

## **What is an Athletic Trainer?**

### ***What is athletic training?***

Athletic training is a recognized allied health profession that encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions.

### ***Who are athletic trainers?***

Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic trainers work under the direction of a physician as prescribed by state licensure statutes. The NATA Code of Ethics explains the principles and dictates of expected ethical behavior the athletic training practice.

Athletic trainers are sometimes confused with personal trainers. There is, however, a large difference in the education, skillset, job duties and patients of an athletic trainer and a personal trainer. The athletic training academic curriculum and clinical training follows the medical model. The NATA has recently updated the educational requirements for certification mandating the athletic training graduate must be from an accredited master's level program. The Athletic Training Scope of Practice is defined within two professional publications: the Athletic Training Educational Competencies published by the National Athletic Trainers' Association (NATA) and the Role Delineation Study (RDS) conducted and published by the Board of Certification, Inc. (BOC). Eligibility for the BOC exam is contingent upon completion of a program accredited by the Commission on Accreditation of Athletic Training Education (CAATE) that must instruct the Competencies within the curriculum. Passage of the certifying examination is a requirement for licensure in most states. Athletic trainers maintain their professional edge by participating in continuing education as part of professional practice requirements. (25 hours every 2 years with a minimum of 5 being evidence-based practice or EBP's)

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## **The Prestonwood Christian Athletic Training / Sports medicine Program**

The PCA Student Athletic Training / Sports Medicine Program is first and foremost a service organization. Every student during their initiation interview is asked the same question; "do you believe you have a servant's heart"? You can be the smartest person on campus, be able to tape and bandage faster and better than anyone else, but without that God given servant's heart you will fail at being a good student athletic trainer. Our role is to be invisible until needed. We are there to help others achieve their goals not to be the highlight of an athletic event. We do the both menial and the medical, we may be cleaning water bottles one day and splinting a broken the leg the next. The student trainers in our program will not only experience a wide range of medical and rehabilitative situation but will directly participate in their management. My goal is that if you desire to enter a medical education program at the next level, you will be better prepared than other sports med program out there.

### ***What makes a Good PCA Student Athletic Trainer?***

- 1. First and foremost, you must have a servant's heart, someone who's always looking for opportunities to serve others, even above and beyond their own needs.***

2. ***Humility – service begins with a humble heart. Humility is placing the needs of others above all else and is founded within the character of God. We are to be conformed to His image.***
3. ***Accountability – a good student trainer accepts responsibility for their actions and helps their fellow SAT's to grow, improve and mature. We hold each other accountable!***
4. ***Trustworthy and reliable – your teammates should respect you because you have proven through your actions to be trustworthy and reliable. We don't just talk the talk we walk the walk.***
5. ***A desire to learn new things and improve on your skills. Proverbs instructs us: 'in all your getting, get understanding'. A good SAT desires to learn, to become proficient in their skills, and to mature in their Christian walk.***
6. ***A positive attitude. Success and reward come to those who work. Life does not happen to you; life responds to you. Your teammates will respond to you based on the attitude you present to them.***
7. ***Communicate – effective teamwork starts with effective and honest communication. Never assume. When you stand before the Lord one day, you won't be able to have your parents or your friends speak on your behalf, you might as well get some practice talking for yourself now.***
8. ***Worker – the best SAT doesn't take shortcuts; they complete their tasks to the best of their ability, and they finish the job. When it's all said and done, will you hear from those who matter, 'job well done!' You were saved for good works, so let's get working.***
9. ***Engage the process – we do not have an academic class to teach all the basic skills you will need. It will be up to you to engage the process, ask questions, watch, learn and then practice.***

#### ***Student Athletic Trainer Quotes:***

What I like about being a student athletic trainer is the ability to learn new skills and techniques that could be helpful for our potential future career paths. It also helps remind me every day how to be selfless and to do things for others before myself.

#### ***Brooklyn Smith***

Not only do I enjoy Friday night football on the field, but I love being able to work with people who support me and teach me new things about the world around me.

#### ***Megan Jacobs***

I like that I can learn new things and help people.

### ***Lainey Sign***

I absolutely loved the PCA sports med program! It was such a unique opportunity to get such practical mentorship prior to my undergrad AT program. I felt that I was far ahead of my classmates, very grateful.

### ***Becca Menhart class of 2009***

Simply put the sports medicine program at PCA changed my life. I not only learned the clinical skills needed to pursue this profession after graduation, but so much more. The program (Doc) taught me leadership, strength, professionalism, confidence and allowed me to lean into why I believe is my God-given purpose. I took the lessons and skills I learned in the PCA sports Med program with me to the University of Alabama with the confidence I could succeed. Those abilities and intangible lessons from my early training at PCA, I use as head athletic trainer today. I will forever be grateful for everything I have learned, and to have a mentor like Doc Nafey.

### ***Amanda Phillips McVicker Class of 2010***

Being on the athletic training team was more than just something to do after school, it was being with a group of people I looked forward to seeing every day, they became my family. I learned that it takes practice and patience to work with a small group of girls who all have a lot of confidence and strong work ethic to deal with 100+ athletes and coaches 5 days a week. I am now a nursing major at Samford University, and I use patience and critical thinking everyday which I developed while being a student athletic trainer at PCA. PCA's sports medicine program has given me the upper hand in the nursing world and I am forever grateful for the experience.

### ***MaKayla Ostrum Class of 2017***

Being a student trainer was the most fun experience I had in High School. It showed me what it means to be part of something bigger than myself and how fun it is to be a part of a group working towards a common goal. It allowed me to use my heart for serving others while having fun at the same time. What I didn't know then was that my experiences as a student athletic trainer would follow me into my future job, whether is facing difficult situations or working with new people who don't think the same as you. My experience in the program helped to shape my flexibility and appreciate everything for what it is. Joining the student trainer program was a last-minute decision that turned into the best absolute decision. I wouldn't trade those early morning August practices or the late-night ice baths before game day for anything. They have all become some of my best high school memories.

### ***Taylor Terrien Class of 2015***

I enjoyed the experience training gave me and the feeling I got to leave each day with knowing I contributed to the team and their success. It was always something new each practice and game, I even came away with a state ring! #golions. I learned how to time manage on and off the field, tending to the most urgent needs and prioritizing the rest – skills that have been vital in life after high school. The training room gave me life-long friends and memories that I will always cherish and get to encourage others to be a part of.

### ***Brittany Brothers class of 2017***