Joel Tidman

Clinical Experience I

Beth Funkhouser

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I am very excited to be back with my primary preceptor these next couple of weeks. I really enjoyed being with Melissa last time because of all the new tricks and trades she taught me last time. I hope to be receptive and learn even more this time. She always helps me and makes comments of my taping style, my evaluation techniques, and other different things that can help myself become a good clinician and athletic trainer. One thing I have noticed about Melissa is that she is very good with her tape jobs. She has good tautness in her tape jobs and is great with her angles. She has been able to watch me and help me get better with my tape jobs, especially with my ankle tape jobs. When I began in the semester with Melissa and the football team I was very timid and worried that I would not be able to fulfill my roles as an athletic training student, but as time has gone on I have become and am becoming more and more confident in all the things that am doing. I feel more confident in my tape jobs and all aspects of them, tightness, angles, and cleanliness. Also I did a couple evaluations on athletes last time I was in rotation with Melissa, and I felt somewhat on with what I knew and how I did then. Now that I have been with the other preceptors and gone through all those weeks of gaining experience and knowledge I feel much more comfortable in doing an evaluation. Before when I completed one I felt hesitant and found myself second guessing myself instead of being direct and going with what I knew and trusting myself and my knowledge. Today I completed a knee evaluation on a football player and even not knowing much about the knee yet I felt as if I obtained a lot of the information from the athlete that was needed and helped myself narrow down to what injuries were possible.

I am also excited that we have gone through all the different fall sports so far. I have thoroughly enjoyed being with each of the different sports and connecting with athletes and seeing them grow and helping them in the healing process. I am also excited because this week we get to start clinical experience with a new team, the women’s basketball team. I enjoy basketball and I know how good our team is and the potential our women’s basketball team has so I am very excited about these next couple of weeks. Altogether, I am pleased with my progress throughout these months and feel like I have grown and become a better athletic training student in all aspects.