Level 3B Clinical Proficiencies

These proficiencies are to be completed by students in the spring semester of their third year. The proficiencies are primarily based on the knowledge obtained in KIN 346 Athletic Training Program Administration and KIN 330E Sports Nutrition or NTR 306 Fundamentals of Nutrition, in addition the student’s previous coursework.

A demonstration of the student’s decision-making and critical thinking abilities is paramount. It is important that the student demonstrate an overall ability to apply the skills and knowledge associated with each clinical proficiency and listed requirement, not just perform a series of psychomotor skills. Successful completion of the clinical proficiency requires the student to perform, at the minimum, the items listed under “Requirements”. Students should be prepared to answer questions from the ACI, who may challenge the student’s knowledge by questioning the student’s purpose and reasoning for doing things and/or ask the student to explain and/or demonstrate what would be done to address a specific situation.

Clinical Proficiency 3B1: Nutritional Aspects of Injuries and Illnesses

Demonstrate the ability to counsel a patient in proper nutrition. This may include providing basic nutritional information and/or an exercise and nutrition program for weight gain or weight loss. The student will demonstrate the ability to take measurements and figure calculations for a weight control plan (e.g., measurement of body composition BMI, calculation of energy expenditure, caloric intake, and BMR). Armed with basic nutritional data, the student will demonstrate the ability to develop and implement a pre-participation meal and an appropriate exercise and nutritional plan for an active individual. The student will develop an active listening relationship to effectively communicate with the patient and, as appropriate, refer the patient to other medical professionals (physician, nutritionist, counselor or psychologist) as needed. (NU-CP1:4th edition)

Requirements:
In order to complete this proficiency, the student will perform the following:

3B1.1 – demonstrate the ability to determine a patient’s body composition (e.g. use skin calipers, calculate BMI, calculate energy expenditure, make referrals for advanced testing such as DEXA, underwater weighing, etc.)

3B1.2 – demonstrate the ability to determine a patient’s typical eating habits and caloric intake

3B1.3 – demonstrate the ability to interpret results from the patient’s body composition testing and caloric intake analysis to determine if nutritional counseling is warranted

3B1.4 – demonstrate the ability to access and recommend general, healthy nutritional guidelines (i.e. proper guidelines regarding protein, carbohydrate, fat, vitamin, mineral, and fluid intake, etc.)

3B1.5 – demonstrate the ability to access and recommend nutritional guidelines for patients needing to gain weight

3B1.6 – demonstrate the ability to access and recommend nutritional guidelines for patients needing to lose weight
3B1.7 – demonstrate the ability to access and recommend nutritional guidelines for a pre-participation meal

**Learning over time:**

3B2.1 – the student will create a case study, and/or a comprehensive literature review on a selected topic, and/or a presentation on a selected topic, and/or an independent research project and make an oral presentation to an audience, and/or make poster presentation for an audience, and/or submit the document for publication.

The student will provide comprehensive patient care by:

**Musculoskeletal:**

3B3.1 – assessing a patient with a musculoskeletal injury and determining an accurate diagnosis
3B3.2 – providing acute care for the injury as needed (e.g. provide first aid, make a referral, etc.)
3B3.3 – providing follow-up care for the injury (e.g. therapeutic modalities, conditioning and rehabilitation exercises, make referrals, etc.)

**General Medical:**

3B3.4 – assessing a patient with a general medical condition and determining an accurate diagnosis
3B3.5 – providing acute care for the injury as needed (e.g. provide first aid, make a referral, etc.)
3B3.6 – providing follow-up care for the injury (e.g. therapeutic modalities, conditioning and rehabilitation exercises, make referrals, etc.)