

What is an AT?

- An **Athletic Trainer** is a certified health care professional who practices in the field of sports medicine.
- Athletic training has been recognized by the AMA as an allied health profession for 25 years (1990)
- Athletic training is practice by ATs who collaborate with physicians to optimize activity and participation of patients and clients.
- Athletic Training encompasses the prevent, diagnosis and intervention of emergency, acute and chronic medical conditions involving impairment, functional limitations and disabilities.

AT areas of expertise are:

- Applying protective or injury-preventive devices (tape, brace or bandage)
- Recognizing and evaluating injuries (concussion, sprains/strains or fractures)
- Providing first aid or emergency care
- Developing and carrying out rehabilitation programs for injured athletes
- Planning and implementing comprehensive programs to prevent injury and illness among athletes
- Performing administrative tasks (injury record keeping, writing policies/procedures and reports)

Where can ATs be found?

- Professional sports and performing arts
- Universities athletic programs
- Secondary schools
- Inpatient and Outpatient physical rehabilitation clinics
- Hospitals
- Physician offices
- Community centers
- Military

How to become an AT:

- Degree from an accredited professional level education program
- Sit for and pass the Board of Certification exam
- Visit [caate.net](http://caate.net) and [bocatc.org](http://bocatc.org)
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Insider tips about ATs:

- Not to be confused with personal trainer
- Athletic Trainer not Trainer
- CA is the only state without state regulations on the practice of athletic training

For more information about ATs please visit [fwatad8.org](http://fwatad8.org)