

Name: _____
Beginning date: _____
Completion Date: _____

**University of Northern Iowa
Athletic Training Education Program**

Peer Mentoring Learning Objective

Purpose: The following objectives are designed to assist students completing their athletic training observation experience, in becoming familiar with athletic training rooms, athletic training room procedures, and the basic skills athletic trainers perform during clinical practice.

**Directions: These objectives are to be assessed and verified with a signature by athletic training students already accepted into the UNI undergraduate athletic training program. (there are 2 sides)*

Become familiar with the layout of the Athletic Training Room and locate specific supplies:

- | | | | |
|-------|---------------|-------|-------------------|
| _____ | Tape | _____ | Splint kits |
| _____ | Ice bags | _____ | Compression wraps |
| _____ | Water bottles | _____ | Sani-wipes |
| _____ | Towels | _____ | Rubber gloves |
| _____ | Crutches | _____ | Water coolers |

Become proficient in basic first aid and immediate injury techniques:

- | | |
|-------|-----------------------------------------------|
| _____ | Open wound care |
| _____ | Ice bag preparation |
| _____ | Closed wound care |
| _____ | Crutch fitting, training |
| _____ | Assess vital signs (blood pressure and pulse) |

Learn the basic components of taping:

- | | |
|-------|------------------------|
| _____ | Ankle tape |
| _____ | Wrist tape |
| _____ | Ankle compression wrap |

Become proficient in basic stretching techniques for the following muscle groups:

- | | |
|-------|-------------|
| _____ | Hamstrings |
| _____ | Quadriceps |
| _____ | Hip Flexors |

Basic palpations:

- | | | | |
|-------|--------------------------------|-------|-------------------|
| _____ | Tibial tuberosity | _____ | Radial head |
| _____ | Joint line | _____ | Olecranon process |
| _____ | Iliac crest | | |
| _____ | Greater trochanter | | |
| _____ | Hamstring tendons | | |
| _____ | Acromian Clavicular (AC) joint | | |
| _____ | Spine of scapula | _____ | |
| _____ | Scaphoid/Navicular bone | _____ | |
| _____ | Occipital protuberance | _____ | |
| _____ | Talar dome | _____ | |
| _____ | Cuneiforms | _____ | |
- *Pick/list 6 additional landmarks*

To complete this page, simply write the name of the individual.

Introduce yourself to ten third year athletic training students and have them write down their names:

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Introduce yourself to ten first or second year athletic training students and have them write down their names:

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Introduce yourself to four Athletic Training staff/faculty members:

- 1.
- 2.
- 3.
- 4.