

CHAPTER 2

Athletic Training

Preparation and Resources Needed

Materials: None.

Equipment: None.

Personnel: Certified athletic trainers associated with local college and/or professional teams would make good guest lecturers. Students would get insight into some of the options available to certified athletic trainers beyond the high school level.

Recommended Time to Complete: Six days (based on two class periods per day, 170 school days per year). More activities are available through the textbook, workbook, and instructor's manual than can be fit into the recommended time. The instructor should select activities that best suit his or her own teaching situation and training program duration.

Key Terms

allied health profession Any area of health care that contributes to or assists the professions of physical medicine, dentistry, optometry pharmacy, and podiatry.

Athlete's Bill of Rights Policies and standards for fair treatment of athletes.

athletic training The rendering of specialized care (prevention, recognition, evaluation, and care of injuries) to individuals involved in exercise and athletics.

certified athletic trainer (ATC) A professional who has attained a standard level of competence in the field of athletic training. The ATC is involved in the prevention, recognition, and evaluation of injuries, and works closely with others in rehabilitation from injuries.

Hippocratic Oath Declaration made to Hippocrates, the "father of Western Medicine," by his students; it has become a fundamental part of the practice of medicine.

Title IX Federal legislation that prohibits discrimination on the basis of sex as to participation in athletics in schools receiving federal funds.

Lecture Outline

- I. What Is Athletic Training?
 - a. Rendering of specialized care to individuals involved in exercise and athletics
 - i. Prevention, recognition, evaluation, and care of injuries
 - b. Athletic Trainer Certified (ATC)
 - i. Professional who has attained certification in athletic training
- II. The Need for Athletic Trainers
 - a. Greater need for athletic trainers than ever before
 - i. Growing number of female participants

Title XI: prohibits discrimination on the basis of sex as to participation in athletics in schools

- ii. Increase in youth sports
- iii. More college and professional athletes

III. The History and Development of Athletic Training

- a. Galen (129 CE) and Hippocrates (589 years later) contributed a great deal to science and medicine
- b. American Medical Association recognized athletic training as an allied health profession in 1991
 - i. One that contributes to or assists the professions of physical medicine, dentistry, optometry, pharmacy, and podiatry

Key Concept

Athletic training has a long history that dates back as far as the care Galen provided gladiators in ancient Rome. The recognition of athletic training as an allied health profession, however, did not occur until 1991. Because more and more people are becoming involved in athletics, the field of athletic training is still evolving and developing. The future of athletic training promises growth.

IV. Qualifications of a Successful Certified Athletic Trainer

- a. Skills include:
 - i. Problem-solving ability
 - ii. Deductive reasoning skills
 - iii. Good judgment and decision-making skills
 - iv. Proficient knowledge of anatomy, physiology, biology, and advanced first aid
 - v. Motor skills
 - vi. Communication skills
 - vii. Ability to work well with people
 - viii. Ability to work well under stressful conditions
 - ix. Ability to maintain poise in emergencies
- b. Tasks include:
 - i. Analyzing injuries
 - ii. Taping and bandaging
 - iii. Implementing exercise and rehabilitation programs for athletes
 - iv. Monitoring rehabilitation programs
 - v. Demonstrating physical and rehabilitative movements
 - vi. Using various modalities (methods of treatment) and training equipment
 - vii. Recording, organizing, and storing information on injuries and rehabilitation

Key Concept

The certified athletic trainer is a highly educated, skilled professional specializing in the prevention, treatment, and rehabilitation of injuries. The ATC works in cooperation with physicians and other allied health personnel.

Key Concept

Skills required for athletic training include

- Problem-solving ability
- Deductive reasoning skills
- Good judgment
- Good decision-making skills
- Proficient knowledge of anatomy, physiology, biology, and advanced first aid
- Motor skills
- Communication skills
- Ability to work well with people
- Ability to work well under stressful conditions
- Ability to maintain poise in emergencies

Tasks undertaken during athletic training include:

- Analyzing injuries
- Taping and bandaging
- Implementing exercise and rehabilitation programs
- Demonstrating physical and rehabilitative movements
- Using various modalities (methods of treatment) and training equipment
- Recording, organizing, and storing information on injuries and rehabilitation.

c. Code of ethics

- i. ATCs must abide by the rules and procedures of their certifying organization
- ii. Failure to abide can result in disciplinary action or termination

d. Education

- i. Have a bachelor's degree from an accredited program at a minimum
- ii. Study human anatomy, human physiology, biomechanics, exercise physiology, athletic training, nutrition, and psychology/counseling
- iii. Participate in extensive clinical experiences

e. Certification

- i. National Athletic Trainers' Association Board of Certification, Inc. (NATABOC) examination
 - Prevention
 - Recognition, evaluation, and assessment
 - Immediate care
 - Treatment, rehabilitation, and reconditioning

- Organization and administration
- Professional development and responsibility

V. Work Settings for the Certified Athletic Trainer

- a. Sports medicine clinics
- b. Public and private high schools
- c. Colleges and universities
- d. Amateur and professional sports teams
- e. Health and fitness centers
- f. Businesses
- g. Olympic teams and training centers
- h. Hospitals and medical clinics

Key Concept

Certified athletic trainers work in a wide variety of settings, which encompass assisting athletes at various levels of competition, from high school to college, as well as in amateur to professional programs. ATCs can also work in clinic and industrial settings.

VI. Professional Organizations for Certified Athletic Trainers

- a. National Athletic Trainers' Association (NATA)
 - i. Largest US certifying organization for ATCs

Key Concept

Many professional organizations support the field of sports medicine and athletic training. The most widely known organization, NATA, certifies most athletic trainers in the United States. Many states have their own professional organizations that promote the professional development of athletic trainers.

- b. Regional, state, and local trainers' associations
 - i. Promote athletic training, wellness, and safety of athletes at the local level
 - Example: Ohio Athletic Trainers Association (OATA)

VII. Athlete's Bill of Rights

- a. No single standard
 - i. Common components include the right to:
 - Have fun through sports
 - Qualified adult leadership
 - Participate in a safe and healthy environment
 - Competent care and treatment of injuries
 - Participate regardless of ability or income level
 - Equal opportunity to strive for success
 - Say "no"

Key Concept

The Athlete's Bill of Rights sets standards and expectations for the fair treatment of any individual involved in sports or athletic competition.

- VIII. Liability and Risk Management
- a. Hippocratic Oath
 - i. "I will follow that system of regimen [use treatment to help the sick] which, according to my ability and judgment, I consider for the benefit of my patients, and abstain from whatever is deleterious and mischievous [I will never use it to wrong them]" (*Taber's*, 2001)
 - b. Liable means "obligated according to law or equity; responsible" (*Webster's*, 1993)
 - i. Athletic trainers take proper precautions to minimize exposure to lawsuits
 - ii. Liability insurance is advisable
 - c. HIPAA and FERPA legislation
 - i. Health Insurance Portability and Accountability Act (HIPAA) of 1996 enacted to protect patients' privacy and to provide privacy standards to protect patients' medical records and other health information provided to health plans, doctors, hospitals, and other health care providers
 - ii. Federal Education Rights and Privacy Act (FERPA) enacted to protect the privacy rights of student records

Key Concept

Anyone who works outside the scope of practice and expertise can be found negligent and therefore liable for his or her actions. Certified athletic trainers should take appropriate precautions to prevent exposure to lawsuits.

- IX. Conclusion
- a. ATCs possess skills, knowledge, and professionalism
 - i. This allows them to be respected members of the sports medicine community
 - b. Many career paths are open to ATCs
 - c. In addition to the National Athletic Trainers' Association, most states have elected to certify or license athletic trainers

Lesson Plans and Teaching Strategies

Chapter 2 can be treated in a fashion similar to Chapter 1. The difference is the focus on a single profession, the certified athletic trainer, rather than the other professions associated with sports medicine.

Follow the lecture outline, applying your choice of teaching strategies, as explained in *Instructional Strategies*. Cooperative/collaborative learning and the roundtable method would be a good way to get students working in groups, which is a more comfortable method to get students into the community, visiting with professionals, as described below. Students often find communication with community members easier if they work together in groups.

Actual certified athletic trainer guest speakers offer insight into the profession and its variety of duties and responsibilities in a working environment. Professional or college sports athletic trainers could be of special interest to students, if available in your area.

Students could also go into the community, interview certified athletic trainers in a variety of settings, and report back to the class. Comparing and contrasting athletic trainers' different working situations will show students many of the opportunities available for their own future careers.

Answers to Student Exercises

Textbook Review Questions

1. Answers will vary but should include the fact that athletic trainers have been working with athletes for centuries; in ancient Greece both Galen and Hippocrates made contributions to the field of medicine. Few advancements were made in the Middle Ages, but during the Renaissance the human body was studied again, particularly by da Vinci. The AMA recognized athletic training as an allied health profession in 1991, and the field continues to evolve.
2. A certified athletic trainer is a person with at least a bachelor's degree, who has gone through an educational program that prepares him or her for the NATABOC examination. Passing this exam allows them to use the "ATC" or "CAT" designation. These individuals enjoy exercise, sport, and recreation, and work well with people, under occasionally stressful situations, because of good judgment and problem-solving skills.
3. A bachelor's degree, usually in athletic training, health, physical education, or exercise science is needed. Certification is then provided through examination by the NATABOC. Certified athletic trainers should be experienced in human anatomy and physiology, biomechanics, exercise physiology, nutrition, and psychology/counseling.
4. Trainers should be able to work well with people, have the ability to solve problems, be able to maintain poise under stress, utilize deductive reasoning and good judgment, and analyze injuries. Communication skills are also of vital importance.
5. Certified athletic trainers can work in sports medicine clinics, public and private high schools, colleges and universities, amateur and professional sports team organizations, health and fitness centers, businesses, Olympic team training centers, hospitals, and general medical clinics.
6. Local associations allow for better awareness and visibility throughout the health care system. They also help promote athletic training, wellness, and safety at the local level.
7. A strict code of conduct builds confidence in the sports medicine field throughout the community. People who make use of athletic trainers know what to expect, what their limitations are, and that their association with the sports medicine specialists will benefit them and/or their families.

8. The “normal” workday is usually out of the ordinary. The day often begins early and ends late, with hours that conform to sports practice and game schedules. The schedule often includes weekend responsibilities. It is not unusual to put in more than 40 hours per week.
9. The NATABOC gives an examination that includes a written portion, a practical portion evaluating skill components, and a written simulation test.
10. Though there is not any one standard for the Athlete’s Bill of Rights, several components, such as the right to qualified adult leadership and the right to competent care and treatment of injuries, are commonly found.
11. Athletic trainers, like other professionals who work outside their scope of practice and expertise, can be found negligent and therefore liable for their actions.
12. The Health Insurance Portability and Accountability Act (HIPAA) of 1996 was enacted to protect patients’ privacy and to provide privacy standards to protect patients’ medical records and other health information provided to health plans, doctors, hospitals, and other health care providers. Explain HIPAA and its importance.
13. The Federal Education Rights and Privacy Act (FERPA) protects the privacy of student records by requiring schools to have written permission from a parent or a student 18 years or older before releasing them, with a few exceptions.