

THE ANATOMY OF AN ATHLETIC TRAINER

What are the skills and characteristics that make up an Athletic Trainer?



Athletic Trainers provide medical services to all types of patients, not just athletes participating in sports, and can work in a variety of job settings. Athletic Trainers improve functional outcomes, educate patients, provide preventative care, and immediate emergency care. Athletic Trainers can also reduce injury and shorten rehabilitation time for their patients. Athletic Trainers are licensed in 49 states and the District of Columbia, excluding California. 48 states and the District of Columbia require Athletic Trainers to be Board of Certification credentialed.



Domain I: Injury/Illness Prevention and Wellness Promotion

We are trained health care professionals with a vast knowledge to care for and treat patients. Athletic Trainers promote and assist patients by performing pre-participation physical exams, creating emergency action plans, interpreting environmental conditions, and educating patients.



Domain II: Evaluation, Assessment, and Diagnosis

We examine patients with possible acute, subacute, or chronic musculoskeletal or medical conditions to determine a clinical diagnosis. Our skills involve performing a thorough evidence-based examination, design a plan of action, and communicate while educating the patient.



Domain III: Immediate and Emergency Care

We provide immediate and emergency care in the face of unpredictable situations. We are trained to begin an initial assessment of the situation, identify if our emergency action plan is needed and activate if necessary, continue care addressing all possible conditions, produce a clinical diagnosis, and communicate our assessment and treatment with advanced care.



Domain IV: Therapeutic Interventions

We rehabilitate injuries, illnesses and general medical conditions to return patients to their desired activities. Using the best evidence, we apply therapeutic exercise, modalities, manual therapies, education, and communication, within our legal boundaries, to achieve optimal patient restoration.



Domain V: Healthcare Administration and Professional Responsibilities

We acquire the skills necessary to create, administer, and oversee healthcare facilities. Accomplishing these tasks requires us to document all medical information, practice within our accrediting agencies, consider quality research, consider patient needs, and promote employee well-being.



Education: Mastering Competencies and Continuing Education

Currently to become an Athletic Trainer, one must obtain a bachelor's degree from a CAATE accredited university. Through their career Athletic Trainers must complete continuing education units, to ensure that they stay current with new information. The profession is growing and transitioning into an entry-level master's degree for all future students.

SOURCES

<https://www.nata.org>

http://www.bocalc.org/system/document_versions/versions/24/original/boc-pa7-content-outline-20170612.pdf?1497279231

CREATED BY

Laura Glasgow, Jocelynn Venema, Kelly Herndon, Madison Blauvelt

