

# NATIONAL ATHLETIC TRAINING MONTH

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## YOUR PROTECTION IS OUR PRIORITY.

ATHLETIC TRAINERS: HEALTH CARE FOR LIFE AND SPORT

### WHERE CAN YOU FIND ATHLETIC TRAINERS?

Athletic Trainers can be found in a variety of settings.

high/secondary schools  
colleges/universities  
professional sports  
youth sports  
rehabilitation clinics  
physician offices  
military  
law enforcement  
fine arts and theater

### WHAT IS AN ATHLETIC TRAINER?

**Athletic Trainers (ATs) are highly educated, highly qualified and multi-skilled health care professionals.** ATs work under the direction of a physician to provide prevention, emergency care, clinical examination and diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. They improve patient functional and physical outcomes and specialize in patient education in the prevention of injury and re-injury.

### ATS ARE RECOGNIZED AS ALLIED HEALTH PROFESSIONALS BY:

American Medical Association (AMA), Health Resources Services Administration (HRSA), Department of Health and Human Services (HHS)

### WHAT IS AN ATHLETIC TRAINERS EDUCATION?

Athletic training education follows a medical-based education model. A competency-based approach is used in both the classroom and clinical settings.

Students are educated in: evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute care of injuries and illnesses, therapeutic intervention and rehabilitation, psychosocial strategies and referral, healthcare administration, professional development and responsibility.

### HOW CAN I BECOME A CERTIFIED ATHLETIC TRAINER (ATC)?

To become a Certified Athletic Trainer (ATC), you must apply, be accepted and graduate from one of the 400 CAATE-accredited athletic training education programs (a minimum of a master's degree will be required by the year 2022) and then sit for and pass the BOC certification examination.

### WHAT DO ATHLETIC TRAINING STUDENT AIDES DO?

At South River High School, athletic training student aides help track progress of injured athletes, assist the Athletic Trainer in the acute care, treatment and rehabilitation of injuries as well as learn practical injury care skills.