

The Power Panel, a group of Athletic Trainers sharing their opinions with the BOC on various topics, was surveyed about frequency of educational activities.



3-questions on frequency of education activities

Response rate of 65%



How often should Athletic Trainers engage in continuing education during any given month?

81% Monthly • 17.9% Multiple Times/Month • 1.23% Weekly



Power Panel Thoughts Expanded

- **Less Than Monthly:** “1-3x quarter or season,” “frequency [...] is completely individualized”
- **Freedom to Select Timeframe:** “Remember that the job responsibilities and time commitment varies within each industry that employ athletic trainers.
- **Depends on Topic:** “Varies by [...] CE topic needed,” “Less often would also be appropriate if there are CE that take a lot of time”



How often do you engage in new knowledge before it begins integrating into your practice?

Average: 47 Times • Range: 0-100



Power Panel Thoughts Expanded

“Frequency of learning and application leads to competence and eventual reflection. Reflection on practice creates advanced knowledge and skill that drive the profession forward.”

“When the material is relevant, it sparks and holds quickly in the minds and or practice of an engaged AT”



To learn effectively (i.e. remember, recall, retain, apply), I need to

Engage with the material repeatedly: 96% agree

Reflect on how or where practice should change: 91% agree

Be exposed to material repeatedly: 90% agree

Key Themes for Learning

Applied/hands-on knowledge is key

“Consider various learning types. Try to incorporate instruction and hands on”

“Repeated exposure and practice are necessary for the skill to be obtained by the AT.”

Repetition in learning is key

“Repetition and practice are keys to learning. CE activity needs to be practiced rather than sitting in as many seminars as possible”

“Very few people learn with just one point of introduction. Repetition is key to retention.”

Use of multiple diverse and new formats is beneficial to learning

“Traditionalist’ techniques covered in programs need to phase out and make way for progressive methods that help make us the most effective and efficient. Advanced skills need to become entry level to progress AT forward.”

“I think it is important to have the content accessible. it should be required for providers that give CEUs to give the handouts. if it is recorded free access to it after you pay for it.”

An individualized approach is beneficial to learning

“It would be a bad decision to demand when someone should participate in learning. It all depends on what is available, if in person or on demand works better for the individual and where an individual is in their career.”

“We are lifelong learners who need to also develop our own interests. We are not a one size fits all profession. There are multiple paths to recertification that allow for individualized learning plans, and the ability for whole person education, much like the health care we provide.”



Power Panel Thoughts Expanded

“I am very often engaging in learning opportunities that enhance my work as an AT that don’t officially “count” as continuing education.”