



WHAT IS AN ATHLETIC TRAINER

Athletic trainers (ATs) are health care professionals who render service or treatment, under the direction of or in collaboration with a physician, in accordance with their education and training and the state's statutes, rules, and regulations. As a part of the health care team, services provided by ATs include primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.

ABOUT ATHLETIC TRAINERS

- Are not personal trainers. Unlike personal trainers, ATs follow a medical-based education model.
- Must graduate from an accredited educational program and pass a comprehensive certification exam.
- Are licensed and otherwise regulated in 49 states and the District of Columbia. Efforts continue to gain regulation in California.
- Must keep their knowledge and skills current by participating in continuing education.
- Work in educational institutions; secondary schools, colleges, universities; professional and amateur sports organizations; hospitals and clinics; corporate workplaces; the military; police and fire departments; and performing arts.

HEALTH CARE TOPICS

Some of the health care topics that ATs are educated in include:

- Orthopedic Injuries
- Concussion
- Disease Transmission
- Cardiac Emergencies
- Eating Disorders
- Diabetic Episodes
- Exertional Sickling
- Early Onset Osteoarthritis
- Substance Abuse
- Weight Management
- Heat Stroke and other Heat Illnesses
- Environmental and Weather Related
- Health Conditions
- Dental and Oral Injuries

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