

What is an Athletic Trainer?

A Certified Athletic Trainer (ATC) is a health care professional, certified by the Board of Certification for Athletic Trainers, who specializes in preventing, recognizing, managing and rehabilitating athletic-related illnesses, injuries that result from physical activity. As part of a complete health care team, the certified athletic trainer works under the direction of a licensed physician and in cooperation with other healthcare professionals (such as physical therapists), athletics administrators, coaches and parents.

Athletic training is not the same profession as personal training. Certified athletic trainers work with more than just athletes – they can be found just about anywhere that people are physically active.

To become certified athletic trainers, students must graduate with bachelors or masters degree from an accredited professional athletic training education program and pass a comprehensive test administered by the Board of Certification. Once certified, they must meet ongoing continuing education requirements in order to remain certified.

Areas of knowledge encompassed in athletic training include, but are not limited to:

- Knowledge of Risk Management and Injury Prevention
- Evaluation and Assessment of Injury and Athletic-related Illness
- Acute Care of Injury
- Therapeutic Exercise/Rehabilitation of athletic-related Orthopedic Injuries
- General Medical Conditions and Disabilities
- Health and Wellness Issues
- Recommendation of appropriate OTC medication use
- Nutritional Aspects of Injury and Illness
- Psychosocial Intervention and Referral