### Program Review - Sports Medicine

**Prepared by:** Dennis Goebel

**Overall Outcome Achievement:**

Sports Medicine program overall achievement was met with an 81.87 success and retention rate. See attached documents - Success Retention 2013.14. The core courses, SMED 040 and SMED 060 are open enrollment and therefore student success rates are slightly lower. Contributing factors seem to be students do not understand the academic rigor required for the Sports Medicine program. Then courses SMED 151, 153, 181, 182 and all Work Experience courses have a much higher student success rate, perhaps due to the fact that students understand the academic challenge but also on field experience solidifies the learning. The 28 year history of the Sports Medicine program indicates that this is a consistent pattern.

SLO assessments were completed for all 16 Sports Medicine courses (8 courses each semester). Due to state mandates, SMED 150, 151, 152, 153 and SMED 180, 181, 182, 183 had to be rewritten as individual courses and this is the first assessment of these individual classes. Assessment data indicates that the SLO's in each SMED courses are measuring student learning and outcome goals were met for each course.

**Changes based on outcome achievement:**

No changes in the program or course outcomes were indicated due to high percentages of student success.

**Outcome cycle evaluation:**

Sports Medicine Program courses are evaluated each semester in order to meet industry standards for employment and transfer requirements. The Sports Medicine program is committed to assessing every semester in order to ensure that students are learning the most current techniques as well as utilizing strategies that lead student success. There is effective participation with other certified Athletic trainers with the course assessments. Program assessment is completed in cooperation with the Sports Medicine Advisory committee.

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**What are the strengths of your area?:**

1. Provide athletic training services to 400 athletes in 17 different sports per year according industry competencies and standards, set by the National Athletic Trainers Association, per industry "White Paper"; See attached documents - Professional Education in Athletic Training and Future Directions in Athletic Training Education.

2. Transfer level Sports Medicine program has 100% completion rate per Perkins Core Standard 2; See attached documents - Perkins.

3. 25-30 students in the COS Sports Medicine curriculum which meets the academic requirements and skills for job placement and transfer.

4. Provide internship experience for 100% of students who desire to become employed in the field of Sports Medicine. The COS Sports Medicine program has provided over 1125 clinical hours in and on the athletic training training room and fields during the Fall 2013/Spring 2014 semesters.

5. Completed all SLO assessments for academic courses in Sports Medicine program; analysis was completed and 80% of students meet all SLOs; see 4 Column SLO report in documents.

6. Resource efficiency is very high as measured by WSCH/FTEF is over the 525 goal at 607 Fall 2013 and 511 Spring. See attached document - SMED Efficiency.

7. Collaborative arrangements with other programs on campus such as PTA and Physical Education to calibrate equipment and provide shared labs for students.

8. Sports Medicine program partners with local physicians/physical therapists to provide advisory committee services with two meetings per year.

**What improvements are needed?:**

1. Certified Athletic Trainer staff is needed to provide services to cover the numerous athletic events. There are approximately 1000 hours of additional time needed to cover heavy fall/non traditional sports schedule as well as school holidays and vacations. Number of hours being required by Athletic Training staff may increase due to the CCCAA (California Community College Athletic Association) requirements which mandate that non traditional sports have medical coverage for the safety of the student athletes. This new mandate can be found in the CCCAA handbook under by-law 3.5 and 9.2.2. See attached document - CCCAA ByLaws. The NATA (National Athletic Trainers Association) also has Recommends and Guidelines for Appropriate Coverage of Intercollegiate Athletics bases upon the following: Base Health Care Index, Number of student athletes, days in a season (traditional and non-traditional) percentage of the year, and travel days. The data indicates that the Sports Medicine Program should have 3.99 full time athletic trainers needed to cover the health care needs of student athletes. This does not include weekend or holiday coverage, which we currently provide. See attached documents - AMCIA worksheet.

2. Budget augmentation is needed to provide equipment and supplies to provide for the essential health care needs of the COS athletes. Recent revenues for the Sports Medicine program have decreased due to the Affordable Care Act implementation.

3. Additional funds of $14,000 is needed to purchase knee braces for high contact sports need replacement as technology has changed. Sports Medicine program currently uses obsolete knee braces that were purchased 10 years ago need to be replaced in order to provide safe contact athletes and prevent injury.

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**Describe any external opportunities or challenges.:**

1. Due to the Affordable Health Care Act implementation, a source of funding known as MAA (Medi-Cal Administrative Activities), was drastically reduced eliminating approximately $7,000 per year from the Sports Medicine budget that supplemented the District's cost for it's Athletic programs.

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2. CCCAA has recently adopted new guidelines to provide services for all sports including non-traditional athletic events, such as baseball games that are played out of season. See attached documents - CCCAA Bylaws. Currently all COS athletics teams can compete in the non traditional season, with the exception of football.

3. COS Athletic Training staff now covers 17 sports teams in the traditional season; an additional 16 sports now need to be covered in the non-traditional season.

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3. COS Athletic Training staff now covers 17 sports teams in the traditional season; an additional 16 sports now need to be covered in the non-traditional season.
Action: Improve Athlete Safety

Provide safe and current athletic training coverage for all traditional and non-traditional sports which is mandated by the California Community College Athletic Association.

**Implementation Timeline:** 2015 - 2016

**Start Date:** 08/01/2015

**Completion Date:** 05/31/2016

**Status:** New Action

**Identify related course/program outcomes:**

The additional athletic trainer would allow the current Sports Medicine Director to have time allotted to teach students on the field in order to meet the program outcomes that students will explain, interpret, and relate anatomical, physiological, and bio-mechanical systems to sport and physical activities. Additionally, Sports Medicine Director needs to utilize on the field training experiences to allow students to meet the other program learning outcomes through SMED 181, 182, 183, 184, Wrk Exp SMED 193, Wrk Exp SMED 194, Wrk Exp SMED 195, Wrk Exp SEMD 196 (Program Outcome Injury Care), which is that students will plan, implement, and assess appropriate injury care and management procedures.

**Person(s) Responsible (Name and Position):**

Dennis Goebel

**Rationale (With supporting data):**

The Sports Medicine program students are required to meet the competencies at the four year level in order to transfer into other Athletic Training programs. These requirements are dictated the National Athletic Trainers Association.

**Priority:** High

**Safety Issue:** Yes

**External Mandate:** Yes

**Mandate Explanation:**

Mandate is from California Community Colleges Athletic Association bylaws 3.5 and 9.2.2. Also Recommendations and Guidelines for Appropriate Medical Coverage of Intercollegiate Athletics by the National Athletic Trainers Association - 3.99 athletic trainers necessary for proper medical coverage for traditional and non-traditional sports. See attached worksheet.

### Add Resource Request for Action

<table>
<thead>
<tr>
<th>Resource Description</th>
<th>Why is this resource required for this action?</th>
<th>Notes (optional)</th>
<th>Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part time Certified Athletic Trainer</td>
<td>In order to provide safe and effective college athletic sports program for all traditional and non-traditional sports, an additional 1000 hours of Athletic trainer services are mandated.</td>
<td>Salary - Benefits</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Resource Type:**

Classified- New/Replacement

**Related Documents:**

[College Trainer - Athletic - Extended Deadline.pdf](#)

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Action: Implement proper Athletic Training services for all athletes

Provide necessary supplies for Athlete's safety, which includes resources for expendable supplies and equipment.

**Implementation Timeline:** 2015 - 2016

**Start Date:** 08/01/2015

**Completion Date:** 05/31/2016

**Status:** New Action

**Identify related course/program outcomes:**

This action request allows the Sports Medicine program to enhance performance of the COS athletes by providing methods to improve physical function and condition.

This supports the first Program Outcome of Performance Enhancement. See Four Column Program Report.

**Person(s) Responsible (Name and Position):**

Dennis Goebel

**Rationale (With supporting data):**

1. Due to the MAA (Medi Cal Administrative Activities ) money being drastically reduced due to new calculations required by the Affordable Care Act, the Sports Medicine program budget was reduced by $7,000 in 2013-2014.

2. An additional $14,000 is also needed to replace obsolete knee braces that were purchased 10 years ago. During this last year, replacement parts were not available.

3. Sports Medicine has not had a budget augmentation for the last 15 years, even though two major athletic teams have been added.

**Priority:** High

**Safety Issue:** Yes

**External Mandate:** No
### Action: Career Mentoring

Sports Medicine Director will provide one on one career mentoring to assist students to develop a career pathway that leads to employment in the different aspects of Sports Medicine, such as Athletic Training, Physical Therapy, Kinesiology, Exercise Physiology, Sport Psychology, and Sports Nutrition. This includes a pre-entry interview as well as ongoing personal evaluations of student education plan. The Sports Medicine Director will consult with the Academic Counselors to ensure specific career pathway requirements are met.

**Implementation Timeline:** 2014 - 2015  
**Start Date:** 08/01/2014  
**Completion Date:** 05/31/2015  
**Status:** New Action

Identify related The career mentoring is a necessary step to help students connect what they are learning to actual employment opportunities. This strategy will support all Program course/program outcomes: Learning Outcomes where students will evaluate and plan 1) performance enhancement, 2) anatomical systems and 3) injury care.

**Person(s) Responsible (Name and Position):** Dennis Goebel

**Rationale (With supporting data):**
1. Students need help from faculty who are aware of current transfer requirements as well as employment trends.
2. Students interested in pursuing a doctorate in Physical Therapy need a very specific educational plan as well as the opportunity to obtain clinical observation hours.
3. Students interested in pursuing Master’s degree in Athletic Training also need letters of recommendation as well as specific experiences in a variety of athletic venues.
4. This type of mentoring is necessary to help students bridge from the educational environment to employment opportunities.

**Priority:** High  
**Safety Issue:** No  
**External Mandate:** No