



Athletic Rehabilitation Therapy Ireland

Exam Candidate Handbook 2015



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Preamble

The certification committee of Athletic Rehabilitation Therapy Ireland (ARTI) is responsible for the development and administration of the certification examination. The aim of the certification committee and ARTI is to provide a high standard of a credentialing programme that protects the public by ensuring a high standard of successful candidates.

The certification committee provides a certification process for Athletic and Rehabilitation Therapists and establishes the requirements to maintain that certification status.



Eligibility for the Certification Examination

1. Graduates of ARTI approved programmes* are entitled to sit the certification examination upon the successful completion of all components of their respective programmes, including, but not limited to, final examinations, submissions and clinical exposure requirements.
2. Undergraduates of ARTI approved programmes* who are enrolled in their final semester of the course are entitled to sit the certification examination. Such candidates will have to demonstrate successful completion of the programme prior to obtaining the results of the certification examination process and earning the certification credential if successful.
3. Current BOC certified Athletic Trainers or CATA certified Athletic Therapists are entitled to sit the cert exam upon submission of proof of said certification. Applicants must contact ARTI's international liaison officer in order to demonstrate requirements. Applicants must also demonstrate certification in emergency care to the level of emergency first responder or equivalent.

* The ARTI accredited programmes are

1. BSc. in Sport Rehabilitation and Athletic Therapy, Institute of Technology, Carlow
2. BSc. in Athletic Therapy and Training, Dublin City University
3. BSc. in Athletic and Rehabilitation Therapy, Athlone Institute of Technology.



Application Process

1. ARTI does not discriminate against any individual on the basis of gender, race, religion or physical ability.
2. Candidates apply and register for the examination by emailing contact@arti.info. Details of deadline for application, certification date, time and venue will be available on www.art.info/certification. Applicants must ensure that their application and examination fee is received by the certification committee before the deadline. Applicants must also make apply for any special requirements during the examination process at this stage.
3. Applications are reviewed by the certification committee. If additional information is required by the committee, an applicant will be notified by email.
4. Approved applicants will be emailed with an examination number, details of the examination venue and time.
5. Unsuccessful application – Unsuccessful applicants will be notified by email. They will be informed of the grounds for the unsuccessful application.



Certification Exam Format

- The ARTI certification examination consists of practical and theoretical components, both of which must be passed (pass mark of 70%)
- The theoretical examination will consist of up to 115 questions. 100 questions will be used for grading purposes with up to 15 questions being trialled by the certification committee. The trial questions will appear randomly in the examination and will not contribute to the candidate's mark
- There is no negative marking in the examination process
- The theoretical component will be divided into the 5 domains of the Athletic and Rehabilitation Therapy
 - Prevention (20 questions)
 - Evaluation of injuries (25 questions)
 - Immediate Care (20 questions)
 - Treatment, Rehabilitation and Reconditioning (25 questions)
 - Professional Development (10 questions)
- The practical component will be broken into 4 stations based upon 4 of the domains of Athletic and Rehabilitation Therapy.
 - Prevention (e.g. taping)
 - Evaluation of injuries
 - Immediate Care
 - Treatment, Rehabilitation and Reconditioning
- There will be two examiners present during your practical examination. Typically two scenarios will be read to you during at each station. You will have time to read the scenario before you begin. You will be given a specific time frame in which to complete the scenario which begins as soon as you being the task.
- Please be familiar with the ARTI Examination Resource document



Day of Examination

- Present yourself for registration at least 30 minutes before the exam begins.
- Bring valid state identification with you (e.g. passport, full driving licence).
- Bring your examination ID with you.
- A non-disclosure agreement must be entered into PRIOR to completing the examination. (See Non Disclosure agreement in handbook)
- The theory exam will be completed first
- You can leave the theory certification exam up to ten minutes before the end of the exam, ensuring excessive noise is not made.
- The exam paper AND answersheet must be returned to the examiner prior to leaving the exam hall.
- The practical exam will take place after the theory exam.
- While every effort will be made to accommodate candidates who arrive late to the exam for valid reasons, the candidate may not be permitted to take the exam on that day if the examination team is no longer able to accommodate the candidate
- No visitors are permitted in exam areas.
- Candidates may not bring coats, book bags, luggage or any personal items to their exam desks. Electronic devices are strictly prohibited.
- Candidates are expected to conduct themselves in an ethical manner at all times and to avoid hampering the ability of fellow candidates to perform to their potential
- Any observed, suspected or alleged incidents of cheating will be investigated by the Certification and Ethics committees.



Ethical Behaviour

- Candidates are expected to conduct themselves in an ethical manner at all times and to avoid hampering the ability of fellow candidates to perform to their potential
- Any observed, suspected or alleged incidents of cheating will be investigated by the Certification and Ethics committees.
- By signing the non-disclosure agreement, you are agreeing not to pass on information regarding examination content to other parties. For this reason, it is also considered unethical to solicit examination material from previous candidates that have undertaken the certification examination process.

Certification Examination Results

- Provided that all the supporting documentation has been received by the certification committee, applicants will be notified by email if they have passed or failed within 4-6 weeks of taking the examination
- The examination material will be examined with impartiality and the pass fail decision will be based solely on objective criteria.
- The examination record documentation is the property of the certification committee. It will be stored appropriately and maintained for 3 years following the examination, respecting the privacy and confidentiality of the candidate.
- If a candidate wishes to appeal the results of the certification examination, they must apply in writing to ARTI within 14 days of receipt of the result, explaining the specific reason(s) for the appeal. Receipt of a fail mark alone, is insufficient for an appeal to be considered.



Retaking the Examination

- Candidates that did not successful in pass the certification examination may retake the certification examination. Such candidates must register for the examination in the same manner as outlined above.

Completing the Paperwork for Certification

- Candidates who have successfully passed the certification examination have 1 year from the receipt of results to complete their supporting documentation for example degree transcripts, emergency care certification.
- Candidates will be informed in their results email what requirements are still outstanding. It will be the candidate's responsibility to submit the requirements.

Recertification Requirements

- Certified Athletic and Rehabilitation Therapists (ARTC) must continue to demonstrate competence post certification. In order to maintain the certification, ARTCs must abide by ARTI's Code of Ethics and Scope of Practice.
- ARTCs must maintain a record of continuing professional development (CPD) and must meet the minimum CPDs per annum.
- ARTCs must be a member of ARTI to maintain their certification status. If membership of ARTI has lapsed for more than 2 years, an individual will have to retake the certification examination if they wish to regain the ARTC status.



Appendix A

Non-Disclosure Agreement

A Non-Disclosure Agreement (NDA) must be entered into prior to completing the examination. You will be required to sign the following form before the theory exam.

NON-DISCLOSURE AGREEMENT (NDA)

Prior to starting the exam, you will be asked to read and accept the terms of the non-disclosure agreement below. If you do not respond or do not sign to accept the terms, you will forfeit the examination fee. To prepare you for exam day, the NDA follows:

NON-DISCLOSURE AGREEMENT AND GENERAL TERMS OF USE FOR EXAMS DEVELOPED FOR THE ARTI CERTIFICATION EXAM

This exam is confidential and is protected by ARTI. It is made available to you, the examinee, solely for the purpose of becoming certified in the technical area referenced in the title of this exam. You are expressly prohibited from disclosing, publishing, reproducing, or transmitting this exam, in whole or in part, in any form or by any means, verbal or written, electronic or mechanical, for any purpose, without the prior express written permission of ARTI.

Note: By accepting the NDA statement, you agree not to disclose the content of the ARTI Exam.

I _____ understand, agree to and accept the terms of the non-disclosure agreement as outlined above.

Signature _____

Date _____



Appendix B

Certification Examination Resources

- ACSM 2009, *ACSM's guidelines for exercise testing and prescription*, 8th Ed., Lippincott Williams and Wilkins
- Anderson (2009), *Foundations of Athletic Training*
- ARTI Code of Ethics
- ARTI Educational Competencies
- ARTI scope of practice
- Baechle T.R. and Earle R.W. (Editors). National Strength Conditioning Association 2008, *Essentials of strength and conditioning*, 3rd Ed., Human Kinetics
- Brukner, P.D. & Khan, K., 2002, *Clinical Sports Medicine*, 2nd Ed.
- Burke and Deakin., *Clinical Sports Nutrition*.
- Cleland J., 2005, *Orthopaedic Clinical Examination: An Evidence-Based Approach for Physical Therapists*
- First responder. Dave Schottke (2007)
- Gerard J. Tortora, Bryan H. Derrickson 2009, *Principles of anatomy and physiology*, Wiley ; [2008] Hoboken, N.J. [ISBN: 0470084715]
- Houglum P. Champaign, IL: Human Kinetics, *Therapeutic Exercise for Athletic Injuries*
- Magill, R.A 2004, *Motor Learning and Control Concepts and Applications (7th edition)*. NewYork, NewYork: McGrawHill
- Maitland G., et al., *Spinal Manipulation*
- Maitland G., et al., *Vertebral Manipulation*
- McCardle W.D., Katch F.I. and Katch V.L. 2006, *Exercise Physiology: Energy, nutrition and human performance*, 6th Ed., Lippincott Williams and Wilkins
- McGinnis, P., *Biomechanics of sport and exercise*, Human Kinetics
- NAEMT. Pre Hospital Trauma Life Support (2006)
- Nigel P. Palastanga, Derek Field, Roger Soames, *Anatomy and human movement* [ISBN: 0750688149]
- Non Fatal Offences against the person Act, 1997, www.irishstatutebook.ie/1997/en/act/pub/0026/index.html



- Perrin DH, *Athletic Taping and Bracing*
- Plowman S.A. and Smith D.L. 2007, *Exercise Physiology for health, fitness and performance*, 2nd Ed., Lippincott Williams and Wilkins
- Porter. *The foot and ankle in sport* (2008)
- Pre-hospital emergency care (2011). *Clinical Practice Guidelines for Cardiac First Responders*
- Pre-hospital emergency care 2011. *Clinical Practice Guidelines for Emergency First Responders*
- Prentice 2005, *Arnheim s Principles of Athletic Training*
- Prentice. *Therapeutic Modalities for Sports Medicine and Athletic Training*
- Roald Bahr, Lars Engebretsen, 2009, *Sports Injury Prevention*, 1st Ed.
- Robertson, Ward, Low, Reed. *Electrotherapy Explained*.
- Schultz S, Hougum P, Perrin D, *Examination of musculoskeletal injuries*, 2nd Ed.
- Starkey and Ryan, FA Davis 2002. *Evaluation of Orthopedic and Athletic Injuries*
- Timpka T 2006, *From Sports Injury Prevention to Safety Promotion in Sports*, *Sports Medicine - Adis*, 36 (9), 733-745
- William J. Morgan 2007, *Ethics in sport*
- Wilmore J.H., Costill D.L. and Kenny W.L. 2008, *Physiology of sport and exercise*, 4th Ed., Human Kinetics