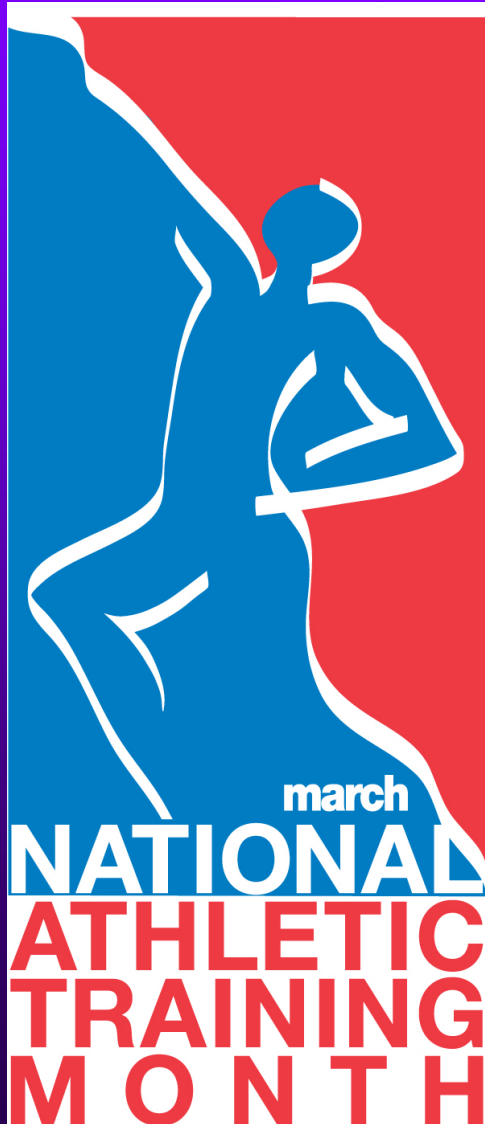




**Athletic Training and  
Certified Athletic Trainers**

# March is National Athletic Training Month



### Did you know?

Athletic Trainers are board certified Medical Professionals.

Athletic Trainers focus on the prevention, evaluation, treatment, and rehabilitation of injuries occurring to athletes. This also includes emergency management when necessary.

Athletic Trainers care for all athletes at any level: high school, college, professional, or even the "weekend warrior."

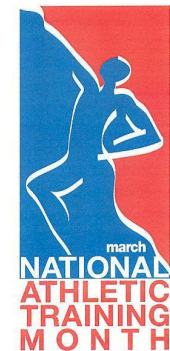
### PRORehab:

Currently employs 19 Athletic Trainers.

Provides Athletic Training services for 14 area high schools, 3 colleges, and numerous club teams.

Athletic Trainers are at their assigned schools daily for practice and home game coverage, as well as tournaments.

Athletic Trainers manage hundreds of athletes and injuries per year, getting them back on the field as quickly as possible.



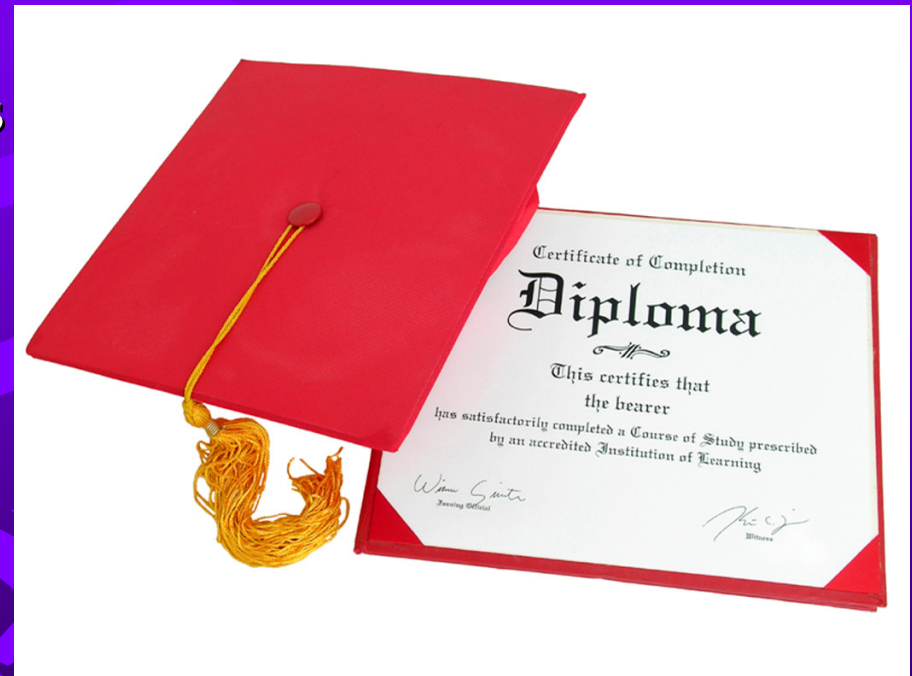
**If you are interested in learning more about  
Athletic Training just stop by and speak to the  
Athletic Trainer at your school!**

# What is it?

- **Athletic Training:** healthcare profession that focuses on prevention, evaluation, emergency care, treatment, and rehabilitation of injuries.
- **Certified Athletic Trainer:** an individual who is nationally certified who performs the duties associated with prevention, evaluation, emergency care, treatment, and rehabilitation of injuries.

# Educational Requirements

- Degrees
  - Minimum of a bachelor's
  - Master's is preferred
- Accredited Programs
  - CAATE
- Certification Test and Licensure



# Employment

- Outlook
  - Constantly in need
  - Work anywhere in the USA
- Settings
  - High School
  - College/University
  - Professional
  - Olympics
  - Performing Arts
  - Military
  - Rehabilitation Clinics  
(private or public owned)



# Show Me the \$\$\$

- Variables
  - State
  - Position
  - # of years worked
  - Degree(s) you have
- Entry-Level average is about \$30,000
- Go [here](#) for more detailed information on salaries

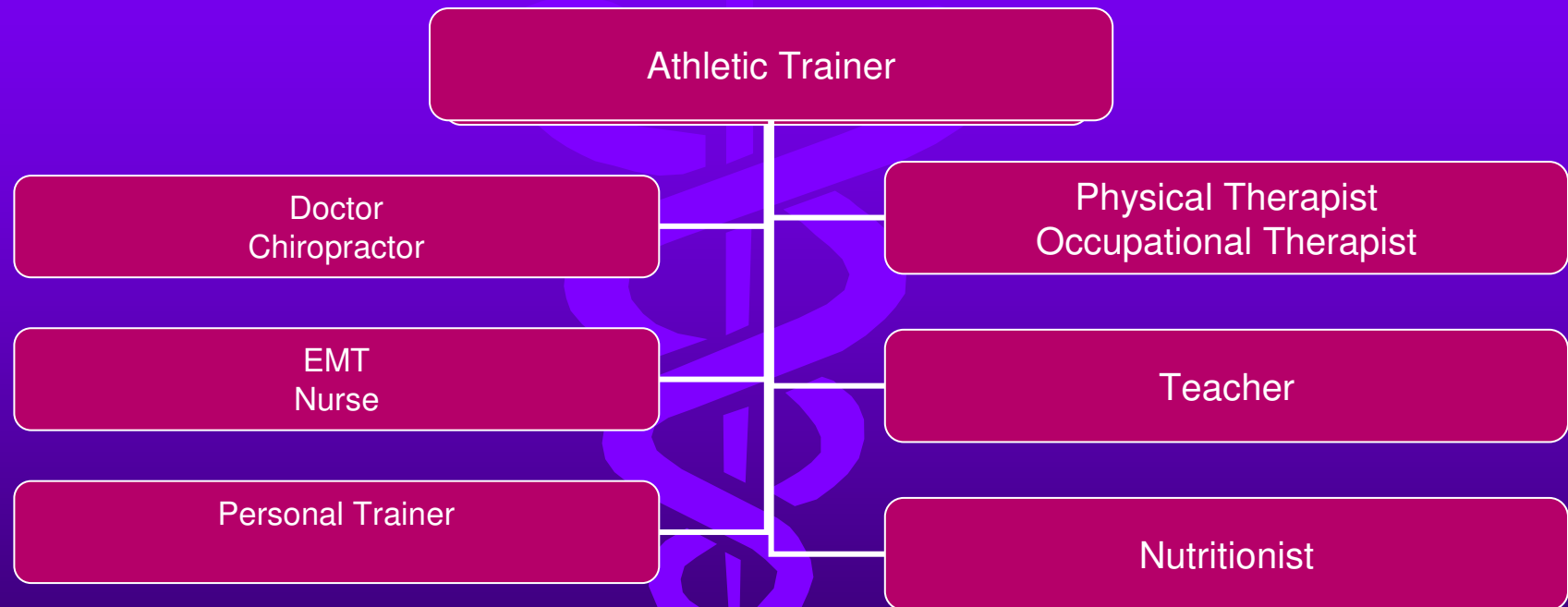


# Daily Duties

- Evaluations
- Treatments
  - Taping
  - Ice/Heat
  - Rehabilitation
- Documentation
- Communicate with Coaches, Parents, Athletes, Doctors, etc.
- Clean
- Prepare for practices/games
  - Set-up sidelines
  - Fill water coolers



# Other Professions



By becoming an Athletic Trainer it opens the door to any of the professions listed above if you wanted to get your master's or PhD in any of the above to have as a career to fall back on once you were done doing Athletic Training.



# Nothing is Perfect.....

- **Most difficult part of career:**
  - long hours & constantly changing hours
  - Documentation
- **Information I wish I had before starting:**
  - How to make the most out of a small space
  - Difficulty of people understanding what you do.

# ...But It Can Be Close

- **Perks of Athletic Training:**
  - Watching sports 5+ days a week
  - Interacting with Athletes and the Community
  - Helping people get better
  - You never know what is going to happen on a day-to-day basis

# Why Athletic Training?

- Used to play basketball and softball in high school
- Back injury/surgery ended my high school athletic career
- Spent a lot of time in the Athletic Training Room – so it sparked my interest
- Observed my Athletic Trainer and he taught me about Athletic Training and I was hooked

# My Education



- Education:
  - Bridgewater College in Bridgewater, VA
  - Graduated in 2008
  - Received Bachelor's of Science in Health and Exercise Science with a concentration in Athletic Training
  - Passed the National Certification Test on the 1<sup>st</sup> attempt

# My Career

- PRORehab, p.c. is my employer
- 1<sup>st</sup> job right out of college
- I helped my high school Athletic Trainer my sophomore year-senior year
- Decided on Athletic Training as a sophomore in high school and never looked back



# It's Never too Early to Start Preparing

- Anatomy
- Athletic Training Student
- First Aid/CPR
- Learn about different sports
- Visit [NATA website](#) to learn more about Athletic Training and Athletic Trainers



# Is Athletic Training for Me?

- Do you love sports?
- Have you ever played sports?
- Do you like puzzles/trivia?
- Do you like being around people?
- Are you a “night owl”?
- Are you interested in health and wellness?
- Are you a spontaneous person?

# Decisions, Decisions, Decisions...

- Missouri Colleges
  - Lindenwood University
  - Southeast Missouri State University
  - Missouri State University
  - SLU
- Virginia Colleges
  - Bridgewater College
  - James Madison University
  - Virginia Tech





# Time for the Fun Stuff!

- Worst Injury I've Seen
  - Patella (kneecap) dislocation
  - Finger dislocation (I've seen a lot of these)
  - Broken finger where I could see bone
  - Heat Exhaustion
- Yes I have been punched by an Athlete

# Questions

