



University of Nebraska at Kearney

Master of Athletic Training

Athletic Training Professional Program Manual

Updated April 2026

Letter from the UNK Athletic Training Faculty

Welcome to the University of Nebraska at Kearney Master of Athletic Training Program! Congratulations on your acceptance into our professional clinical program, which has a strong track record of success in athletic training and sports medicine in Nebraska. Our athletic training faculty and preceptors are eager to work with you as you develop your career in athletic training.

Athletic training is a unique and rewarding profession that demands dedication and hard work in the athletic environment. As a graduate athletic training student, you will join our sports medicine team and engage in injury prevention, injury assessment and management, therapeutic interventions, and professional development at our affiliated clinical sites. We will provide you with both academic and clinical learning experiences and encourage you to learn as much as possible each day. Your dedication and professionalism are key to success in our program.

Your first responsibility is to familiarize yourself with this program manual. This manual offers detailed information about the program and answers many questions you might have now or in the future.

Over the next two years, you'll spend plenty of time with your classmates in both classroom and clinical settings. We encourage you to seize this special time in your professional journey and discover a passion in your life. Once again, congratulations, and we look forward to seeing you in July.

Go LOPERS!!!

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University of Nebraska at Kearney
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Profession and Program Overview

Athletic Training Profession

An athletic trainer is a qualified allied health care professional with training and experience in managing health issues related to sports participation. Working with physicians and other healthcare personnel, the athletic trainer plays a vital role in the athletic healthcare team in secondary schools, colleges, universities, professional sports teams, sports medicine clinics, and other athletic healthcare environments. The athletic trainer collaborates with medical staff, athletic administrators, coaches, and parents to develop and coordinate effective and responsive athletic healthcare systems.

Athletic Training Program at UNK

Athletic Training services at UNK, established through the Sports Medicine Branch of the Department of Intercollegiate Athletics, began in 1963 with Dr. L.R. Smith. The Master of Athletic Training Program (MAT) at UNK has been around since it started, with formal course offerings beginning in 1967. During the 1999-2000 academic year, the Department of Health, Physical Education, Recreation, and Leisure Studies aimed to seek national accreditation from the Commission on Accreditation of Allied Health Education Programs (CAAHEP). This initiative was prompted by changes in professional standards for athletic training programs, which required students to pass the National Board of Certification in Athletic Training (BOC) exam.

Before this, the program was an internship route program. The MAT received its initial accreditation in 2002 and has since grown steadily and gained popularity. It is a highly respected and valued program within the now-called *Department of Kinesiology and Sport Sciences* in the College of Education.

In July 2006, the Commission on Accreditation of Athletic Training Education (CAATE) became the national accrediting body for the Master of Athletic Training Program. Recommendations from the re-accreditation review conducted in November 2006 encouraged the program faculty to start the process of changing the program's designation to Bachelor of Science in Athletic Training.

In 2007, the CAATE revised the standard to require all programs to be structured as stand-alone majors with athletic training included in the degree designation. The program received official approval of the change from the Nebraska Coordinating Commission for Postsecondary Education (NCCPE) and functioned as an undergraduate degree program until changing to the graduate model.

In 2015-2016, the CAATE, in collaboration with the National Athletic Trainers' Association (NATA), BOC, and the Executive Committee for Education (EC), established a comprehensive strategic alliance to oversee the athletic training profession. This group conducted a thorough review of the degree requirements for entering the field. It was declared that professional degree programs in athletic training should transition to the graduate level by the Fall term of 2022.

In 2017-2018, the athletic training program at UNK received approval from the NCCPE and the Higher Learning Commission (HLC) to offer the Master of Athletic Training. Currently,

the program is designated as the Master of Athletic Training (MAT) at UNK and was reaccredited by the CAATE in 2019 following substantial program changes.

Program of Study

The athletic trainer's professional preparation is directed toward the development of core Principles in the following domains based on the Commission on Accreditation of Athletic Training Programs (CAATE) 2020 Standards (revised July 2024) and the BOC Practice Analysis, 8th Edition:

- Domain 1. Risk Reduction, Wellness and Health Literacy
- Domain 2. Assessment, Evaluation and Diagnosis
- Domain 3. Critical Incident Management
- Domain 4. Therapeutic Intervention
- Domain 5. Health Care Administration and Professional Responsibility

Core Competencies

- 1) Patient-Centered Care (Standard 56-60),
- 2) Interprofessional Practice and Interprofessional Education (Standard 61),
- 3) Evidence-Based Practice (Standard 62),
- 4) Quality Improvement (Standard 63),
- 5) Health Care Informatics (Standard 64), and
- 6) Professionalism (Standard 65-68).

Through a combination of classroom instruction and clinical practice, the athletic trainer is equipped to apply a range of healthcare skills and knowledge across each domain. The Educational Standards set by the CAATE, along with the concept of certification, have led the University of Nebraska at Kearney to offer the Master of Athletic Training program.

The Master of Athletic Training (MAT) program at UNK offers two potential admission pathways: 1) a traditional 2-year graduate curriculum and 2) a 5-year undergraduate and graduate combined curriculum (i.e., a 3+2 AT curriculum). Each pathway allows students to learn and meet the **Athletic Training Core Principles** at UNK:

- Evidence-Based, Patient-Centered Care
- Risk Reduction, Wellness & Health Literacy
- Critical Incident & Emergency Management
- Comprehensive Examination, Diagnosis & Therapeutic Intervention
- Interprofessional Collaboration & Health Systems Literacy
- Professionalism, Ethics, & Cultural Humility

University of Nebraska at Kearney
Master of Athletic Training

Mission Statement

The mission of the University of Nebraska at Kearney (UNK) Master of Athletic Training (MAT) program is to provide students with a comprehensive educational experience and a strong clinical foundation for a career in athletic training, an allied health care profession. Students will gain the knowledge and skills needed to perform tasks professionally and will be able to understand and apply proper prevention, management, and rehabilitation of injuries and illnesses in physically active individuals across various settings.

Program Goals & Objectives

The Master of Athletic Training has three primary goals and ten program-specific objectives to measure student success and program assurance. The athletic training faculty reviews these annually and submits them to UNK and the CAATE as part of the annual report.

Goal 1. Student Learning

Program Objective 1.1. Learning of Course Content and Knowledge and Skill Application

Measuring Outcomes 1.1.1. Core Competencies (Standards 56-64)

Measuring Outcomes 1.1.2. Patient/Clinical Care (Standards 69-94)

Measuring Outcomes 1.1.3. Section IV (DEI2)

Program Objective 1.2. Clinical Education/Experience

Measuring Outcomes 1.2.1. Logical Progression and Clinical Practice Opportunities in Clinical Experiences (Standards 15, 17 and 18)

Measuring Outcomes 1.2.2. Immersive Clinical Experience (Standard 16)

Program Objective 1.3. Cumulative Knowledge/BOC Exam Readiness

Measuring Outcomes 1.3.1. Cumulative Knowledge (Advancement and Comprehensive Exams)

Goal 2. Student Achievement

Program Objective 2.1. Program Retention Rate

Program Objective 2.2. Program Graduation Rate

Program Objective 2.3. Graduate Placement Rate

Program Objective 2.4. BOC Exam Pass Rate (Standard 6)

Goal 3. Overall Program Effectiveness

Program Objective 3.1. Quality of Instruction (Standard 4)

Measuring Outcomes 3.1.1. Course Evaluation

Program Objective 3.2. Quality of Clinical Education

Measuring Outcomes 3.2.1. Preceptor Performance and Site Evaluation

Measuring Outcomes 3.2.2. Student Performance Evaluation

Program Objective 3.3. Three-Year Aggregate of BOC Exam Pass Rate

**University of Nebraska at Kearney
Master of Athletic Training**

Academic Requirements

University Requirements

The Master of Athletic Training at UNK is offered through the UNK College of Education, Department of Kinesiology and Sport Sciences. Students must be admitted to UNK Graduate Studies and Academic Innovation as degree-seeking students. The Athletic Training faculty will review admission applications to ensure they comply with the university and program requirements outlined in the university catalog and this manual.

Athletic Training Program Requirements

The UNK Master of Athletic Training (MAT) program is established in accordance with CAATE Standards to ensure accreditation of the athletic training program. Courses include both didactic and clinical instruction in subject areas defined by the CAATE Professional-Level Athletic Training Standards and its Competencies, as well as the Board of Certification Practice Analysis. The program provides students with various field experience settings to apply their knowledge and skills. After successfully completing the academic and clinical requirements, students may sit for the Board of Certification exam to become certified athletic trainers.

Curriculum

The UNK MAT holds a well-defined position within the university and departmental framework. The program adheres to CAATE standards for accrediting professional athletic training degrees. It consists of three main parts: 1) core educational courses aligned with the university's model, 2) a practical component following the official course sequence with laboratory and guided skill instruction, and 3) continuous clinical education through field experience opportunities. The clinical training is comprehensive, progressive, and based on a competency framework. These components collectively provide students with a broad range of field experiences. The program has clear acceptance criteria that support a selective process for admitting and retaining students as they progress. Both the department and the university provide financial support and diverse resources for program development. Facilities and equipment meet current standards and are comparable to those in professional settings. A qualified individual, as outlined by their job description, serves as the program director, overseeing administration and supervision. A program faculty member is assigned the position of Clinical Education Coordinator, who manages all aspects of the clinical sites and scheduling of students. The AT core faculty is sufficient and aligns with the required competency-based educational outcomes. The preceptors not only fulfill academic requirements but also support the athletic department's needs in covering university sports teams.

Retention Requirements

A student in good standing will:

- Maintain a 3.0 cumulative GPA
- Maintain current certification in CPR for the professional rescuer

- Complete each semester's clinical course enrollment (KSS 885-890) with a B or better. Completion of each practicum course includes aspects of clinical instruction, field assignment requirements, field experience evaluations, written and practicum advancement examinations, & other specific practicum course requirements.
- Successfully complete (70% composite score) the advancement and comprehensive examinations.
- Maintain a longitudinal score of 70% or higher on each program measure (written scores, practical scores, and clinical evaluations).
- Receive program recommendations for advancement to the clinical level and challenge the Board of Certification exam.

A student who falls below a 3.0 cumulative GPA after being fully accepted into the program will be placed on probation per university policy. A student not reinstated after two semesters of probation may be removed from the program. Students placed on probation will work with their advisor and/or program director to develop a remediation plan in accordance with the university's graduate school policy. The supervisor will also outline the types of voluntary clinical experiences or practices the student will engage in. These activities will be conducted to maintain skills during the suspension period.

Pre-requisite Courses for the UNK MAT Admission

Students applying for the Master of Athletic Training must meet the application prerequisites. Admission to degree work is contingent upon the following:

1. Evaluation of the candidate's undergraduate transcript
 - Cumulative undergraduate GPA (4-point scale) of 3.0 or higher
 - Successful completion of all Athletic Training prerequisite courses:
 - General Physics (PHYS 203, 205, or equivalent)
 - General Chemistry (CHEM 145 or equivalent)
 - Human Anatomy and Physiology (KSS 310 or equivalent)
 - Anatomical Biomechanics (KSS 360 or equivalent)
 - Exercise Physiology (KSS 461 or equivalent)
2. Completion of 40 hours of clinical observation under a certified athletic trainer
 - a. Signed letter confirming observation hours. The letter should be signed by a BOC Certified Athletic Trainer.
3. Recommendations and References
 - a. One letter of recommendation and two additional references
4. Cover letter/letter of interest (max. two pages)
5. English Proficiency Testing (International Students only)
 - a. Minimum TOEFL score of 550 for the paper version and 79 for the internet version. The minimum IELTS score is 6.5. Applicants completing a bachelor's degree from a college/university in the U.S. may be exempt from this requirement.
6. Complete a scheduled interview
 - a. The Athletic Training faculty at UNK will schedule candidates for interviews once the application review is complete.

An individual who wishes to pursue formal admission to the Master of Athletic Training must apply by the university's graduate application deadlines: April 1st. The Master of Athletic Training Program accepts only summer admissions. Acceptance is not guaranteed, and all applications will be reviewed on an individual basis.

Upon submission of required materials to the Athletic Training Central Admission System (ATCAS), the athletic training program faculty will review all admission materials, and an in-person or online interview will then be scheduled. The program director will send a notification of provisional acceptance to the Master of Athletic Training program following the review and interview. The applicants must confirm their commitment to the program by the scheduled date, and then the program director will provide further instructions for admission to UNK Graduate Studies and Academic Innovation.

The number of available positions is dictated by the number of clinical educators currently present in the program. Ranked cumulative GPA & successful completion of entrance requirements will contribute to the evaluation process that the program committee will use to consider granting acceptance to any applicant. The program committee may use all aspects of students' observation experiences, interview results, TOEFL scores, GPA, and grades in prerequisite courses to help determine whether to accept any qualified applicant. Students with the highest GPAs who qualify for admission and demonstrate excellence in each component of their observation, interview, and prerequisite work will receive first consideration.

Clinical Experience

Clinical and field experiences, combined with coursework and laboratory experiences, provide a well-rounded academic experience. They encompass a structure that provides students with exposure to all aspects of the skill and the applied component of their professional preparation.

The clinical program consists of two progressive years (1st year and 2nd year MAT). Each year is reflected academically by the student's subsequent enrollment in KSS 885, 886, 887, 888, 889, and 890 - Clinical I through VI. Clinical Lab courses accompany the didactic portion of each clinical level and preclude the practicum series from providing a complete description of clinical teaching opportunities.

Each student will be assigned to a certified athletic trainer and their preceptor/supervisor for a designated clinical assignment during each clinical class. The Athletic Training core faculty will conduct in-person clinical courses for students each academic term. Students will progress through each clinical year while reporting directly to their clinical class instructor. The instructor is directly responsible for ensuring that every student assigned to them receives appropriate clinical exposure and practices all clinical proficiencies designated for each year of students assigned to them. Student, while assigned to their instructor, will be directed to work in a field experience setting outside the formal clinical instruction environment. Each field experience setting is directly supervised by Field Setting Supervisors/Preceptors, who are members of the UNK Athletic Training Program Preceptorship. Although structured and designated as formal instruction within lab settings and clinical practicum enrollments, clinical instruction continues into the students' field experience setting on- and off-campus.

Each year, students in the clinical program will be required to attend a one to two-hour clinical course meeting once per week (see KSS 885-890). The clinical course is designed to link

the program's didactic and clinical education/field experience components. The accompanying course time will provide the student with a formal review and practice of the competencies set forth by the program for mastery at each level of the clinical program. The student will be required to master all competencies assigned to their clinical course in each semester, complete practicum course requirements for each year of the clinical, pass all written and practical examinations, and achieve favorable marks on their field-setting evaluations as part of the grade for each clinical course. Each clinical course enrollment must result in a B or better for the student to be recommended for advancement to the next clinical course.

As part of their professional preparation, students will participate in a 6- to 8-week clinical immersion (KSS 891) that provides an in-depth, full-time experience under the direct supervision of a certified athletic trainer. During this clinical immersion, students will be fully integrated into the daily responsibilities and professional environment of an athletic trainer. The immersion is intended to go beyond classroom and part-time clinical exposure, allowing students to observe, practice, and reflect on the comprehensive scope of athletic training services. Students will gain first-hand experience in patient care, injury prevention, evaluation, treatment, and administrative duties, as well as the opportunity to develop professional relationships and an appreciation for the profession.

Electronic Tracking of assignments and time spent in the clinical setting

The UNK MAT utilizes the Typhon web-based tracking program to monitor student clinical progress. Students must sign up for this program during KSS 885 Clinical I. The Clinical Education Coordinator will provide detailed instructions for managing Typhon.

Courses that are designed for direct skill instructions:

- KSS 808 Therapeutic Modalities in Athletic Injury
- KSS 809 Rehabilitation Techniques in Athletic Training
- KSS 815P Athletic Orthopedic Assessment I – Lower Extremity
- KSS 816P Athletic Orthopedic Assessment II – Upper Extremity
- KSS 820 Non-Orthopedic Assessment and Management I
- KSS 826 Non-Orthopedic Assessment and Management II
- KSS 885, 886, 887, 888, 889, 890 Clinical I, II, III, IV, V, and VI
- KSS 891 Athletic Training Clinical Immersion

Advancement Exam and Comprehensive Exam

At the end of the first year (June; KSS 888) and the last semester of the program (February; KSS898), students will be assessed their didactic and practical skill and contingent on matriculation to the next phase of the program. Students who do not earn a total score of 75% or better will be provided one additional opportunity to demonstrate their competency. Second attempts lower than a total score of 75%, student may retake the course the following year, and is not allowed to matriculate in the curriculum.

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Master of Athletic Training

Clinical Education

The goal of clinical education (CE) within the University of Nebraska at Kearney (UNK) Master of Athletic Training (MAT) program is to integrate guided learning over time with ‘real-life’ care situations for the physically active population. This educational form allows students to develop within the athletic training profession in a ‘controlled’ learning environment as they prepare to become certified trainers.

The UNK MAT strives to provide each student with a comprehensive clinical education that allows them to apply didactic material and develop clinical skills in a supervised, positive educational setting. In this controlled athletic training environment, students are challenged by trained preceptors to develop sound critical thinking and decision-making skills.

UNK MAT also recognizes the value of the ‘real-life’ field setting as a viable learning environment for its undergraduate students. It allows them to contribute to the athletic training profession ethically and morally through various field exposures. The CE field experience program has been designed to enable the student to experience a diversity of athletic populations and be alongside certified athletic trainers (preceptors) as they care for their athletes. Preceptors challenge learning and skill development through guided learning experiences and ‘teaching moments’ during their rotational exposures.

UNK Clinical Education – Definition and Description

- *Clinical Education*: The application of knowledge and skills learned in classroom and laboratory settings to practice on patients under the supervision of a PRECEPTOR.
- *Clinical Experience*: Clinical Education Experiences for athletic training students (ATS) that involve patient care and applying athletic training skills under the direct supervision of a qualified preceptor.
- *Clinical Standards*: A standard set of skills that athletic training must acquire, practice, and demonstrate competence during their clinical rotations.

Clinical Education Attendance Policy

Each semester of the program's clinical portion, students are assigned to various settings within the Field Settings. The Clinical Education Coordinator makes formal clinical assignments in coordination with the preceptor. Upon establishing the schedule, students at each level must complete a set number of hours based on their enrollment in the KSS 885-890 clinical course and their assigned clinical assignment. The set number of hours provides for a range of time students are expected to attend each week of the assigned schedule. The range of hours is the minimum to maximum hours required of students within the formal clinical assigned and agreed upon schedule. Each student must meet the minimum number of hours per the KSS 885-890 clinical course enrollment.

Clinical Experience Documentation

Time spent at a clinical site must be recorded on the Typhon web-based system. Clinical experience hours must be verified by either your supervising preceptor or an appropriate affiliated preceptor regularly. Students must be specific when referring to the activity engaged in for that specific day. In accordance with the program policy, travel time to and from an away event may not be included in your practical hours documentation.

Clinical experience in athletic training is required. Component of the athletic training student's education and will be a scheduling priority; outside work, activities, or obligations, excluding personal or family obligations, will not be given priority during scheduling. The clinical experience will take place during weekdays, evenings, and weekends as required by the preceptor or clinical instructor.

Clinical Hour Requirements

Each clinical rotation/clinical course (KSS885-891) has a clinical education hours requirement associated with it, based on its credit hours. Students, in general, should be at their clinical education site as per the clinical education contract with the preceptor or as communicated. Below are the minimum hours requirements for each clinical course:

	KSS 885	KSS 886	KSS 887	KSS 888	KSS 889 ¹	KSS 890	KSS 891 ²
Weekly minimum hrs	8-10 hrs	8-10 hrs	8-10 hrs	Assigned clinic and events	Assigned clinic and events	12 hrs	20 hours
Semester/term minimum hrs	80 hrs	80 hrs	80 hrs	80 hrs	120 hrs	120 hrs	80 hrs

Note. Those hours may change depending on various factors, such as events, game schedules, and others. Students are responsible for communicating with the preceptor and making necessary adjustments.

¹ 2nd 8 weeks of the fall semester for the 2nd year MAT students.

² 1st 8 weeks of the fall semester for the 2nd year MAT students.

Student Identification – Student ID/Name Tag

Students must wear their UNK Student ID visibly at all sites. A cardholder will be provided in the clinical course.

Confidentiality – Health Insurance Portability and Accountability Act (HIPAA)

Athletic training students are in a unique situation in which they may have access to confidential information regarding a patient's medical condition. At no time should an athletic training student discuss any information regarding the patient's status with any outside party other than those directly responsible for the patient's care. All questions or comments regarding the status of the patient should be directed to the preceptor. Each athletic training student is required to sign and return the Confidentiality Agreement form to the program director.

Clinical Sequences

	Summer	Fall	Spring
1st year	<u>Clinical I (2 cr hr)</u> UNK Sports Medicine	<u>Clinical II (2 cr hr)</u> UNK Sports Medicine/HS UNK Injury Clinic	<u>Clinical III (2 cr hr)</u> UNK Sports Medicine/HS UNK Injury Clinic Clinic/Hospital (Ortho)
2nd year	<u>Clinical IV (2cr hr)</u> UNK Injury Clinic Legion Baseball	<u>Clinical V (3cr hr)</u> Immersive Experience UNK Injury Clinic UNK Student Health	<u>Clinical VI (3cr hr)</u> Strength & Conditioning UNK Injury Clinic Clinic/Hospital (Rehab) Dr. Brad Rogers Clinic

Clinical Affiliated Sites – Regular Clinical Assignments

Collegiate

- UNK Intercollegiate Athletics - Sports Medicine (Kearney, NE)
- UNK Open Injury & Rehabilitation Clinic (Kearney, NE)
- UNK Strength & Conditioning (Kearney, NE)

High School

- Kearney Senior High School (Kearney, NE)
- Kearney Catholic High School (Kearney, NE)
- Grand Island Senior High School (Grand Island, NE)
- Grand Island Northwest High School (Grand Island, NE)
- Lexington High School (Lexington, NE)
 - Includes strength and conditioning

Clinic/Hospital – Physician’s Office

- Dr. Brad Rodgers Family Practice & Sports Medicine (Kearney, NE)
- New West Sports Medicine & Orthopaedic Surgery (Kearney, NE)
- CHI Health Good Samaritan (Kearney, NE)
- Heartland Surgery Center (Kearney, NE)

Clinic/Hospital – Physical Therapy

- New West Orthopaedic and Sports Rehabilitation (Kearney, NE)
- Family Physical Therapy (Kearney, NE)
- GO Physical Therapy (Kearney, NE)
- GO Physical Therapy (Grand Island, NE)
- Great Plains Regional Medical Center (North Platte, NE)

Clinic/Hospital/External Sports – Others

- UNK Student Health, University of Nebraska at Kearney (Kearney, NE)
- Elite Chiropractic (Kearney, NE)
- CHI Emergency Care (Kearney, NE)
- Kearney Legion Baseball (Kearney, NE)

Clinical Affiliated Sites - Immersive Experience Sites

- UNK Intercollegiate Athletics – Sports Medicine (Kearney, NE)
- Hastings College (Hastings, NE)
- Wichita State University (Wichita, KS)
- Columbine High School (Children’s Hospital - Colorado)
- Legacy High School (Children’s Hospital - Colorado)
- Horizon High School (Children’s Hospital - Colorado)
- Northglenn High School (Children’s Hospital - Colorado)
- Virginia Military Institute (Lexington, Virginia)
- University of Missouri (Columbia, MO)
- North Platte High School (North Platte, Nebraska)

Clinical Instructors

Program Director / Clinical Instructor..... Kazuma Akehi, Ph.D., LAT, ATC
Clinical Coordinator / Clinical Instructor Elena Dille, DAT, LAT, ATC
Athletic Training Core Faculty..... Sarah Bailey, MS, LAT, ATC
Athletic Training Associate Faculty..... Scott Unruh, Ed.D., LAT, ATC

Clinical Preceptors 2025-2026

UNK Open Injury & Rehab Clinic

- Kazuma Akehi, ATC
- Elena Dille, ATC
- Sarah Bailey, ATC
- Scott Unruh, ATC
- Tessa Wells, PT

GO Physical Therapy - Kearney

- Adam Liess, PT

Kearny Senior High School

- Brian Haas, ATC
- Bryce Mason, ATC

UNK Sports Medicine

- Bill Murphy, ATC
- Spencer Scheer, ATC
- Kinzee Goehring, ATC
- Adam Bretschneider, ATC
- Christina Nelson, ATC
- Suzuka Hidy, ATC

Kearney Catholic High School

- Doug Cooper, ATC

Lexington High School

- Amber Burson, ATC
- Kobe Lo, ATC

UNK Student Health

- Anne Lano, FNP
- Susan Pedersen, BSN
- Melissa Langenberg, DNP

Grand Island Senior High School

- Carly Hirschert, ATC
- Izaak Kitsmiller, ATC

New West Sports Medicine

- Terry Nitsch, PTA, ATC
- Elizabeth Muller, PTA, ATC

Grand Island Northwest High School

- Mike Peterson, ATC

Family Physical Therapy

- Gregg Dahlgren, PT

Hastings College

- Allison Beckstrom, ATC

Great Plains Regional Medical Center

- Jeff Kautz, ATC
- Tyler Oberlander, ATC
- Emily Wood, ATC
- Thomas Ksiazek, ATC

NSATA Championship Events

- Kurt Behrorst, ATC
- Justin Rethorst, ATC

Elite Chiropractic

- TJ Peterson, DC, ART

Immersion Site Preceptors

- Thomas Ksiazek, ATC (North Platte High School – Great Plains Regional Medical)
- Brenna Cline, ATC (Columbine High School)
- Sydney Marquardt, ATC (Virginia Military Institute)
- Emily Crutchfield, ATC (Virginia Military Institute)
- Randi Lenard, ATC (University of Missouri)
- Serena Irmire, ATC (Horizon High School)
- Isabela Collins, ATC (Legacy High School)
- Corey Andrews, ATC (Northglenn High School)

All affiliated clinical sites must have qualified personnel, including a certified athletic trainer or a physician. All clinical preceptors complete the **UNK Master of Athletic Training Clinical Preceptor Training** set by the Program Director and Clinical Education Coordinator annually. The clinical preceptor at each affiliated clinical site must meet all CAATE and UNK Master of Athletic Training standards.

Clinical Education Manual

The UNK Master of Athletic Training provides the *Clinical Education Manual* to facilitate better clinical education for the preceptors and the students in each clinical course (KSS 885-890). The manual will be provided during the Preceptor Training session.

Clinical Site Orientation and Emergency Action Plan

Clinical site orientation should be held between the preceptor and the assigned student prior to the start of the clinical experience. Students must complete the clinical assignment contract form to ensure that the course objectives and expectations are communicated and to promote professional practice.

Emergency Action Plans (EAPs) are specific to each site and are provided for review before beginning the experience at that site. During the first week of the off-campus experience, the preceptors at that site will review EAPs and where students can access them while on site. The EAPs and emergency information provided reflect each individual site. Please make sure you review the information specific to the clinical site you are assigned to.

* Each clinical site's *emergency action plan (EAP)* is available at each clinical site and the UNK AT Home page:

https://www.unk.edu/academics/hperls/athletic-training/athletic_training_requirements.php

**Bachelor of Science Exercise Science Major with Athletic Training Foundation Minor
Master of Athletic Training**

Academic Requirements - 5-year Academic Requirements

(Eligible to challenge a BOC Examination at the conclusion of the sequence)

Academic Requirement for General Studies (37 hours) **Credit Hours**

* Take all of the following:		
_____	LOPER 1: _____ (First-year Seminar)	3 hrs
_____	LOPER 2: ENG 101 or ENG 102	3 hrs
_____	LOPER 3: SPCH 100	3 hrs
_____	LOPER 4: STAT 241 (and MATH 102 if ACT Math Score of 19 or below)	3 hrs
_____	LOPER 5: _____ (Visual or Performing Arts)	3 hrs
_____	LOPER 6: _____ (Humanities)	3 hrs
_____	LOPER 7: PSY 203	3 hrs
_____	LOPER 8: CHEM 145/145L (<i>Fall only</i>), CHEM 148/148L or CHEM 160/160L	4 hrs
_____	LOPER 9: _____ (Civic)	3 hrs
_____	LOPER 10: _____ (Human Diversity)	3 hrs
_____	LOPER 11: KSS 150 and NUTR 108	6 hrs

Academic Requirement for BS in Exercise Science (36 hours) **Credit Hours**

* Take all of the following:		
_____	KSS 107 Introduction to Exercise Science	1 hr
_____	KSS 310 Introduction to Human Physiology of Exercise	3 hrs
_____	KSS 329 Introduction to Health Promotion	3 hrs
_____	KSS 360 Intro to Anatomical Biomechanics	4 hrs
_____	KSS 414 Implementation of Strength Program	2 hrs
_____	KSS 422 Administration of Strength Program	2 hrs
_____	KSS 452 Exercise Prescription in Special Population	3 hrs
_____	KSS 461 Physiology of Exercise	4 hrs
_____	KSS 467 Fitness Testing	4 hrs
_____	KSS 468 Public Health Aspects of Phys. Act	3 hrs
_____	KSS 469 Sports Nutrition	3 hrs
_____	KSS 475 Research Methods in Ex. Sc	3 hrs
_____	KSS 496 Professional Readiness in Exercise Science	1 hr

Academic Requirement for Minor in Athletic Training Foundation (17 hours) **Credit Hours**

* Take all of the following		
_____	KSS 264 Foundation of Sports Medicine	2 hrs
_____	KSS 304 Volunteer Practicum – AT	2 hrs
_____	KSS 405 Athletic Injury Assessment I	3 hrs
_____	KSS 406 Athletic Injury Assessment II	3 hrs
* Select 7 credit hours of the following:		
_____	KSS 265 Emergency Medical Response	2 hrs
_____	KSS 401 Psychology of Sport	3 hrs
_____	KSS 425 Legal Aspects of Sport and Recreation	3 hrs
_____	KSS 430 Organization and Administration in Rec, Sport and Events	3 hrs
_____	KSS 459 Special Topics of Gross Anatomy	3 hrs
_____	PSY 440 Health Psychology	3 hrs
_____	BIOL 325 Medical Terminology	1 hr

Electives (30 hours: 19 Undergrad and 11 Accelerated Graduate Courses)**Credit Hours**

_____	<u>PHYS 203 General Physics for Allied Health (Prerequisite for MAT)</u>	4 hrs
_____	_____	15 hrs
_____	<u>*KSS 808¹ Therapeutic Intervention I</u>	3 hrs
_____	<u>*KSS 809¹ Therapeutic Intervention II</u>	4 hrs
_____	<u>*KSS 819P¹ Pathology of Sports Injury (Fall only)</u>	1 hr
_____	<u>*KSS 860P¹ Gross Anatomy of Movement</u>	3 hrs

Year 1 – Fall (15)	Year 1 – Spring (16)
<input type="checkbox"/> KSS 107 (1) <input type="checkbox"/> KSS 150 (3) - LOPER 11 <input type="checkbox"/> KSS 265 (2) <input type="checkbox"/> LOPER 1 (3) <input type="checkbox"/> LOPER 3 (3) <input type="checkbox"/> Elective (3)	<input type="checkbox"/> NUTR 108 (3) – LOPER 11 <input type="checkbox"/> ENG 101/102 (3) - LOPER 2 <input type="checkbox"/> CHEM 148 (4)/160 (4) – LOPER 8 <input type="checkbox"/> STAT 241 (3) – LOPER 4 <input type="checkbox"/> LOPER 10 (3)
Year 2 – Fall (15)	Year 2 – Spring/Summer (14)
<input type="checkbox"/> KSS 264 (2) <input type="checkbox"/> KSS 305 (2) <input type="checkbox"/> REC 304 (2) *take with KSS 264 <input type="checkbox"/> LOPER 5 (3) <input type="checkbox"/> LOPER 9 (3) <input type="checkbox"/> Elective (3)	<input type="checkbox"/> KSS 310 (3) *apply to Ex Sci program <input type="checkbox"/> KSS 329 (3) <input type="checkbox"/> PSY 203 (3) - LOPER 7 <input type="checkbox"/> LOPER 6 (3) <input type="checkbox"/> Elective (2)
Year 3 – Fall (16)	Year 3 – Spring (14) / Summer (5)
<input type="checkbox"/> KSS 360 (4) (KSS 310 prereq) <input type="checkbox"/> KSS 414 (2) (KSS 360 coreq) <input type="checkbox"/> KSS 425 (3) <input type="checkbox"/> KSS 430 (3) <input type="checkbox"/> KSS 461 (4) (KSS 310 prereq)	<input type="checkbox"/> KSS 401 (3) <input type="checkbox"/> KSS 467 (4) (PE 461 prereq) <input type="checkbox"/> KSS 469 (3) (PE 461 prereq) <input type="checkbox"/> PHYS 203 (4) * Apply to Master of AT (by April 1 st) <input type="checkbox"/> *KSS 860P ¹ (3) – June <input type="checkbox"/> KSS 885 (2) – July/August
Year 4 – Fall (11 + 6)	Year 4 – Spring (10+ 6)
<input type="checkbox"/> KSS 405 (3) <input type="checkbox"/> KSS 422 (2) (KSS 360 prereq) <input type="checkbox"/> KSS 452 (3) (KSS 467 prereq) <input type="checkbox"/> KSS 468 (3) (KSS 329, KSS 467 prereq) <input type="checkbox"/> *KSS 808 ¹ (3) <input type="checkbox"/> *KSS 819P ¹ (1) <input type="checkbox"/> KSS 886 (2)	<input type="checkbox"/> KSS 406 (3) <input type="checkbox"/> KSS 475 (3) (KSS 467, STAT 241 prereq) <input type="checkbox"/> KSS 496 (1) <input type="checkbox"/> Elective (3) <input type="checkbox"/> *KSS 809 ¹ (4) <input type="checkbox"/> KSS 887 (2)

¹ Students accepted into the Accelerated 3+2 Master of Athletic Training program may take KSS808, 809, 819P, and 860P to satisfy unrestricted electives in their Exercise Science undergraduate program.

* You must take Exercise Science courses **in the order** listed above

**Hours can be adjusted with summer offerings or hours earned in high school

**** Year 5 is the only Graduate course in Master of Athletic Training

Year 4 – Summer (2)	Year 5 – Fall (11)
<input type="checkbox"/> KSS 888 (2) – Mid May - Mid July	<input type="checkbox"/> KSS 820 (3) – Second 8 weeks <input type="checkbox"/> KSS 883 (3) – Second 8 weeks <input type="checkbox"/> KSS 889 (3) – Second 8 weeks <input type="checkbox"/> KSS 891 (2) – First 8 weeks
Year 5 – Spring (9)	
<input type="checkbox"/> KSS 826 (2) <input type="checkbox"/> KSS 884 (3) <input type="checkbox"/> KSS 890 (3) <input type="checkbox"/> KSS 898 (1) –BOC exam (May/June) * Graduation - May	

Remaining Academic Requirement for Master of Athletic Training**Credit Hours**

* Take all of the following:

_____	KSS 820 Non-Orthopedic Assessment and Management I	3 hrs
_____	KSS 826 Non-Orthopedic Assessment and Management II	2 hrs
_____	KSS 883 AT Special Topic I (2 nd Fall)	3 hrs
_____	KSS 884 AT Special Topic II (2 nd Spring)	3 hrs
_____	KSS 885-890 Clinical I-VI	14 hrs
_____	KSS 891 AT Clinical Immersion (2 nd Fall)	2 hrs
_____	KSS 898 Graduate Seminar (2 nd Spring)	1 hr

Accelerated program duplicated courses

_____	KSS 808 Therapeutic Modality for Athletic Injury (1 st Fall)	3 hrs
_____	KSS 809 Rehabilitation Techniques (1 st Spring)	4 hrs
_____	KSS 819P Pathology of Sports Injury (1 st Fall)	1 hr
_____	KSS 860P Gross Anatomy of Movement (1 st Summer)	3 hrs

Accelerated program courses

_____	KSS 415/815P Athletic Injury Assessment I (1 st Fall)	3 hrs
_____	KSS 416/816P Athletic Injury Assessment II (1 st Spring)	3 hrs

Master of Athletic Training
Master's Degree Academic Requirements – Traditional 2-Year Sequence
 (Eligible to challenge BOC Examination at conclusion of sequence)

<u>Academic Prerequisites for Admission</u>	<u>Credit Hours</u>
General Physics (PHYS 203 or PHYS 205)	4-5 hrs
General Chemistry (CHEM 145, 148 or 160/160L)	4 hrs
Human Anatomy and Physiology (KSS 310 or /226)	3-4 hrs
Anatomical Biomechanics (KSS 360 or equivalent)	4 hrs
Exercise Physiology (KSS 461 or equivalent)	4 hrs

Academic Requirement for MS in Athletic Training or MAT (45)

KSS 808 Therapeutic Modalities for Athletic Injury	3 hrs
KSS 809 Rehabilitation Techniques	4 hrs
KSS 815P Athletic Orthopedic Assessment I – Lower Extremity	3 hrs
KSS 816P Athletic Orthopedic Assessment II – Upper Extremity	3 hrs
KSS 819P Pathology of Sports Injury	1 hrs
KSS 820 Non-Orthopedic Assessment and Management I	3 hrs
KSS 826 Non-Orthopedic Assessment and Management II	2 hrs
KSS 860P Gross Anatomy	3 hrs
KSS 883 AT Special Topic I	3 hrs
KSS 884 AT Special Topic II	3 hrs
KSS 885-890 Clinical I-VI	14 hrs
KSS 891 AT Clinical Immersion	2 hr
KSS 898 Graduate Seminar	1 hr

Summer 1st yr MAT – 5 cr hrs

KSS 860P Gross Anatomy (June)	3
KSS 885 Clinical I (July-August)	2

Fall – 1st yr MAT - 9 cr hrs

KSS 808 Thera Modality Athletic Injury	3
KSS 815P Athletic Ortho Assessment I*	3
KSS 819P Pathology of Sport Injury	1
KSS 886 Clinical II	2

Spring – 1st yr MAT - 9 cr hrs

KSS 809 Rehab Techniques	4
KSS 816P Athletic Ortho Assessment II*	3
KSS 887 Clinical III	2

Summer– 2nd yr MAT – 2 cr hr

KSS 888 Clinical IV	2
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Fall – 2nd yr MAT- 11 cr hr

KSS 820 Non-Ortho Assessment I	3
KSS 883 AT Special Topic I	3
KSS 889 Clinical V	3
KSS 891 Clinical Immersion	2

Spring – 2nd yr MAT- 9 cr hr

KSS 826 Non-Ortho Assessment II	2
KSS 884 AT Special Topic II	3
KSS 889 Clinical V	3
KSS 898 Graduate Seminar	1

University of Nebraska at Kearney
Master of Athletic Training

Student Health Care Policies

Upon application for the University of Nebraska at Kearney's (UNK) Master of Athletic Training (MAT) Program, each student is required to have a complete physical examination conducted, and documentation of that examination must be submitted to the UNK MAT Program Director. Every incoming student must also provide current immunization records as part of their entrance requirements. Physical examinations of incoming students who demonstrate the need for further medical evaluation will be conducted in coordination with student-athlete orthopedic physical examinations in the summer of each year, or as indicated by student need. The purpose of the entrance physical examination is to determine physical readiness for completion of the physical tasks associated with the field of athletic training and to determine if any other medical condition exists that may further affect the pursuit of the degree and professional preparation of the student. The physical examination also enables supervising medical personnel to address any medical conditions the student may have that may require further attention or accommodation.

The program faculty is also interested in maintaining a safe environment for its professional staff, students, and athletes. Strict adherence to OSHA regulations is expected within the athletic training facilities. Each student will be provided with policies and procedures regarding behavior and the maintenance of a safe medical facility (e.g., Athletic Training Room Policies and Procedures Manual). As students participate in activities related to their professional preparation, they may be exposed to conditions that might endanger their health. It is the program's policy to prepare students with skills and information that will reduce the likelihood of injury or disease transmission. All students are expected to follow appropriate policy and procedures when exposed to blood-borne pathogens or other potentially dangerous environments. Each student will be offered the opportunity to obtain a Hepatitis vaccination series through the Student Health Center on campus. Each student will receive initial training in the prevention of disease transmission in his/her KSS 885 Clinical I (summer) class, and CPR/AED certification and OSHA BBP online certification training are updated each year during the student's summer in-service session. Each student will be provided with clothing appropriate for the clinical experience/assignment. The clothing is required and provided so the student can change into clean clothing if the current clothing becomes soiled with pathogens or medical waste. Students will not be required to participate in any activity that might exploit a condition for which they are found to be uniquely predisposed.

Each student has access to the same medical services as all athletes in the University of Nebraska at Kearney Athletic Program. They are permitted to attend physician clinic times on campus and to consult with team physicians on personal medical conditions, provided this is conducted within the guidelines of the Athletic Department's medical referral procedures. Each student at UNK has access to the university's Student Health Center for personal medical conditions. The UNK Student Health Service is staffed by Registered Nurses who screen all incoming conditions. Those conditions needing further attention are referred to a Nurse Practitioner.

University of Nebraska at Kearney
Master of Athletic Training

**Application of Therapeutic Modalities and Initiation of Therapeutic Exercise
During the Treatment and Rehabilitation Process**

Students must understand that the program of study and the clinical application of skills are sequenced so that knowledge and skill acquisition progress. Students should also recognize that the use of therapeutic modalities and the initiation of all types of therapy depend on the knowledge and skills gained during the program. State licensure rules and regulations governing the practice of athletic training require that only individuals licensed as athletic trainers in the state of Nebraska may initiate therapy under the standing orders of the Medical Director / Team Physician. Therefore, only students who have received training in various therapeutic methods may set up and apply therapeutic modalities and exercise under the direct supervision of a certified staff athletic trainer. Students who have not been formally trained in therapeutic modalities and treatment may apply such therapy, provided the specific parameters of the treatment, whether by modality or exercise, are approved and established by a trained student and/or a certified staff athletic trainer. The therapy applied must also comply with standing treatment and therapy orders on file and outlined in the Policies and Procedures Manual.

Therapeutic equipment safety

All clinical sites that use therapeutic modalities and equipment must maintain the equipment in accordance with the manufacturer's recommendations or with federal, state, or local ordinances regarding specific equipment calibrations and maintenance. The Master of Athletic Training Program will maintain agreements with all off-campus clinical sites to ensure compliance. All students engaged in clinical practice while assigned to any clinical site as part of formal program enrollment are required to operate in accordance with the above standard and under the direct supervision of the site supervisor.

**University of Nebraska at Kearney
Master of Athletic Training**

Program Associated Costs

Enrolling in the athletic training program incurs costs beyond typical [university tuition and fees](#).

Requirements	Approximate Cost
ATCAS	\$99
Criminal Background Check	\$100
Immunizations	https://www.unk.edu/offices/counseling_healthcare/healthcare/index.php
Physical Examination	https://www.unk.edu/offices/counseling_healthcare/healthcare/index.php
Apparel/Clothing	\$0-\$100 annually
Membership Fees (NATA, MAATA, State)	\$92 (NATA = \$72, MAATA = \$10, State = \$10)
Travel	Travel costs vary based on the distance of the assigned clinical experience outside of the UNK.
Board of Certification Test	<i>Exam Application Fees:</i> \$75 (NATA Members), \$100 (Non-NATA Members) <i>Exam Fees:</i> \$375

* Scholarships, loans, and other financial aid may be available to qualified students through a program, college, or university. Please visit the [UNK Office of Financial Aid](#) for more information.

Course Fees – Some courses require additional fees beyond the regular tuition. These courses include:

KSS 808 Therapeutic Modality for Athletic Injury	\$40
KSS 820 General Medical Conditions in Sport	\$40
KSS 860P Gross Anatomy	\$235
KSS 885 Clinical I	\$100
KSS 886 Clinical II	\$70
KSS 887 Clinical III	\$30
KSS 888 Clinical IV	\$30
KSS 889 Clinical V	\$60
KSS 890 Clinical VI	\$30

Course fees may change. You can also see the most updated course fees from the link: https://www.unk.edu/offices/student_accounts/tuition/additional_course_fees.php

Educational Guidance and Post-Graduation Placement:

Upon acceptance into the UNK MAT, the AT core faculty will help each student define their immediate and post-graduate goals. The certified staff will make every effort to advise, encourage, and offer experiences to help the student's professional development.

During a student's final semester in the program, the student's advisor will assist the student in identifying goals and objectives for post-degree placement. The certified staff will be available to assist the student in locating position openings appropriate to the student's goals.

Board of Certification Requirements:

Students completing the academic and clinical experience in athletic training at the University of Nebraska at Kearney will be qualified to take the BOC certification examination. These students will meet the following criteria established by the Board of Certification as a candidate from an accredited curriculum program:

- 1) Successfully complete the **didactic and clinical requirements** set forth by the UNK Master of Athletic Training.
- 2) Successfully complete the **UNK Master of Athletic Training Comprehensive Exam**.
- 3) Complete **AT102: Exam Application** via BOC: <https://bocatc.org/>
 - a) **Apply for Exam:** <https://bocatc.org/candidates/#apply-for-exam>
 - b) **Register for Exam:** <https://bocatc.org/candidates/#register-for-exam>
 - i) Testing in the United States or Canada - \$375 (2026)
 - c) **Schedule Exam:** <https://bocatc.org/candidates/#schedule-reschedule-exam>
 - d) **Certified:** <https://bocatc.org/candidates/#transition-from-candidate-to-at>
 - i) Official Transcripts Requirements
 - ii) ECC Card or Certificate

Licensure:

Most states within the United States require state licensure in athletic training in addition to the BOC Certification. Once a student is certified and seeking employment, he/she should explore the requirements for licensure in the state where he/she wishes to be or is employed.

University of Nebraska at Kearney
Master of Athletic Training

EXPECTATIONS OF THE UNK ATHLETIC TRAINING STUDENT

The hallmark of the program will be to strive for **academic excellence**. Therefore, you will be expected to perform to the best of your ability in the classroom. The theoretical background gained in the classroom will provide you with a foundation. There is no room for being average when it comes to caring for the injured athlete. You will be expected to attend class, turn in assignments, and take exams on time. To do otherwise states you are not taking your position in the program seriously.

Time spent in the clinical setting must be treated as a class. That is, it is a learning experience, and you are required to attend. You are expected to be inquisitive and ask appropriate questions. Time spent in the field experience setting is considered to be your time to practice your knowledge and skills as well as begin your socialization process into the field of Athletic Training. You are expected to take initiative and not have to be told what to do all the time. As you gain experience, you should begin to assume a **leadership** role. You will attempt to improve your athletic training skills each day you are in the athletic training facility. If this is followed, there should be little “dead time”. It is expected that you will all **help** one another. A great deal of learning will be done both on your own and with the help of your fellow students. It will be up to you to seek help if you are having a problem in a class or with a practical skill. Those who have done well in the program in the past have met the above expectations and helped themselves get ahead.

Athletic Training is a demanding profession, and a great deal of confidence and responsibility is placed on the athletic training students at UNK. If you are willing to work, learn, and apply your knowledge, you are on the road to a successful experience on the athletic training staff at the University of Nebraska at Kearney.

REMEMBER

The clinical portion of the program takes place within a professional practice setting. Students are expected to conduct themselves with the knowledge that their behaviors during these activities and away from the program, while in the social environment, may reflect upon any of these groups. That knowledge should guide students in making decisions that may cast an adverse image upon any or all groups. The MAT has worked long and hard to establish relationships with these professionals, and misconduct that reflects poorly on the MAT, UNK, or any of our affiliated sites will not be tolerated. ***Refer to the NATA Code of Ethics.***

**University of Nebraska at Kearney
Master of Athletic Training**

PRIORITIES OF THE ATHLETIC TRAINING STUDENT

1. Be a **STUDENT**: The athletic trainer must have a sound academic background to support his/her clinical skills. All students must maintain an acceptable level of class work to remain in the program (see Athletic Training Program requirements). Any student falling behind in **academic work should make arrangements with the Supervising Athletic Trainers and Clinical Supervisor** for special assistance and/or time off to catch up.
2. Become a **COMPETENT CLINICIAN**: Use your time spent in the athletic training facility or on the field to your advantage. Continuously develop and practice your hands-on skills.
3. Become a **PROFESSIONAL**: Develop an enthusiastic and professional attitude in dealing with all coaches, athletes, administrators and fellow professionals. Become an involved member of the athletic training profession. Have a goal of becoming a skilled certified and/or licensed athletic trainer. Always be prepared for your assignments by having appropriate equipment and supplies. Ensure that you are always properly dressed. You are provided with UNK Athletic Training attire and you are expected to wear it while operating in any athletic training room capacity.
4. Be a **MENTOR**: The best way to enhance and solidify your own skills is to teach them to someone else. As you progress through the program, you should become a leader, teacher, and role model for the less advanced athletic training students.

APPENDIX

Policy and Procedure Forms

1. Technical Standards for Admissions
2. Health Insurance Portability and Accountability Act (HIPAA)
3. Family Education Rights and Privacy Act (FERPA)
4. Verification of Vaccinations
5. Physical Examination Verification Form
6. Communicable Disease Policy
7. Blood-borne pathogen protection and exposure plan procedures
8. Radiation Exposure Procedures
9. Agreement of Understanding

University of Nebraska at Kearney

Master of Athletic Training

Technical Standards for Admissions

The University of Nebraska Kearney, UNK Master of Athletic Training (MAT), is a rigorous and intense program that places specific requirements and demands on the students enrolled in the program. An objective of this program is to prepare graduates to enter a variety of employment settings and to render care to a wide spectrum of individuals engaged in physical activity. The technical standards set forth by the UNK MAT establish the essential qualities considered necessary for students admitted to this program to achieve the knowledge, skills, and abilities of an entry-level athletic trainer, as well as meet the expectations of the program's accrediting agency (Commission on Accreditation of Athletic Training Education [CAATE]). The following abilities and expectations must be met by all students admitted to the UNK MAT. In the event a student is unable to meet these technical standards, with or without reasonable accommodation, the student will not be advanced in the UNK MAT.

Candidates for selection to the UNK Master of Athletic Training Program must demonstrate:

1. the mental capacity to assimilate, analyze, synthesize, and integrate concepts and problem-solve to formulate assessment and therapeutic judgments and to be able to distinguish deviations from the norm;
2. sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate physical examinations using accepted techniques; and accurately, safely, and efficiently use equipment and materials during the assessment and treatment of patients;
3. the ability to communicate effectively and sensitively with patients and colleagues, including individuals from different cultural and social backgrounds; this includes, but is not limited to, the ability to establish rapport with patients and communicate judgments and treatment information effectively. Students must be able to understand and speak the English language at a level consistent with competent professional practice;
4. the ability to record the physical examination results and a treatment plan clearly and accurately;
5. the capacity to maintain composure and continue to function well during periods of high stress;
6. the perseverance, diligence, and commitment to complete the MAT program as outlined and sequenced, including all clinical experiences;
7. flexibility and the ability to adjust to changing situations and uncertainty in clinical situations;
8. affective skills, appropriate demeanor, and rapport relate to professional education and quality patient care.

Candidates for selection to the UNK MAT will be required to verify that they understand and meet these technical standards or that they believe they can meet them with certain accommodations.

The Coordinator for Students with Disabilities will evaluate a student who states he/she could meet the UNK MAT technical standards with accommodation and confirm that the stated condition qualifies as a disability under applicable laws. If a student states he/she can meet the technical standards with accommodation, then the University will determine whether it agrees that the student can meet the technical standards with reasonable accommodation; this includes a review of whether the accommodations requested are reasonable, taking into account whether the accommodation would jeopardize clinician/patient safety, or the educational process of the student or the institution, including all coursework, clinical experiences, and internships deemed essential to graduation. A reasonable accommodation does not guarantee student success in the program but rather a level playing field for success.

Compliance with the UNK MAT technical standards does not guarantee a student's eligibility for the Board of Certification exam.

I certify that I have read and understood the technical standards for selection listed above. To the best of my knowledge, I meet each of these standards with or without reasonable accommodation. I understand that if I am unable to meet these standards, I will not be admitted into the program.

SIGNATURE: _____

NAME: _____

DATE: _____

University of Nebraska at Kearney

Master of Athletic Training

Compliance with the Health Insurance Portability and Accountability Act (HIPAA)

As an athletic training student at the University of Nebraska at Kearney, you are hereby advised that all information pertaining to athlete's including, but not limited to, information contained in medical records is to be kept in the strictest confidence.

Access to all medical records shall be limited to those students who are required to have such access in order to perform their assigned duties within the UNK Sports Medicine Department. No employee shall read the contents of an athlete's medical record except as may be necessary for the performance of his/her assigned duties.

Requests for release of information, by the athlete to a third party, are the responsibility of the University Certified Athletic Trainers.

Athletes shall not be given the opportunity to look at the contents of their medical record unless the athlete's attending health care provider or the athletic trainer supervisor is in attendance at the time of the viewing.

Athlete medical data contained in the medical computer system shall be treated according to the same rules as the paper medical record.

Violation of the above guidelines pertaining to confidentiality may be grounds for immediate dismissal of the student from the MAT Program. Additionally, be informed that unauthorized release of confidential information may subject to civil action.

I HAVE READ AND UNDERSTAND THE ABOVE AND AGREE TO COMPLY TO THE CONFIDENTIALITY CONTRACT.

SIGNATURE: _____

NAME: _____

DATE: _____

University of Nebraska at Kearney

Master of Athletic Training

Family Educational Rights and Privacy Act (FERPA) Consent

By signing this consent form, you certify that you agree to disclose your education records to the UNK Athletic Training Committee for the purposes of evaluating candidacy and entrance into the UNK Master of Athletic Training Program.

You understand that this form is part of your academic record. These records are protected by the Family Educational Rights and Privacy Act of 1974, and they may not be disclosed without your consent.

You give your consent to disclose only to authorized representatives of this institution, the following documents:

- Final grades for all courses pertaining to candidacy or acceptance into the UNK Master Athletic Training Program.
- Any transcript from your high school, this institution, or any junior college, or any other four-year institution you have attended.
- Pre-college test scores and any appropriately related information and correspondence directly related to your candidacy, acceptance, & maintenance of your progression through the UNK Master of Athletic Training Program.
- Records concerning your financial aid, when applicable, to any scholarship application.

You agree to disclose these records only to determine your candidacy for acceptance or maintenance of your acceptance into the UNK Master of Athletic Training Program, for the purpose of granting financial aid in the form of an athletic training education scholarship, & for inclusion in summary institution or program information to the Commission on Accreditation of Athletic Training Education.

SIGNATURE: _____

NAME: _____

DATE: _____

University of Nebraska at Kearney

Master of Athletic Training

Verification of Vaccinations

As an athletic training student at the University of Nebraska at Kearney, I understand that I may be unintentionally exposed to blood or other potentially infectious materials of the body that may put me at risk of acquiring a variety of infections. I also understand that if not properly immunized against other diseases, I may place others at risk of infection. I further understand that, If I contract some of these diseases such as Hepatitis B, there is a substantial risk of becoming acutely and/or chronically ill, and that there is a chance that the disease may be fatal. Please identify whether you have either received immunization for the diseases listed below or that I have actually contracted them at one time.

Rubeola (Hard or Red Measles):

- _____ Physician diagnosed measles **OR**
- _____ Laboratory evidence of measles immunity (Rubeola screen) **OR**
- _____ Adequate immunization (per physician records) with live measles vaccine on or after the first birthday.

Rubella (German Measles):

- _____ Laboratory evidence of immunity to rubella (rubella screen), **OR**
- _____ Documented immunization (physician's record) with live rubella virus on or after the first birthday.

Tuberculosis (TB) Skin Test:

- _____ Documentation of a recent (within 1 year) TB skin test.

Chickenpox:

- _____ Students who are uncertain of their immunity to chickenpox will need to either Begin vaccination with the Varicella vaccine (2 shots required) or have their immunity to chickenpox checked through a laboratory test (Varicella-IGG titer).

Additionally, I have been notified that vaccination for HBV is available and that I am responsible for obtaining this care should I so choose.

_____ I HAVE ALREADY RECEIVED THE HBV VACCINATION
Dates of immunizations: _____

_____ I **DO NOT** CHOOSE TO RECEIVE THE HBV VACCINATION AND
UNDERSTAND THAT I MAY BE AT RISK FOR CONTRACTING
HBV IF INADVERTENTLY EXPOSED TO BLOOD OR OTHER
POTENTIALLY INFECTIOUS BODILY MATERIALS.

_____ I WILL BE OBTAINING THE HBV VACCINATION WITHIN THE
IMMEDIATE FUTURE AND WILL NOTIFY THE ATHLETIC
TRAINING DEPARTMENT SUPERVISOR OF THE INITIATION OF
THE VACCINATION SERIES.

****Attention****

All students who will possibly have exposure to blood or body fluids during their time at Great Plains Regional Medical Center are required to have started the Hepatitis B vaccine series prior to beginning practice at Great Plains Regional Medical Center or to sign a Hepatitis B vaccine Declination Form.

SIGNATURE: _____

NAME: _____

DATE: _____

University of Nebraska at Kearney
Master of Athletic Training
Physical Examination Verification Form

Student's Name _____

Date _____

The Master of Athletic Training (MAT) at the University of Nebraska at Kearney requires prospective athletic training students to undergo a physical examination prior to beginning formal clinical experiences. The purpose of completing the examination is to ensure that the student demonstrates readiness to engage in program activities that may be strenuous. The student should demonstrate:

1. The mental capacity to assimilate, analyze, synthesize, and integrate concepts and problems to solve, to formulate assessment and therapeutic judgments, and to be able to distinguish deviations from the norm.
2. Sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate physical examinations using accepted techniques; and accurately, safely and efficiently use equipment and materials during the assessment and treatment of patients.
3. The capacity to maintain composure and continue to function well during periods of high stress.
4. Flexibility and the ability to adjust to changing situations and uncertainty in clinical settings.



Physician's Name _____
(Print)

Date of examination _____

I have examined and have determined him/her to be physically and mentally capable of completing the requirements of the MAT Program at the University of Nebraska at Kearney.

Physicians Signature _____

Date _____

University of Nebraska at Kearney

Master of Athletic Training

Communicable Diseases Policy

Provided in the Special Medical Issues & Communicable Diseases Section of the Policies and Procedures Manual

Occasionally, persons involved with athletic endeavors are exposed to communicable diseases. In the event a student-athlete, staff, or athletic training student becomes ill with a communicable disease, he/she should be referred to the appropriate healthcare professional. Once a diagnosis is made, the practitioner shall make all relevant recommendations regarding further participation in athletic or academic activities. If a student-athlete, staff member or athletic training student becomes ill with a communicable disease, he/she should report it to their coach, administrator, or clinical supervisor. Upon acquiring medical guidance, the affected person shall inform their coach, administrator, or clinical supervisor of the findings of their medical conditions. He/she should also discuss the appropriate time for return to activity. Return to activity may require a signed release from the supervising physician or medical care provider. If the individual requires such a release, the signed form should be provided to the athletic training staff or the administrator so that proper precautions for return can be followed. All individuals who have potentially been exposed shall be referred as the condition dictates. Any student-athlete, coach, athletic training staff member or athletic training student who has acquired any of the following diseases shall follow these guidelines:

Conjunctivitis, Diphtheria, Herpes Simplex, Measles, Meningococcal disease, Gastrointestinal infections, Parvovirus, Poliomyelitis, Mumps, Pertussis, Influenza, Rabies, Rubella, Scabies, Staphylococcus aureus, Streptococcus infection, Tuberculosis, and COVID-19.

I have read and fully understand the UNK Master of Athletic Training communicable disease policy. I will adhere to the policy and act in good faith to comply with its intent and purpose.

SIGNATURE: _____

NAME: _____

DATE: _____

University of Nebraska at Kearney

Master of Athletic Training

Criminal Background Check Policies

The purpose of this policy is to ensure the safety, well-being, and protection of patients, students, faculty, and affiliated clinical sites associated with the University of Nebraska at Kearney (UNK) Master of Athletic Training (MAT) Program. Criminal background checks are required to maintain a safe professional clinical education environment and to comply with the standards and expectations of our affiliated clinical sites.

The UNK MAT is committed to upholding the integrity of the academic program and ensuring that all students meet the professional, ethical, and legal standards required for participation in clinical education experiences.

All students admitted to and enrolled in the UNK Master of Athletic Training program are required to successfully complete a criminal background check as a condition of:

- Matriculation into the program
- Participation in all clinical education experiences
- Continued enrollment in the MAT Program

This policy is standardized and applied equally to all graduate athletic training students, without exception.

Rationale: Clinical education is a required and integral component of the MAT program. Students are placed in a healthcare environment where they may have direct contact with patients, protected health information (PHI), minors, and vulnerable populations. Affiliated clinical sites require assurance that students meet their safety and compliance standards, including criminal background screening.

Failure to meet these requirements may limit or prohibit a student's ability to complete required clinical experience and, consequently, to progress or graduate from the program.

Background Check Requirement:

1. Timing
 - a. A criminal background check must be completed:
 - i. Upon acceptance into the MAT program, prior to the start of clinical coursework, KSS885, and
 - ii. As required by specific clinical sites throughout the program
2. Vendor
 - a. Background checks must be completed through a program-approved third-party vendor, Castle Branch, designated by the UNK MAT Program
 - b. Students are responsible for all associated costs.
3. Review and Confidentiality

- a. Background check results are reviewed by the Program Director
 - b. All information is handled in accordance with FERPA, university policy, and applicable state and federal laws.
 - c. Results are kept confidential and shared only on a need-to-know basis with appropriate university or clinical site personnel.
4. Findings and Determinations
- a. A criminal record does not automatically disqualify a student from participation in the UNK MAT program.
 - b. Determination will be made on a case-by-case basis, considering:
 - i. Nature and severity of the offense
 - ii. Time elapsed since the offense
 - iii. Relevance to clinical responsibilities
 - iv. Requirements of affiliated clinical sites

Affiliated clinical sites reserve the right to deny student placement based on their own policies. The MAT cannot guarantee placement at all sites if a background check raises concerns.
5. Consequences of Non-Compliance
- a. Students who fail to complete, pass, or maintain the required background check clearance may face:
 - i. Ineligibility for clinical placements
 - ii. Delay in program progression
 - iii. Inability to meet graduation requirements
 - iv. Dismissal from the UNK MAT program
 - b. Appeals Process
 - i. Students may submit a written appeal to the UNK MAT Program Director if they believe a background check determination was made in error. Appeals must be submitted within 10 business days of notification and must include supporting documentation.

Acknowledgment:

All MAT students are required to sign an acknowledgment indicating they have read, understand, and agree to comply with this Criminal Background Check Policy as a condition of enrollment and clinical participation.

SIGNATURE: _____

NAME: _____

DATE: _____

University of Nebraska at Kearney

Master of Athletic Training

CITI Program

As a Professional-Level Master of Athletic Training student at the University of Nebraska at Kearney, you are required to complete the following modules on the Collaborative Institutional Training Initiative (CITI) Program. This is a free program for everyone and is recognized by the institution for pursuing clinical case studies and research. Please complete the following modules through the CITI Program: <http://citiprogram.org>:

- **Human Subjects Research, Biomedical Student**
- **Responsible Conduct of Research (RCR), Biomedical Responsible Conduct of Research**
- **Biosafety/Biosecurity, OSHA Bloodborne Pathogens**

If you have previously completed any modules and they have not expired, please provide me with the certificates. If it has expired or been completed at the other institution, you need to complete the “Refresher” course under the “University of Nebraska at Kearney” affiliation.

Instruction:

1. Go to the CITI Program: <http://citiprogram.org>
2. Put your personal information
3. Add an Affiliation as “University of Nebraska at Kearney”
4. Add a Course
 - a. Question 1. Human Subjects Research
 - i. Select “**Biomedical Students**”
 - b. Question 2. Human Subjects Research – Refresher
 - i. Select “**I have not previously completed an approved Basic Course**”
 - c. Question 3. Responsible Conduct of Research (RCR) Course Enrollment
 - i. Select “**Biomedical Responsible Conduct of Research**”
 - d. Question 4. Animal Care and Use (ACU)
 - i. Select “**Not at this time**”
 - e. Question 5. Export Compliance
 - i. Select “**Not at this time**”
 - f. Question 6. Biosafety/Biosecurity
 - i. Select “**OSHA Bloodborne Pathogens**”
5. Complete each module by **August 1st** and email each certificate to me, Dr. Kazuma Akehi, at akehik1@unk.edu.

University of Nebraska at Kearney

Master of Athletic Training

Bloodborne Pathogens and Exposure Policy and Procedures

Athletic Training Education Laboratory

Bloodborne Pathogens and Exposure Policy and Procedures

Athletic Training Education Laboratory

I. Purpose

The purpose of this Bloodborne Pathogens and Exposure Policy and Procedures is to eliminate or minimize occupational exposure to bloodborne pathogens for athletic training students, faculty and other personnel participating in class/laboratory or clinical education activities within the Athletic Training Education Laboratory.

This policy is designed to comply with the Occupational Safety and Health Administration (OSHA) Bloodborne Pathogens Standard (29 CFR 1910.1030). It outlines infection control procedures, safe handling practices, waste disposal requirements, and exposure response protocols necessary to maintain a safe educational environment.

II. Scope

This policy applies to all students, faculty, and staff who participate in instructional activities within the Athletic Training Education Laboratory, where contact with blood or other potentially infectious materials (OPIM) may occur.

Activities that may present potential exposure include, but are not limited to:

- First aid (including wound care and closure) and emergency care
- Splinting and taping scenarios involving injuries
- Intravenous (IV) or sharps-based laboratory activities
- Handling contaminated materials or equipment

*The activities above may occur within a practice or simulation environment or may occur while students/faculty are evaluating and treating patients within the Athletic Training Education Laboratory space (ex, clinical rotation with the program's Injury and Rehabilitation Clinic).

III. Definitions

Bloodborne Pathogens: Pathogenic microorganisms present in human blood that can cause disease in humans. Examples include Hepatitis B (HBV), Hepatitis C (HCV), and Human Immunodeficiency Virus (HIV).

- Body fluids that may transmit blood-borne viruses
 - Blood

- Vaginal fluid
- Semen
- Exudate or tissue/fluid from burns/wounds
- Any other body fluid if visibly blood-stained

Other Potentially Infectious Materials (OPIM): Body fluids that may contain bloodborne pathogens including blood, semen, vaginal secretions, cerebrospinal fluid, synovial fluid, and any bodily fluid visibly contaminated with blood.

Exposure Incident: A specific contact with blood or OPIM through non-intact skin, mucous membranes, or parenteral (i.e., breakage of skin such as a piercing, human bites, or stab wounds) contact that occurs during the performance of laboratory or clinical activities.

- Percutaneous injuries from needles, bites and other wounds from sharp items.
- Mucocutaneous exposure e.g. splashes into the mouth, eyes, and other mucous membranes or splashes onto broken skin (e.g. existing cuts, eczema etc.)
- Exposure to low-risk bodily fluids (e.g., urine, vomit, feces, sputum and saliva) is not normally considered a risk unless visibly stained with blood. Exposure of unbroken skin to blood and body fluids has not been associated with blood-borne virus transmission.
 - This program will have several activities where exposure may occur:
 - Blood glucose test
 - Urinalysis
 - IV lab
 - Suturing Lab

Sharps: Any object capable of puncturing or cutting the skin and causing exposure to bloodborne pathogens (e.g., needles, scalpels, lancets, broken glass).

Source Individual: Any individual, living or deceased, whose blood or OPIM may be a source of occupational exposure to the exposed person (students, patients, research subjects, or other persons).

Exposed Person/Patient: The UNK student or staff member who sustained the needlestick or sharps injury.

PEP: Post-Exposure Prophylaxis - antiretroviral medications given after potential exposure to prevent infection.

- PEP is primarily used for occupational and non-occupational exposures to HIV and Hepatitis B. Examples include:
 - Occupational Exposure: Healthcare workers or responders exposed to blood/bodily fluids via needlestick injuries or splashes to eyes, nose, mouth, or non-intact skin.
 - Non-occupational Exposure (nPEP): Unprotected vaginal or anal sex (including sexual assault) with a partner who has or might have HIV.
 - Drug Use: Sharing needles or injection equipment.
 - HBV-Specific PEP: Vaccination or immune globulin initiated within 24 hours to 7 days for Hepatitis B exposure.

- HIV-PEP: A time-sensitive emergency medication regimen taken to prevent HIV infection after a potential exposure.

HBIG: Hepatitis B Immune Globulin - provides passive immunity against HBV.

IV. Exposure Control Plan (Prevention & Cleaning)

The Athletic Training Program maintains this Exposure Control Plan to eliminate or minimize exposure to bloodborne pathogens in the Athletic Training Education Laboratory.

The program follows **Standard Precautions**, which assume that all blood and certain body fluids are potentially infectious and require appropriate infection control practices.

Engineering controls, administrative controls, and personal protective equipment (PPE) will be used to reduce exposure risk whenever laboratory activities involve blood or OPIM.

This plan will be reviewed and updated annually by program faculty.

1. Hand Hygiene:

Hand hygiene is a primary infection control measure that protects both healthcare providers and patients. Hand-washing facilities are located in the Athletic Training Education Lab and in the restrooms, respectively. Students, faculty, and staff must wash their hands:

- Before and after patient contact or simulated patient care
- After contact with blood or OPIM
- After removing gloves or other personal protective equipment
- Whenever hands are visibly soiled

Hands should be washed with soap and water for **at least 20 seconds**. Use a paper towel to turn faucets off, as this will help prevent contamination of "clean" areas. If soap and water are not immediately available, an alcohol-based hand sanitizer may be used until proper handwashing can occur. If blood or OPIM contacts skin or mucous membranes:

- Wash exposed skin with soap and water immediately
- Flush eyes or mucous membranes with clean water for at least 15 minutes

Eating, drinking, applying cosmetics or lip balm, handling contact lenses, or using tobacco products are prohibited in laboratory areas where exposure to blood or OPIM may occur. This policy applies when laboratory activities with potential for exposure (see "scope" section) occur. Food and beverages may not be stored in refrigerators, cabinets, or surfaces where blood or OPIM may be present.

2. Personal Protective Equipment (PPE)

Personal protective equipment will be available in the Athletic Training Education Laboratory and must be used when potential exposure to blood or OPIM exists. Available PPE may include:

- Non-latex disposable gloves
- Face shields or protective masks
- Eye protection
- Disposable gowns or protective barriers when necessary

Gloves must be worn whenever contact with blood or OPIM is anticipated. Gloves must be removed and discarded after use and hands must be washed immediately. PPE must be removed before leaving the work area and must not be reused unless designed for reuse and properly disinfected according to manufacturer guidelines.

3. Regulated Waste – Non-Sharps

Regulated waste includes materials contaminated with blood or OPIM that may release these substances during handling. Examples include:

- Blood-soaked gauze or dressings
- Contaminated gloves
- Bandages or wound care materials

These materials must be disposed of in containers that are:

- Closable
- Leak-proof
- Properly labeled or color-coded with a biohazard symbol

Red biohazard bags will be used for regulated waste generated in laboratory activities. Regulated waste disposal will follow the university's biomedical waste procedures.

4. Regulated Waste – Sharps

Sharps present a significant risk for bloodborne pathogen transmission and must be handled with extreme care. The following procedures must be followed:

- Contaminated needles must not be bent, removed, or broken.
- Do NOT recap needles using two hands.
 - Use one-handed scoop technique or safety device if recapping is necessary.
- Used sharps must be placed immediately in an approved sharps disposal container.
- Sharps containers must be puncture resistant, leak-proof, and labeled with a biohazard symbol. The program's sharps containers can be located in the back of the laboratory, on the counter next to the wound care supplies.
- Containers must remain upright during use.
- Reusable containers are not to be opened, emptied, or cleaned manually or in any other manner which will expose employees to the risk of injury. Do NOT reach by hand into a container that stores reusable contaminated sharps.
- Sharps containers must be closed and replaced when they are approximately three-quarters full.
- Sharps containers will be disposed of according to institutional biomedical waste procedures. Notify the program director when the container needs to be disposed of and replaced with an empty container.
- Broken glass that may be contaminated must be cleaned using mechanical means such as a brush, dustpan, tongs, or forceps. Hands should never be used to pick up contaminated glass.

5. Hydrotherapy and Whirlpool Cleaning

Hydrotherapy equipment must be cleaned and disinfected regularly to prevent cross-contamination. Prior to use, an antiviral/fungal/bacterial cleaning solution (ex. Whizzer) will be used to clean hydrotherapy equipment daily or before patient use or affiliated class activity. During normal operation a water soluble, chlorinated cleaning agent (ex. Hydro-Chlor) will be used to decrease the risk of contamination both during and between patient uses.

- Prior to patient use, the whirlpool will be filled to operational level and the appropriate amount of cleaning agent will be dissolved into the water. When the whirlpool is emptied, the sides and bottom will be cleaned using an antiviral/fungal/bacterial cleaner.
- On a weekly basis, or more frequently if needed, the antiviral/fungal/bacterial cleaning solution will be run through the agitator. The agitator will be placed in a bucket containing a mixture of the solution, and the motor will be run for 10 minutes. Following this, the agitator will be rinsed by placing it in a bucket of water and running it for 5 minutes

Patients with open wounds, turf burns, abrasions, or infectious skin conditions on the area to be submerged in water are not allowed to use shared whirlpools. If a patient with an open wound or a bodily fluid release (e.g., blood or feces) uses the tank, it must be drained, cleaned, disinfected, and refilled immediately before the next use. Patients must be clean (e.g., showered/bathed with soap within the past 24 hours or after practice/competition/work if using the whirlpool after said activity and not visibly soiled) before entering the water, which reduces the introduction of contaminants.

V. Exposure Control Plan (Exposure Incident Procedures)

If an exposure incident occurs involving blood or OPIM, the following steps must be taken immediately:

1. Immediate First Aid (perform immediately before reporting)

- a. Needlestick or cut: Wash thoroughly with soap and water for at least 30 seconds.
- b. Splash to nose, mouth, or skin: Flush thoroughly with water for at least 15 minutes.
- c. Splash to eyes: Irrigate at an eye wash station with clean water or saline for at least 15 minutes, keeping the eyelids open and removing contact lenses if present.
- d. DO NOT squeeze the wound or use caustic agents, such as bleach.
- e. Allow the wound to bleed briefly if a puncture occurred.

2. Report the Incident

- a. The exposure must be reported immediately to the course instructor and program director.
- b. An Exposure Incident Report must be completed according to institutional procedures:
 - i. Date, time, and location of exposure.
 - ii. Circumstances of how the exposure occurred.
 - iii. Type of device and procedure involved.
 - iv. Source information (if known).

- v. Immediate actions taken.
 - c. Complete an OSHA Sharps Injury Log (maintained by the Master of Athletic Training program)
 - i. See Appendix A
 - d. Record or update medical record documentation:
 - i. Exposure risk assessment.
 - ii. Baseline testing results.
 - iii. Treatment provided (vaccines, HBIG, HIV PEP).
 - iv. Counseling provided.
 - v. Follow-up plan.
- 3. Medical Evaluation**
- a. The exposed individual will be referred to the designated healthcare provider or student health services for evaluation.
 - i. During UNK Student Health hours (M-F, 8am-5pm): Report directly to UNK Student Health. MSAB #184, 308-865-8218
 - ii. After hours/weekends:
 - 1. For high-risk HIV exposures or if in doubt: Go to the nearest emergency department
 - 2. For non-emergent evaluation when HIV PEP is not indicated or has already been started go to urgent care or clinic with extended hours.
 - b. TIME IS CRITICAL: Some treatments must begin within 2 hours of exposure.
- 4. Post-Exposure Follow-Up**
- a. Post-exposure evaluation should include:
 - i. Documentation of the exposure incident (see “report the incident” section)
 - ii. Identification of the source individual (when feasible)
 - 1. Efforts should be made to test the source individual as soon as possible; this is CRITICAL for determining appropriate prophylaxis.
 - 2. Source testing should be performed within 24–48 hours of exposure when possible.
 - 3. We will follow UNK Student Health’s Needlestick Exposure Plan for source testing including if the source is NOT a UNK student or faculty/staff.
 - 4. If the source refuses testing or cannot be identified, treat as an unknown source (highest risk).
 - iii. Blood testing with informed consent
 - 1. We will follow UNK Student Health’s Needlestick Exposure Plan for the initial assessment, baseline testing, and additional testing (ex: pregnancy or if HIV-PEP will be needed) if the exposed person(s) is a UNK student or faculty/staff member.
 - iv. Post-exposure prophylaxis when medically indicated
 - b. All medical evaluations and follow-up will be conducted in accordance with OSHA standards and institutional health policies.

VI. Hepatitis B Vaccination

- a. Students participating in laboratory or clinical activities that may involve exposure to blood or OPIM are strongly encouraged to receive the Hepatitis B vaccination series.
- b. Documentation of vaccination status or a signed declination is required in accordance with the program. Some clinical sites may also have policies on vaccination/immunization. Individual policies of documentation or declination will be followed for each clinical site.

VII. Training

- a. All students participating in laboratory activities will receive bloodborne pathogen training prior to participating in activities with potential exposure risk. Training content will include:
 - i. Bloodborne pathogen transmission
 - ii. Standard precautions
 - iii. Personal protective equipment use
 - iv. Waste disposal procedures
 - v. Exposure incident response procedures
- b. Training will occur annually and will include review of our program's BBP and Exposure Policy and Procedures and formal BBP training (ex: OSHA BBP course on the university's CITI website).
 - i. Students will be required to submit a copy of the certificate to the program director after completing the CITI OSHA BBP course. This course must be completed annually.

VIII. Recordkeeping

- a. Documentation related to bloodborne pathogen training and exposure incidents will be maintained according to university policies and applicable regulatory requirements.
 - i. Documentation will be kept secure in the program director's office.

IX. Policy Review

- a. This Bloodborne Pathogens and Exposure Policy and Procedures will be reviewed **annually** and updated as necessary to ensure continued compliance with OSHA regulations and institutional safety policies.

Policy was updated and approved by Dr. Kazuma Akehi, Program Director of the Master of Athletic Training Program. Last Reviewed: April 2026. This protocol will be reviewed annually and updated as needed to reflect current guidelines and best practices.

Signature and Date: _____

X. Contact Information

Resource	Contact Information
Athletic Training Program	Program Director Dr. Kazuma Akehi Phone: 308-865-8600 Location: CUSH 164
UNK Student Health	Phone: 308-865-8218 Location: MSAB #184 Hours: M–F 8:00 AM–5:00 PM
First Care Medical, PC (urgent care)	2605 2nd Ave, Kearney, NE 68847 Typically open 7:00 AM–7:00 PM Phone: 308-236-7016
CHI Health Good Samaritan Emergency Dept	10 E 31st St, Kearney, NE Phone: 308-865-7100
Kearney Regional ER	804 22nd Ave, Kearney, NE 68845 Phone: 308-455-3600

APPENDIX A: OSHA SHARPS INJURY LOG

OSHA SHARPS INJURY LOG

University of Nebraska at Kearney, Master of Athletic Training Program

Reporting Period: 2026-2031

Entry #	Date of Injury (MM/DD/YYYY)	Time of Injury	Department/ Work Area	Type of Device (e.g., needle, scalpel, lancet)	Brand of Device (if known)	Was the device engineered with a sharps injury protection mechanism? (Yes/No/Unknown)	Explanation of How the Incident Occurred
1							
2							
3							
4							
5							
6							

Instructions: This log must be maintained for a minimum of 5 years from the end of the calendar year covered. Do NOT include employee names or other personally identifiable information. This log is used to track trends and evaluate the effectiveness of engineering controls and safety devices.

Maintained by: Dr. Kazuma Akehi, Program Director

Location of Log: CUSH 164

Reviewed by: _____ Date: _____

University of Nebraska at Kearney

Master of Athletic Training

Radiation Exposure Procedures

Purpose:

This policy aims to minimize radiation exposure for Master of Athletic Training (MAT) students and ensure compliance with institutional, state, and federal radiation safety standards during clinical education experiences at the University of Nebraska at Kearney (UNK).

Radiation-Generating Equipment:

The UNK Sports Medicine utilizes an Orthoscan C-Arm Portable Fluoroscopic Unit (Model 1000-0005, Serial Number SM0338) for immediate diagnostic imaging. This unit is located in the Athletic Training Room within the Health and Sports Center (HSC, Private Exam Room).

Equipment Oversight and Maintenance:

The Orthoscan C-Arm is managed and operated exclusively by UNK Sports Medicine Team Physicians or other credentialed medical professionals. The equipment is serviced and calibrated annually by certified bioelectronics medical equipment services to ensure proper functioning and compliance with radiation safety standards.

Student Exposure Guidelines:

MAT students are NOT permitted to operate the C-Arm fluoroscopic unit under ANY circumstances. To limit unnecessary radiation exposure, MAT students must excuse themselves from the private exam room in the UNK Athletic Training room during operation of the C-Arm unless otherwise directed by authorized medical personnel for educational observation from a safe location. Students are expected to comply with all posted radiation warning signs, verbal instructions, and safety protocols during clinical experiences.

Radiation Safety Officer:

The designated Radiation Safety Officer (RSO) for UNK Athletics is Dr. Bryce Abbey in the Department of Kinesiology and Sport Sciences in the College of Education. The RSO is responsible for overseeing radiation safety practices, ensuring regulatory compliance, and addressing any concerns related to radiation exposure.

Reporting and Compliance:

Any concerns regarding radiation exposure or safety should be reported immediately to the supervising preceptor and the MAT Program Director or Clinical Education Coordinator. Failure to comply with radiation safety procedures may result in corrective action consistent with MAT Program Policy.

I have read and fully understand the UNK Master of Athletic Training Radiation Exposure policy. I will adhere to the policy and act in good faith to comply with its intent and purpose.

SIGNATURE: _____

NAME: _____

DATE: _____

University of Nebraska at Kearney

Master of Athletic Training

Agreement of Understanding

I, _____, have been fully informed of the UNK policy governing academic dishonesty as identified in the UNK Student Handbook. I also understand the importance of maintaining academic integrity. I am fully aware that participating in any form of academic dishonesty can / will result in dismissal from the MAT Program and/or further disciplinary action by the University of Nebraska at Kearney.

Student's Signature

Date

Witness

Date