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Clinical Experience II

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Reflective Journal 13

After reading my journal from the end of last semester, I realize how bad we, the Athletic Training Students, needed that 400 word requirement so that we would write more and actually take something from the assignment. I believe after another semester of being an Athletic Training I have grown in my confidence in the clinic. I felt as at times when in the clinic in the first semester I was not as confident to step up and do certain things. This was because it was the first time being in there, and it felt as if a lot of the time we were learning the material in the classroom at the same time. This made it difficult to feel confident about what we as first year student knew and were capable of doing at the time. I feel as if this semester has gone on I have gained a ton of experience and feel poised when in the clinic. I have now had over 300 hours of clinical experience and have had a lot come through the clinic when I have been in there and that helps me feel cool headed when dealing with and injury or rehab in the clinic. Another thing that believe I have grown in is my knowledge and love for anatomy. This semester I have realized i have a burning passion for the human anatomy. This passion has also transcribed into an urge to go into the medical field, and hopefully eventually to a surgeon. Upper and Lower, our evaluation classes from both semesters, interested me and making sure i knew my anatomy was very important to me. I love being able to figure out which muscles pull the body in different ways from knowing the different origins and insertions or each muscle. Also comparing this semester to last semester I have figured out and easier way to finish my clinical packet, and dealing with Brianne. I have also thoroughly enjoyed rehab and class with Matt. Rehab has been great in conjuncture with Upper because now we have been able to go in to the clinic and write us these rehabs. If we do not get to write them, at least we get to carry out the rehab and try to make it as fun as possible. Overall I think i have learned a lot from the program and experience in the clinic this year. I receive 8 arteries and 12 attempts.