



## MASTER OF SCIENCE IN ATHLETIC TRAINING (MSAT) PROGRAM TECHNICAL STANDARDS

The Sacred Heart University Master of Science in Athletic Training (MSAT) Program is a rigorous program that places specific requirements and demands on students to prepare them for entry into the intellectually, physically, and psychologically demanding profession of athletic training. The technical standards establish the essential qualities and functions considered necessary for students admitted to this program to achieve the knowledge, skills, and [competencies](#) of an entry-level athletic trainer as expected by the [Commission on Accreditation of Athletic Training Education \(CAATE\)](#) and Board of Certification (BOC), Inc.

In the event a student is unable to fulfill these technical standards, with or without reasonable accommodations, the student will not be admitted into or permitted to progress in the MSAT Program. Compliance with the MSAT Program's technical standards does not guarantee a student program admission nor eligibility for the BOC, Inc. certification examination.

### TECHNICAL STANDARDS:

Applicants to and students enrolled in the MSAT Program must demonstrate skills and abilities in the following areas for successful completion of the degree requirements:

**Observation:** Observation requires the functional use of vision, hearing, and somatic sensations in both the classroom and in patient care. A student must be able to attend and engage in lectures and laboratory demonstrations. The student must also be able to observe a patient accurately from varying distances to determine variations from normal. Examples in which these observational skills are required include, but are not limited to, reading written, illustrated and electronic/digital material; inspection and palpation of anatomical structures; discriminating numbers and patterns associated with diagnostic instruments and tests; and visual and tactile assessment for the presence and degree of edema.

**Communication:** Communication includes speech, language, reading, writing and computer literacy. Students must be able to demonstrate appropriate verbal, nonverbal, and written communication skills with patients/clients, faculty/staff, peers, clinical preceptors, healthcare professionals, members of the athletic community (coaches, support staff, etc.), and other individuals involved in patient care. Students are required to communicate effectively and sensitively with patients/clients to elicit information regarding mood, activities, and health status, as well as perceive and appropriately interpret verbal and non-verbal communications. Students must also communicate quickly, effectively, and efficiently in oral and written English with all members of the health care team to convey information essential for safe and effective care. This includes, but is not limited to, the ability to read and record documentation, such as patient records, in a complete, accurate, and timely manner.

**Sensory and Motor Function:** Students must have sufficient motor function to elicit information from the patient examination using palpation, auscultation, visual inspection, muscle strength assessment, joint range of motion measurement, and other evaluative

maneuvers. Students must possess adequate gross motor function, coordination, and equilibrium abilities to complete tasks such as gait assistance. Specific motor function requirements include safely lifting up to 50 pounds independently, safely lifting up to 200 pounds with assistance, and safely being able to push and pull up to 200 pounds. Students must also be able to execute fine motor movements required to provide patient care such as the manipulation of medical instruments, evaluation tools, therapeutic modalities, or wound care applications. Additionally, the student must have sufficient motor function to be a first responder for a potentially catastrophic injury such as maintaining in-line stabilization of the cervical spine, rescue breathing, airway management, and cardiopulmonary resuscitation.

**Intellectual Abilities and Critical Reasoning:** To effectively solve problems, students must be able to measure, calculate, reason, analyze, integrate, and synthesize information in a timely fashion, especially in emergency situations. For example, the student must be able to synthesize knowledge and integrate the relevant aspects of a patient's history and examination findings to develop an effective treatment program. In addition, students must be able to retain and recall information required for appropriate patient assessment and care.

**Behavioral and Social Attributes:** Students must possess the psychological and emotional health required for the full use of their intellectual abilities, the exercise of good judgment, and the prompt completion of all responsibilities inherent to assessment and care of patients. Students must be able to develop mature, sensitive, professional, and effective relationships with patients/clients, faculty/staff, peers, and other members of the healthcare team. Students must be able to maintain professionalism and appropriate demeanor during physically and mentally taxing workloads and function effectively under stress. Students must be able to adapt to a changing environment and function in the face of uncertainties inherent in the clinical problems of patients. Students are expected to accept appropriate suggestions and evaluative feedback in a respectful manner and respond via modification of behavior as necessary. Students must demonstrate ethical behavior, both in the classroom and during their clinical experience ([BOC, Inc. Code of Ethics](#); [National Athletic Trainers' Association Code of Ethics](#)).

## ACCOMMODATIONS

Sacred Heart University provides equal educational opportunities for all students regardless of disability status. Students with disabilities (as defined by Section 504 of the Rehabilitation Act and the Americans with Disabilities Act) requesting accommodations must contact the [Office of Student Accessibility](#) (OSA) and submit appropriate documentation to be granted accommodations. Whether or not a request for accommodation is reasonable will be determined on an individual basis. Determining what is a reasonable accommodation is an interactive process which the student/applicant should initiate with the Office of Student Accessibility and the college and/or MSAT Program. Accommodations cannot eliminate essential program elements, fundamentally alter the athletic training curriculum, and/or compromise clinician/patient safety. The MSAT Program reserves the right to identify situations or accommodations that compromise clinician/patient safety and/or fundamentally alter the nature of the program.

## ATHLETIC TRAINING STUDENT/APPLICANT

Please initial next to each statement below:

\_\_\_\_\_ I certify that I have read and understand the technical standards for selection listed above.

\_\_\_\_\_ I believe to the best of my knowledge that I meet each of these standards without accommodation OR with reasonable accommodation(s) from OSA.

\_\_\_\_\_ I understand that if I request accommodation(s) through OSA, I must provide the Program Director with an outline of requested accommodation(s) from OSA.

\_\_\_\_\_ I understand that if I am unable to meet these standards, with or without reasonable accommodation(s), I will not be admitted into and/or permitted to continue in the MSAT Program.

\_\_\_\_\_ I understand that if my physical, mental, or emotional health changes at any time during enrollment in the MSAT Program, I must notify the Program Director immediately, in writing, and recertify the above statements.

\_\_\_\_\_  
Printed Name of Student

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date