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Athletic Training in the Classroom

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Athletic Training in the Classroom

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Site information

Site Name: Otterbein University
ATHT 1000- Introduction to Allied Health Professions

ATHT 4600- Therapeutic Interventions 1

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Starting Goals

1. Advocacy

Promote awareness and education students on the profession

2. Engagement

Maintain student engagement in class and on-line

3. Teaching Method

Develop knowledge on different teaching methods and skill

4. Evidence-Based Practice

Incorporate current research into lectures and assignments

5. Mentorship

Provide guidance and support for undergraduate AT students

Goal Summary/Achievement

Goal Summary

Goal 1

Advocate for the athletic training profession by educating potential athletic training students on various duties, responsibilities, and job settings of athletic trainers. Through my personal experiences as a clinician, I will aid students in career exploration, service opportunities, and provide a broad overview of what the professions has to offer. I plan to provide students with examples of the multiple different duties and responsibilities athletic trainers hold in a college and/or high school setting.

Goal 2

During the fall semester, I will encourage student engagement in a hybrid course and ensure freshmen students are handling the transition to college during a pandemic time. In the spring, I plan to develop and conduct lab activities that maximize student creativeness and immersion into the athletic training profession.

Goal 3

This goal is aimed toward developing a personal teaching method by working alongside a professor to learn and understand how to deliver lectures, as well as create interactive, hands-on laboratory experiences for students. I will concentrate on gaining confidence while instructing the class.

Goal 4

Evidence-based research and textbook will be utilized to create lecture and lab materials regarding therapeutic modalities and patient care. I will instruct students on how to search for and comprehend current research.

Goal 5

I will aim to act as a mentor for athletic training students and allow them to learn from a practicing athletic trainer that is currently working in a clinical setting. I will be a familiar face in the athletic training room and create an environment where students can become confrontable asking questions.

Goal Achievement

Goal 1

I advocated for the athletic training profession by allowing students to explore the field and potentially influence them to join the athletic training program. I created a presentation that explained the different fields in which athletic trainers can work and what they need to do get involve in those settings. I also discussed the athletic training program here at Otterbein an introduced them to some of the individuals they will work with as an AT student.

Goal 2

Throughout my practicum experience, I created and carried out several lab sessions where students got hands-on experience practicing skills that athletic trainers use daily. Lab session included taking blood pressure, various taping techniques, cryotherapy/thermotherapy modalities, and therapeutic exercises. I focused on keeping lab session interactive and engaging for students.

Goal 3

During the past two semesters, I was able to observe and learn several different teaching methods from Dr. Simon. The differing characteristics among the freshman and sophomore classes allowed me to gain a greater understanding of which teaching method worked best for each grade level. I gained confidence speaking to each class and managing a classroom

Goal 4

Current literature was incorporated into each lecture/lab session. Students were educated on how to find quality research from databases and how to interpret an article. I found articles relating to each lab session for students to review prior to class. This allowed the students and myself to gain a greater understanding for therapeutic modalities and exercise.

Goal 5

Throughout my practicum experience, I was able to serve as a mentor for potential and sophomore athletic training students. Student were able to schedule time to meet with me and discuss classwork or receive help if needed. I aided students in preparing for exams and oral practical and give them advice on how I prepared when I was an undergraduate student,

Activities

- Create lecture PowerPoints and lab activities
- Tutor freshmen students in anatomy
- Grade sophomore oral proficiencies
- Demonstrate different taping techniques and therapeutic modalities
- Research articles for classroom discussion
- Aid in exam and oral practical preparation

Photos

