



Advanced Post-Graduate Athletic Training Program
Division of Sports Medicine
Department of Orthopaedic Surgery
Department of Athletics, Physical Education and Recreation

I. Introduction

The Stanford University Sports Medicine Center is a state of the art, 10,000 square foot medical facility located in the Arrillaga Center for Sport and Recreation on the Stanford campus. It houses many of Stanford's elite faculty in the School of Medicine and is where many of them provide comprehensive medical care to Stanford student athletes. Additionally, digital x-ray, injury rehabilitation services, and the Human Performance Laboratory are all located in this facility.

Stanford University offers an intensive 24-month advanced post-graduate athletic training employment through the Department of Athletics, Physical Education and Recreation (DAPER) and the Division of Sports Medicine of the Department of Orthopaedic Surgery. This unique program offers unprecedented educational opportunities, beyond that of a master's degree, to further develop certified athletic trainers into versatile, advanced level clinicians. It combines exposure to multidisciplinary settings of clinical practice, laboratory based scientific research and testing, together with leadership development training - all set within the nation's most challenging collegiate athletic and academic environments. The goals of this program are:

- a. To provide superior, hands on orthopedic sports medicine training from some of the most highly regarded clinicians in the United States.
- b. To ensure advanced skill development through a committed approach to the finest, most recent medical practices in the field of sports medicine.
- c. To optimize communication among a multidisciplinary healthcare model and thrive as part of a larger team atmosphere.
- d. To equip certified athletic trainers with the administrative experience necessary for leadership development.
- e. To facilitate participation in clinical research studies and testing protocols designed to prevent injuries, enhance athletic performance, and advance the field of sports medicine.

II. Program Description

The Department of Athletics, Physical Education and Recreation (DAPER) at Stanford University is home to the nation's most recognized and decorated

intercollegiate athletic program. It maintains the largest number of sport programs (36) and largest athletic population in the nation (over 900 student athletes). Stanford Athletics and Stanford Health Care have developed a relationship in which physicians provide comprehensive health care services to the University's student athletes. These physicians also supervise medical services provided by DAPER's athletic training staff and work directly with the Director of Athletic Training and Athletic Administration to orchestrate the delivery of medical services.

The Advanced Post-Graduate Athletic Training Program (APGATP) at Stanford University is designed to prepare post professional athletic trainers advanced industry placement through rigorous leadership, clinical, research, and educational opportunities as well as exposure to a distinctive set of best practice standards. The athletic trainer will work closely in a comprehensive multidisciplinary model with sports medicine physicians, orthopedic surgeons, registered nurses, licensed physical therapists, biomechanists, sports scientist, and other certified athletic trainers to further develop clinical skills and a knowledge base beyond that of current undergraduate and graduate level practices. This position offers a highly competitive annual income and includes full benefits.

III. Program Components

a. **Clinical**

- i. The athletic trainer will work side by side other clinicians to develop, enhance, and refine nontraditional athletic training skills. The athletic trainer will learn unique program attributes that emphasize injury prevention and develop expertise in the areas of orthopedic evaluation, functional assessment, manual therapy, and rehabilitation. Additionally, the athletic trainer will provide health care services autonomously to assigned teams, but also work closely with other clinicians in providing care to additional sport programs. This will include the provision of health care services to student-athletes participating in large-scale events such as tournaments and post-season competitions hosted on the Stanford campus. The athletic trainer will be assigned professional mentors to guide them through the process, while still maintaining autonomous responsibility for their assigned teams.

ii. **Objectives:**

1. Collaborate daily with members of the healthcare team to develop the most comprehensive, results oriented treatment plan for the management of athletic injuries sustained by Stanford student-athletes.
2. Develop advanced clinical assessments of musculoskeletal injury resulting from sport and exercise.
3. Develop expertise in injury prevention procedures, screenings, and tests.

4. Learn a multidisciplinary approach to the clinical and functional return to play of injured student-athletes.
 5. Develop proficiency in non-traditional manual therapy skills and other treatment.
 6. Learn and work closely with select sports medicine staff members during nontraditional seasons with large student-athlete populations.
 7. Annually serve as Medical Director during one NCAA post-season event.
- iii. **Outcome:** The athletic trainer will be prepared to provide advanced, evidence based best practices to sport participants in any setting.

b. Education

- i. The Stanford sports medicine program represents one of the few true multidisciplinary programs in collegiate athletics. The clinical environment is truly unique, and there are multiple levels of learning occurring on a daily basis between clinicians who work closely with one another. Each clinician provides unique expertise each day, and this expertise represents a learning opportunity for those they work alongside. As a result, education is a priority as a means to further develop supervisory, mentorship, leadership, and clinical skills. The athletic trainer will have opportunities to learn new skills by pursuing continuing education around the world, mentoring and supervising interns and visiting students, in addition to teaching new skills in a formal learning environment.
- ii. **Objectives:**
 1. Collaborate with other members of the athletic training staff to supervise, train, educate students from other clinical affiliations.
 2. Attend monthly sports medicine continuing education clinical session.
 3. Present one case study per year.
 4. Attend specific continuing education courses per year that will support ongoing clinical development.
- iii. **Outcome:** The athletic trainer will identify clinical interests worthy of continuing education and will commit to the mentorship and learning of others.

c. Leadership Development Training

- i. The athletic trainer will work side by side with the Director of the Advanced Post Graduate Athletic Training Program and other staff members to learn specific skills necessary to lead and manage a large staff and an even larger student-athlete population. The athletic trainer will develop critical management strategies to make vital decisions, assess program needs, evaluate personnel, and to establish a culture

that is rewarding and successful. The athletic trainer will also participate in planning meetings with senior staff members to develop long-term support of program initiatives. The athletic trainer will become proficient with the use of human centered design methodologies and learn to apply them large-scale programmatic development.

ii. **Objectives:**

1. Learn management strategies and leadership qualities in areas related to personnel, finance, program and policy development.
2. Learn key administrative skills such as critical analysis and strategic planning methods.
3. Lead projects involving facility management, strategy implementation, and supervision of personnel.
4. Learn communication strategies that foster cooperative relationships.
5. Learn from program managers, administrators, key stakeholders, and other departments at Stanford University.

iii. **Outcome:** The athletic trainer will be prepared to assume job responsibilities consistent with a leadership position in sports medicine.

d. **Research Option**

i. As a member of Stanford University/Clinic and the PAC-12 conference, our advanced post graduate athletic trainers have unique opportunities for collaborative and multicenter research projects spanning departments across campuses. After a project's approval from the multidisciplinary SaROC (Student-Athlete Research Oversight Committee), the athletic trainer could be an integral member of the research team and could be partnered with research projects that meet their interest. Stanford Sports Medicine is routinely on the front lines of clinical research that has the opportunity to change the field of sports medicine.

ii. **Objectives:**

1. Become familiar with lab procedures and equipment used for conducting clinical research.
2. Learn parameters for clinical research study design and participate in ongoing clinical studies, data collection, and analysis.
3. Develop or contribute to the development of a manuscript ready for peer review.

iii. **Outcome:** The athletic trainer will be prepared to replicate progressive research in the field of sports medicine.

IV. Criteria for Successful Completion

- a. Demonstrates proficiency in advanced clinical skills and completes required continuing education.
- b. Participates in multidisciplinary health care environments and the communication required for optimal collaboration
- c. Develops management, leadership, and decision-making abilities in readiness for a leadership position.
- d. Demonstrates competence in the administration of clinical research (optional).

V. Application Process

- a. Advanced Post-Graduate Athletic Trainer application process will begin in February. The minimum qualifications considered for acceptance are:
 - i. Current BOC certification (or eligible)
 - ii. Master's Degree in Athletic Training or related field
 - iii. First Aid/CPR/AED certification

VI. The following materials are required when applying to stanfordcareers.stanford.edu:

- a. Cover Letter
- b. CV/Resume
- c. Three references

Advanced Post Graduate Athletic Training Program Selection Committee
Stanford University Sports Medicine
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Stanford, CA 94305

Review of applications begins in March. The employment term will begin in July.