minutes.

- d. Students frequently stand, walk, and move from place to place and position to position while handling of classmates and/or injured athletes and must do so at a speed that permits safe handling and appropriate support.
2. Students must be able to coordinate verbal and manual activities with gross and fine motor activities.
3. Students often work within an electrical or magnetic field.
4. Students must have 20/40 corrected vision to accurately observe activities and behaviors during events on the field, court or mat, or other classroom or clinical setting. Students must be able to use auditory, tactile, and visual senses to accurately observe and interpret demonstrations in the classroom instruction, projected slides or overheads, x-rays and monitor dials on equipment and in other situations to evaluate and treat injured athletes.
5. Students must have basic neurological function to perceive changes in status such as skin temperature and/or color, heart rate, facial expression, muscle tone, breath sounds, breathing rate or pattern, changes in contour of surface/body part and to maintain 10 pounds of grip strength for 30 seconds.
6. Students must possess the ability to make and execute quick, appropriate and accurate decisions in a stressful environment in the classroom and clinical settings.
7. Students must be able 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 in classroom and clinical settings.
8. Students must have sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate assessments using accepted methods and to accurately, safely, and efficiently use equipment and materials during the treatment and rehabilitation of patients.
9. Students must be able to clearly and accurately record the results of athletic injury and illness assessments and accurately record plans for the treatment and rehabilitation of athletic injuries and illnesses.
10. Students must possess and demonstrate a level of emotional health and maturity that allows for the full use of their intellectual capabilities, the capacity to maintain composure and continue to function well physically, emotionally or intellectually during periods of high stress. Students must have the flexibility and ability to adjust to the uncertainty of dynamic clinical settings and various classroom environments.
11. Students must demonstrate the affective skills, appropriate demeanor, rapport, and sensitivity that relate to professional education and quality patient care. Students must demonstrate a commitment to working with individuals with physical and cognitive deficits from a variety of age groups, cultures, and socioeconomic status, without bias. Students must keep patient/client safety at the forefront throughout the educational process.

12. Students must demonstrate the perseverance, diligence, and commitment to complete the athletic training educational program as outlined and sequenced.
13. Students must adhere to the Middle Tennessee State University student handbook, honor code, and standards and guidelines at all times.

Candidates for selection to the Middle Tennessee State University AT Program will be required to verify and demonstrate that they understand and meet these technical standards or that they believe that they can meet these standards with reasonable accommodation. If there is a change in health status or technical capabilities, the student may need reassessment before continuing in the clinical component of the athletic training education program.

A student who needs reasonable accommodation for disability that might limit his/her ability to meet these essential qualifications may contact the Middle Tennessee State University Disability Access Center to explore whether reasonable disability accommodations are available. Middle Tennessee State University Disability Access Center will evaluate documentation provided by a student who states that he or she could meet the technical standards with reasonable accommodation. Also, the Middle Tennessee State University Disability Access Center will be responsible for confirming that the stated condition qualifies as a disability under applicable laws.

Acknowledgement of Technical Standards

I certify that I have read and understand the technical standards stated above and I believe to the best of my knowledge that I can meet these technical standards. Furthermore, I understand that if I am unable to meet these technical standards, I will not be admitted into the athletic training educational program or, once admitted, may be dismissed should I become unable to meet these essential qualifications. I understand that, if I have a disability that might limit my ability to meet these essential qualifications, I may contact the Middle Tennessee State University Disability Access Center at (898-2783) or dssemail@mtsu.edu.

Applicant's Signature

Date

Print Name

Witness

Date