

# SOUTHERN CONNECTICUT STATE UNIVERSITY

## Athletic Training Education Program

### Technical Standards and Verification of Health Status Form

#### CANDIDATE INSTRUCTIONS:

- Read through this entire packet, specifically the Technical Standards form
- Choose an option and sign the Technical Standards form
- Make an appointment with your health care provider to have the physical examination completed
- Return all completed materials to:

**Dr. Gary Morin, Program Director**  
**Athletic Training Education**  
**Pelz Gymnasium**  
**Southern Connecticut State University**  
**New Haven, CT 06515**

#### PART A: TO THE CANDIDATE:

Southern Connecticut State University is committed to comply with Section 504 of the Rehabilitation Act of 1973 and with the Americans with Disabilities Act (ADA) of 1990. Therefore, the Athletic Training Education Program at Southern Connecticut State University seeks to ensure that qualified persons with disabilities are not denied admission, or subject to discrimination in admissions.

The technical standards for admission establish the expectations and requisite abilities considered essential for students admitted to the Athletic Training Education Program in order to achieve the level of competency required for graduation and practice. These include abilities and skills in five categories: observation, communication, motor, intellectual and behavioral, and social.

1. **Observation:** A candidate must be able to observe demonstrations in the classroom and clinical setting, and be able to effectively gather and assimilate information from them. A candidate must have sufficient visual and other sensory modalities to accurately observe an athlete at a distance and at close range, in order to gather necessary data about the athlete, such as that needed to describe posture, habitus, mood, activity and non-verbal communications.
2. **Communication:** A candidate must be able to communicate effectively and sensitively with athletes from different social and cultural backgrounds, and to develop effective professional rapport with other members of the health care team. Communication includes not only speech and nonverbal communications, but also reading and writing. It includes the ability to record assessment results and follow-up notes clearly, accurately and efficiently, as well.
3. **Motor:** Candidates must possess sufficient postural and neuromuscular control, and eye-to-hand coordination in order to utilize the standard instruments used in the Athletic Training profession. They must possess sufficient control of the upper and lower extremities to meet the physical requirements for training (Ex: standing in the Athletic Training Room or at playing venues for long periods of time) and performing a safe injury assessment. They must have adequate sensory function to fulfill minimum competency objectives in order to be able to elicit information from athletes through palpation, auscultation, percussion and other assessment maneuvers. Additionally, candidates must be able to learn and perform the fundamental skills associated with injury assessment, management, and therapeutic rehabilitation, and be able to quickly and appropriately provide general and emergency care to athletes.
4. **Intellectual:** Candidates must have the mental capacity to learn and assimilate a large amount of complex, technical and detailed information, solve clinical problems through critical analysis, perform measurements, and synthesize and apply concepts and information from various disciplines in order to formulate therapeutic plans.

- 5. **Behavioral and Social Attributes:** A candidate must possess the emotional and mental health required for full utilization of his or her intellectual abilities, the exercise of good judgment, the prompt completion of all responsibilities attendant to the care and management of injuries to athletes, and the development of mature, sensitive and effective relationships with athletes. Candidates must be able to tolerate physically taxing workloads and have the ability to maintain composure and emotional stability during periods of high stress. They must be able to adapt to changing environments, display flexibility, and function in the face of uncertainties inherent in the clinical problems of many athletes. Compassion, integrity, interpersonal skills, interest, and motivation are all personal qualities that are essential to the role.

Additionally, it is recognized that degrees of ability vary widely among individuals. Any candidates who feel they may not meet the technical standards set forth are encouraged to contact the Athletic Training Education Program Director. Any candidate who may require accommodations to fulfill the technical standards due to a disability are encouraged to contact the **Office of Disability Rights** (203-392-6825) or the **Student Supportive Services Office** (203-392-6810). Southern's Athletic Training Education Program is committed to enabling its students, by any reasonable means or accommodations, to complete the course of study leading to a Bachelor of Science degree in Athletic Training.

If a candidate states that s/he can meet the technical standards with accommodation, the University will determine whether it agrees that the student can meet the technical standards with reasonable accommodations. This includes a review of whether the accommodations would jeopardize clinician/patient safety, or the educational process of the candidate or the institution, including all coursework, clinical experiences, and internships deemed essential to graduation from the Athletic Training Education Program.

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**Statement for Students Denying the Need for Accommodation:**

I certify that I have read and understand the technical standards for admission listed above, and I believe to the best of my knowledge that I can meet each of these standards without accommodation. I understand that if I am unable to meet these standards, I will not be admitted into the Athletic Training Education Program.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

**Alternative Statement for Students Requesting Accommodation:**

I certify that I have read and understand the technical standards for admission listed above, and I believe to the best of my knowledge that I can meet each of these standards with certain accommodations. I will contact the Southern Connecticut State University **Office of Disability Rights** (203-392-6825) or the **Student Supportive Services Office** (203-392-6810) to determine what accommodations may be available. I understand that if I am unable to meet these standards, with or without accommodations, I will not be admitted into the Athletic Training Education Program.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

## **PART B: TO THE EXAMINING HEALTH CARE PROVIDER**

The above named candidate is applying for admission into the Athletic Training Education Program at Southern Connecticut State University. As an Athletic Training Student, this candidate will be expected to be physically healthy, possess all necessary immunizations, and perform physical skills and tasks associated with the profession of athletic training. For this purpose, we require candidates to verify that s/he is able to meet the required physical and mental standards through a physical examination by a **Medical Doctor, Doctor of Osteopathic Medicine, Nurse Practitioner, or Physician Assistant.**

Please read through the instructions and assess this candidate's ability to meet the required standards.

*This information is used only to assess the candidate's physical and mental health status for participation in Athletic Training clinical education. It is strictly for the use of the Athletic Training Education Program and will not be released without student consent.*

### **INSTRUCTIONS:**

- Please through the following information, specifically the list of requisite physical skills and tasks associated with the athletic training profession.
- Assess the candidate based on the student's *medical history and physical examination* and determine whether the student is capable of meeting the physical and mental requirements and may participate in clinical education based on the skills listed below.
- Return the forms to the candidate for submission to the Program Director

Examples of typical skills performed by BOC, Inc. Athletic Trainers include:

- Athletic Trainers typically sit 2-6 hours daily, stand for 2-3 hours daily at practice/games, and ambulate as much as 100 yards to attend to injured participants on playing fields. Attention to patients may require jogging to an injury site.
- Athletic Trainers frequently lift weights in excess of 50 lbs and may be infrequently required to lift more as in the case of stretcher / spine board use.
- Athletic Trainers frequently exert 25 pounds of push/pull force to objects for up to 50 ft.
- Athletic Trainers frequently twist, bend, stoop, and kneel on the floor or ground for up to 15 minutes.
- Athletic Trainers move from place to place and position to position, and must do so at a speed that permits the safe handling of injured athletes.
- Athletic Trainers frequently stand and walks while supporting an injured patient.
- Athletic Trainers frequently coordinate verbal and manual activities with gross motor activities.
- Athletic Trainers frequently use auditory, tactile, and visual senses to receive classroom instruction, and to evaluate and treat injured patients.
- Athletic Trainers often work within an electrical field.
- Athletic Trainers will need to have 20/40 vision, normal or corrected, to view activities.
- Athletic Trainers frequently need basic neurological function to perceive heat, cold, or a change in contour of surface/body part.
- Athletic Trainers need to possess the ability to make quick, appropriate, and accurate decisions in a stressful environment.
- Athletic Trainers should be up to date with appropriate immunizations to include: hepatitis B, tetanus, and meningitis.

Name: \_\_\_\_\_ Student ID#: \_\_\_\_\_ Date: \_\_\_\_\_

**MEDICAL VERIFICATION (Please Print):**

**I certify that on this date I have examined this candidate as requested by the Southern Connecticut State University Athletic Training Education Program. Based on my examination and the medical information provided by the candidate, the candidate:**

- Meets the expectations of an athletic trainer as stated above and may participate in clinical education.**
- Does not meet the expectations of an athletic trainer and may need accommodations to meet the physical and mental requirements. The candidate should seek input from the Office of Disability Services at Southern Connecticut State University. S/he may not participate in clinical education until the need for such accommodations is determined and any accommodations are agreed upon and implemented.**
- Is not medically advised to participate in athletic training clinical education.**

\_\_\_\_\_  
Health Care Provider's Printed Name and Credentials

\_\_\_\_\_  
Health Care Provider's Signature

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, and Zip

(       )  
\_\_\_\_\_  
Phone number