

DEFINITION OF TERMS

Direct Mentorship includes any combination of the following activities WITH A MENTOR (10 hours):

In-person or virtual observation of candidates during a **live** clinical or "field" session with an athlete/team;

- Observation of **prerecorded videos** of candidates during a clinical or "field" session with an athlete/team;
- In-person or virtual observation of candidates **practicing specific techniques, skills and/or performing mock scenarios** provided by their Mentor;
- In-person or virtual observation of candidates completing **mock exams** with scenarios provided by their Mentor & feedback using SPC Marking Guides.

Indirect Mentorship includes any combination of the following activities, NOT directly supervised by a Mentor (20 hours):

- In-person, telephone or virtual discussion with **peers** 1:1 or in small group study regarding management of athletes in a clinical or "field" session (i.e. **case studies**);
- In-person or virtual observation of **peers** practicing specific **techniques, skills and/or performing mock** scenarios, provided by their mentor;
- In-person practice of specific **techniques, skills and/or mock** scenarios with friends/family/partners etc.

***Nature of Study or Experience** defined as: Describe the nature of professional development which could include but is not limited to: supervised practice (in-person, virtual) with teams or clinical patients, in-person or virtual observation of practical skills (taping, spinal stabilization/emergency care, sport event massage etc.) and/or mock scenarios; discussion of literature or literature reviews pertinent to sports physiotherapy experience; discussion of first-aid management or clinical injury management of an athlete and/or athletic team.

***Key takeaways** defined as: Describe important learning points from engagement in field experience, mentorship and/or continuing education. These should be brief notes that are unique to the participant, such as: learned to adapt a taping technique for an artistic athlete; learned a technical kicking progression for athletes with a medial ankle {deltoid} ligament sprain; reviewed ice hockey goalie mechanics and discussed adductor strain exercises as well as on ice progressions.