

# SO YOU WANT TO BECOME AN ATHLETIC TRAINER?

## WHAT IS AN ATHLETIC TRAINER?

Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals.

ATs work in collaboration with a physician to provide the following:

Preventative services

Emergency care

Clinical examination and diagnosis

Therapeutic intervention

Rehabilitation of injuries and medical conditions

## THE PROFESSION OF ATHLETIC TRAINING IS HIGH IN DEMAND.

According to the Bureau of Labor Statistics, the athletic training profession is expected to grow by 21% by 2022.

## ATs ARE NOT PERSONAL TRAINERS.

Unlike personal trainers, ATs follow a medical-based education model and are licensed or otherwise regulated in 49 states and the District of Columbia. Efforts continue to gain regulation in California.

### ATs ARE RECOGNIZED BY THE FOLLOWING GROUPS AS ALLIED HEALTH PROFESSIONALS:

American Medical Association (AMA), Health Resources Services Administration (HRSA), Department of Health and Human Services (HHS)

The ATC credential and the Board of Certification (BOC) requirements are currently recognized by 49 states plus the District of Columbia for eligibility and/or regulation of the practice of athletic training.

BOC certification is the only accredited certification program for ATs. For more information visit [www.bocatc.com](http://www.bocatc.com).

**NATA**  
NATIONAL ATHLETIC TRAINERS' ASSOCIATION  
HEALTH CARE FOR LIFE & SPORT  
[nata.org](http://nata.org)



# WHERE DO ATs WORK?

Public and Private  
Secondary Schools



Public and Private  
Colleges/Universities



Clinics and  
Hospitals



Professional  
Sports



Emerging Settings (Performing Arts, Public Safety, Military, Occupational Health)

## HOW DO I BECOME AN ATHLETIC TRAINER?

1

Apply and be  
accepted into a  
CAATE-accredited  
program

2

Graduate from a CAATE-  
accredited program

3

Sit for and pass the BOC  
certification examination

On average, schooling takes 4-6 years, usually longer for terminal and clinical doctoral degrees.

**THERE ARE MORE THAN 400 COMMISSION ON ACCREDITATION OF ATHLETIC TRAINING EDUCATION (CAATE) ACCREDITED PROGRAMS IN THE US.**

Professional programs, Post-professional programs and Residency programs

Visit <http://caate.net/search-for-accredited-program/> to find out which colleges offer athletic training as a major.

## TYPES OF DEGREES ATs CAN OBTAIN:

Bachelors degree (BS, BA), Master's degree (MS, MA, MEd), terminal degrees (PhD, EdD), clinical and doctoral degrees (DAT)

## ARE THERE SCHOLARSHIPS FOR ATHLETIC TRAINING?

High School Seniors:  
Jack Cramer Scholarship  
**\$2,000 scholarship**

Learn more at [www.nata.org](http://www.nata.org)

Collegiate Students:  
NATA Foundation Scholarship program  
has awarded almost \$3 million to  
undergraduate, masters, and doctoral  
athletic training students

**\$2,300 per scholarship**

Learn more at  
[www.natafoundation.org](http://www.natafoundation.org)

## MORE ABOUT PROFESSIONAL EDUCATION:

- **Competency-based approaches are used in the classroom and clinical settings**
- **Medical-based education model**
- **5 domains of clinical practice:** injury and illness prevention and wellness promotion; examination, assessment and diagnosis; immediate and emergency care; therapeutic intervention; health care administration and professional responsibility
- **Students are instructed in the following subject matters:** evidence-based practice; prevention and health promotion; clinical examination and diagnosis; acute care of injuries and illnesses; therapeutics interventions; psychosocial strategies and referral; health care administration; professional development and responsibility