



# WHAT IS AN ATHLETIC TRAINER

Athletic trainers (ATs) are health care professionals who provide a safer approach to work, life and sport. ATs are unique health care providers specifically trained in the prevention of injury and illness.

**AT** YOUR OWN  
**RISK**

## ATHLETIC TRAINERS:

- ✓ Are diverse and unique health care professionals. 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 middle schools and high schools; colleges and universities; professional and amateur sports organizations; hospitals and clinics; corporate workplaces; the military; police and fire departments; and performing arts.



## HEALTH TOPICS:

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

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

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# AT: CORE COMPETENCIES



## Injury and Illness Prevention and Wellness Promotion

ATs promote healthy lifestyle behaviors through education and communication to enhance wellness and minimize the risk of injury and illness.



## Examination, Assessment and Diagnosis

ATs implement systematic, evidence-based examinations and assessments to formulate valid clinical diagnoses and determine patients' plan of care.



## Immediate and Emergency Care

ATs integrate best practices in immediate and emergency care for optimal outcomes.



## Therapeutic Intervention

ATs rehabilitate and recondition injuries, illnesses and general medical conditions with the goal of achieving optimal activity level using the applications of therapeutic exercise, modality devices and manual techniques.



## Healthcare Administration and Professional Responsibility

ATs integrate best practices in policy construction and implementation, documentation and basic business practices to promote optimal patient care and employee well-being.

For more information, visit  
[AtYourOwnRisk.org](http://AtYourOwnRisk.org)