

Grand Valley State University Master of Athletic Training Program Technical Standards

The Master of Athletic Training (MAT) at Grand Valley State University (GVSU) is a rigorous program that places specific requirements and demands on admitted athletic training students. Students must demonstrate specific intellectual, technical, physical and behavioral essential skills set forth by the athletic training profession. The objective of this program is to prepare graduates, to enter a variety of employment settings, and to render care to a diverse patient population engaged in physical activity.

The technical standards listed below, establish the qualities required for students admitted to the GVSU MAT Program, to achieve the knowledge, skills, and competencies of an entry-level athletic trainer. The following abilities and expectations must be met by all students admitted to the GVSU MAT. In the event a student is unable to fulfill these technical standards, with or without reasonable accommodation, the student will not be admitted into the program.

Compliance with the program's technical standards does not guarantee a student's eligibility for the BOC certification exam.

Admitted MAT students must demonstrate the following skills:

I. Motor

- a. Sufficient postural and neuromuscular control, sensory function (vision, tactile hearing, vestibular, and proprioception), and coordination to perform appropriate physical evaluations using accepted techniques; and accurately, safely and efficiently use equipment and materials during the assessment and treatment of patients.
 - i. Athletic training duties are performed in a variety of positions. These include but are not limited to: standing, sitting, kneeling, squatting, twisting, reaching, bending, pushing/pulling and or any other posture that provides assistance and support. Students must be able to move in rapid succession from floor to upright position, in an emergency situation. Duties are performed while maintaining the safety of the patient and student.
 - ii. Additional examples of daily physical demands include but are not limited to: ability to perform palpations, complete taping procedures, performance of special tests, ability to perform CPR and First Aid procedures, ability to lift 10-gallon coolers of water, ability to transport injured athlete, running across uneven surfaces.
 - iii. Tolerate travel to various community locations for clinical experiences.

Assessed: 1. Ability to lift a 25 lb weight. 2. Proof of CPR Certification. 3. Pass physical examination (see GVSU MAT physical examination form) performed by a physician (MD or DO).

II. Sensory/Observation

- a. Students will need to continually observe patients, obtain a patient's history, detect changes in patient condition and ensure patient safety. Students must be able to obtain information from written documents, video media/data, graphic images and equipment quickly and accurately. These skills necessitate the functional use of vision, hearing and other sensory modalities. The student must have functional visual acuity, the ability to hear/lip read, and the ability to sense light touch and proprioceptive changes.

Assessed: 1. Pass physical examination (see GVSU MAT physical examination form)

performed by a physician (MD or DO). 2. Athletic Trainer reference recommendation letter.

III. Communication

- a. The ability to communicate effectively and sensitively with patients and colleagues, including individuals from different cultural and social backgrounds. Communication includes not only speech but reading and writing. Students must recognize the significance of verbal and non-verbal communication in both academic and clinical settings.
 - i. This includes but is not limited to: the ability to establish rapport, communicate judgments and treatment information effectively with patients, coaching staff and other healthcare professionals.
- b. Students must be able to understand and speak the English language at a level consistent with professional practice.
- c. The ability to record the physical examination results, evaluations and treatment plans clearly and accurately.
- d. Perform oral presentations to fellow students, instructors, other athletic trainers, and healthcare professionals within the classroom and in the professional practice setting.

Assessed: 1. Satisfactory performance in the application interview. 2. Satisfactory performance on both application written essays. 3. Evaluator/reference recommendation letter.

IV. Cognitive

- a. The mental capacity to assimilate, analyze, synthesize, integrate evidence-based practice concepts and problem solve to formulate assessment, therapeutic judgments and to be able to distinguish deviations from the norm both in clinical practice and classroom exposure. Students will have exposure to a variety of instructional methods, including written and oral formats, visual media, hands on laboratory experiences, clinical experiences, and through self-directed learning.
- b. Ability to maintain attention, performance and behaviors, without interruption, is expected in class for 2+ hours and the clinical exposure for 3+ hours.

Assessed: 1. Completion of GVSU Athletic Training pre-requisite courses, with a GPA of a 3.0 or better.

V. Behavioral and Social Attributes

- a. The capacity to maintain composure and continue to function well during periods of high stress. Students must adapt to a wide variety of encounters and environments. The ability to adapt displays flexibility and the ability to adjust to the rapid, unpredictable and uncertainties present within the rapid changes of the health care system of clinical problems of many patients. Student stability of emotional health is required to exercise good judgment and prompt completion of the responsibilities to the evaluation and treatment of patients.
- b. The capacity to develop and maintain effective appropriate demeanor with professional relationships in the health care setting to ensure quality patient care. This includes, but not limited to members of the healthcare team/staff, coaches, and patients.
- c. Athletic Training personal attributes which include, but not limited to: adaptability,

empathy, compassion, effective communication skills, intrapersonal skills, motivation, model NATA code of ethics, integrity, and honesty.

Assessed: 1. Satisfactory performance in the application interview. 2. Evaluator/reference recommendation letter.

We recognize that degrees of ability vary widely between individuals. Those with a concern are strongly encouraged to have a discussion with Disability Support Resources (DSR) and the MAT Program Director. Jointly, both DSR and the MAT Program Director may consider technological and other facilitating mechanisms necessary to educate and function effectively as an athletic trainer. After a meeting with and reviewing appropriate documentation of the potential applicant, DSR will determine if the potential candidate can meet the technical standards with or without reasonable accommodation. In adherence to the Americans with Disabilities Act of 1990 (ADA), DSR, in consultation with the MAT Program Director, will conduct a review of whether or not the accommodations would jeopardize clinician/patient safety, and/or the educational process of the applicant and/or the institution (including all coursework, clinical experiences, and internships deemed essential to graduate). The Department of Movement Science and the MAT Program is committed to enabling its students to complete the course of study in athletic training by any reasonable means or accommodations. The Department of Movement Science and the MAT Program do not discriminate against any individual on the basis of religion, gender, ethnic background or physical disability.

SIGN ONLY ONE:

I certify that I have read and understand the technical standards for selection listed above, and I believe to the best of my knowledge that I meet each of these standards **without** accommodation. I understand that if am unable to meet these standards, I will not be admitted into the program.

Signature of Applicant

Date

I certify that I have read and understand the technical standards of selection listed above and I believe to the best of my knowledge that I can meet each of these standards **with accommodations**. I will contact the Disability Support Resource and the Athletic Training Program Director at Grand Valley State University to determine what accommodations may be available. I understand that if I am unable to meet these standards with reasonable accommodations, I will not be admitted into the program.

Signature of Applicant

Date