Course Information Sheet

Course Title: Utilizing Evidence Based Practice in Athletic Training

Course Description:

As one of the first texts of its kind, Evidence-Based Practice in Athletic Training contains essential information on the fundamentals of evidence-based practice (EBP) for athletic trainers who wish to stay up to date on best practices in the field. With EBP, all clinical decisions are based on available research studies, and these studies are selected and assessed according to specific criteria that yield evidence of benefit. Grounded in solid science, Evidence-Based Practice in Athletic Training explains the basics of EBP and the research design methods that are so vital to its implementation. Using a step-by-step approach you will be able to formulate clinical questions, perform research on current studies, analyze the available data, and apply the principles to your practice in order to provide your clients with the best and most accurate care possible. Hardcover, 192 pages. PLEASE NOTE: The CEs awarded for this course are Category A CEs - NOT EBP CEs.

Learning Objectives:

1. Define the essential elements of evidenced-based practice (EBP) and its importance to athletic trainers
2. Explain the levels of hierarchy of clinical research
3. List the five steps of keeping EBP athlete focused
4. Create a clinical question using the five steps of EBP
5. Compare and contrast commonly used databases and search engines in the athletic training arena
6. Identify common pitfalls with EBP research
7. Describe forms of reliability used to assess research
8. Differentiate between validity and reliability
9. Identify important aspects of prevalence testing
10. Analyze the quality of an article in relation to methods, study population, bias, and reliability
11. Explain the prognostic appraisal process
12. Assess and interpret prognostic results

13. List the components of the evidence pyramid

14. Assimilate research skills into your clinical practice

15. Address the practice of your clinical skills based on the latest research and evidence

16. Apply outcome measures with your athletes

17. Describe the types and psychometric properties of outcome measures

18. Determine whether the evidence-based care of an athlete is producing good outcomes

**Target Audience:** Beginner/Intermediate/Advanced

**Schedule and Format:** Self-paced home study

**Fees:** Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That’s it. No questions asked.

**Instructor/Author Credentials:**

**Scot Raab, PhD**, is an assistant professor in the athletic training education program at Northern Arizona University in Flagstaff. Raab earned his PhD in teaching and administration and has more than 20 years of experience in clinical practice, higher education instruction, and methodological review to contribute to EBP education. He teaches several research courses and mentors undergraduate and graduate students in research projects.

**Debbie Craig, PhD**, is the director of the athletic training education program in the department of physical therapy and athletic training and a professor at Northern Arizona University in Flagstaff. With more than a decade of clinical practice in athletic training and a PhD in educational leadership, Craig is an authority in EBP and research protocols. She teaches EBP to graduate students and is a member of the National Athletic Trainers’ Association.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)
Sponsors: N/A