

## What is an Athletic Trainer?

Information has been taken from the following sources and for further information contact the Minnesota Athletic Trainers' Association (MATA) or use any of these web sites:

*Minnesota Athletic Trainers' Association*  
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Phone: 952-886-3317  
Fax: 952-884-9836  
[www.mnata.com](http://www.mnata.com)

*Board of Certification, Inc.*  
4223 South 143rd Circle  
Omaha, NE 68137-4505  
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Toll-free: 877-262-3926  
(877-BOC-EXAM)  
Fax: 402-561-0598  
[www.bocatc.org](http://www.bocatc.org)

*National Athletic Trainers Association*  
2952 Stemmons Freeway  
Dallas, TX 75247  
Phone: 214-637-6282  
Fax: 214-637-2206  
[www.nata.org](http://www.nata.org)

*Commission on the Accreditation of Athletic Training Education*  
2201 Double Creek Drive  
Suite 5006  
Round Rock, TX 78664  
Phone: 512-733-9700  
Fax: 512-733-9701  
[www.caate.net](http://www.caate.net)

Certified athletic trainers are health care professionals who specialize in preventing, recognizing, managing and rehabilitating injuries that result from physical activity. As part of a complete healthcare team, the athletic trainer works under the direction of a licensed physician and in cooperation with other healthcare professionals. The athletic trainer gets to know each patient individually and can treat their injuries effectively.

Athletic training is not the same profession as personal training. The National Athletic Trainers' Association was founded in 1950 to enhance the profession of athletic training. Athletic trainers are regulated and licensed health care workers who have been registered in Minnesota since 1993. Athletic trainers have been recognized by the American Medical Association (AMA) as an allied health care provider since 1991. Over 70% of athletic trainers have a master's degree or more advanced degree. Certified athletic trainers work with more than just athletes, they can be found just about anywhere that people are physically active.

Students who want to become certified athletic trainers must earn a degree from an accredited athletic training curriculum. These institutions must be accredited by the Commission on the Accreditation of Athletic Training Education (CAATE). Accredited programs include formal instruction that is enhanced through clinical education. This education has 12 main content areas as identified by the National Athletic Trainers Association Education Council.

Athletic Training Educational Competencies 12 Content Areas:

- Risk Management and Injury Prevention
- Conditioning and Rehabilitative Exercise
- Pathology of Injuries and Illnesses
- Medical Conditions and Disabilities
- Nutritional Aspects of Injuries and Illnesses
- Professional Development and Responsibility
- Orthopaedic Clinical Examination and Diagnosis
- Psychosocial Intervention and Referral
- Pharmacology
- Therapeutic Modalities
- Health Care Administration
- Acute Care of Injuries and Illnesses

Certification is administered by the Board of Certification (BOC). Specifically the BOC administers a comprehensive examination where the candidate must demonstrate knowledge and skill in practice areas or domains. Once certified the athletic trainer must meet ongoing continuing education requirements in order to remain certified.

Typical Patients and Clients Served by Athletic Trainers Include:

- Olympic, Professional, Amateur and Recreational Athletes
- Individuals who have suffered musculoskeletal injuries
- Individuals seeking strength, conditioning, fitness and performance enhancement
- Others delegated by a physician

Athletic Training Practice Settings:

- School (K-12, colleges and universities)
- Physicians Offices
- Military Branches
- Fitness and Wellness Centers
- Sports Facilities (Olympic, Professional, Amateur and Recreational)
- Occupational Workplaces (Industrial, Commercial and Governmental Settings)
- Hospitals
- Sports Medicine Clinics
- Performing Arts Venues