Chapter 1:
The Sports Medicine Team

Objectives
- Define sports medicine & the associated professions
- Identify the primary players on the sports medicine team
- Identify the primary roles of the sports medicine team members

What Is Sports Medicine?
- Multidisciplinary field of health care
- Generic, broad, umbrella term that encompasses a variety of medical and allied health professions

Sports Medicine Professionals
- Physicians
- Athletic Trainer
- Dentist
- Podiatrist
- Nurse
- Physicians Assistant
- Physical Therapist
- Massage Therapist
- Exercise Physiologist
- Biomechanist
- Nutritionist
- Sport Psychologist
- Coaches
- Strength & Conditioning Specialist

Sports Medicine Professional Associations
- American College of Sports Medicine (ACSM)
  - Texas Chapter of ACSM (TACSM)
- American Physical Therapy Association (APTA)
  - Texas Physical Therapy Association (TPTA)
- National Athletic Trainers’ Association (NATA)
  - Southwest Athletic Trainers’ Association (SWATA)
- North Texas Athletic Trainers’ Association (NTATS)
The Sports Medicine Team

Primary Sports Medicine Team

- Close communication between the coach and the athletic trainer is essential
- Both the coach & athletic trainer should educate the student-athlete on injury prevention

Primary Sports Medicine Team

- Both the coach & athletic trainer must understand and respect each other’s role on the sports medicine team
  - the coach should be allowed to coach
  - the athletic trainer should be allowed to provide optimum athletic health care

The Sports Medicine Team

Primary Duties of the Coach

? Versus ?

Primary Duties of the Athletic Trainer

6 performance domains:
- Prevention of athletic injuries
- Recognition, evaluation, and assessment
- Immediate care
- Treatment, rehabilitation, and reconditioning
- Organization and administration
- Professional development and responsibility
Athletic Training Educational Competencies

- Content Domains
  1. Acute care of injury and illness
  2. Assessment and evaluation
  3. General medical conditions and disabilities
  4. Health care administration
  5. Nutritional aspects of injury and illnesses
  6. Pathology of illness and injuries

- Content Domains (continued)
  7. Pharmacological aspects of injury and illnesses
  8. Professional development and responsibility
  9. Psychosocial intervention and referral
  10. Risk management and injury prevention
  11. Therapeutic exercise
  12. Therapeutic modalities

Employment Settings for Athletic Trainers

- Secondary Schools
- School Districts
  - ATC floats between several schools in same district
- College and Universities
Employment Settings for Athletic Trainers

- Professional Teams
- Sports Medicine Clinics
  - The largest % of employed ATC's found in this setting
  - Work in the clinic in AM and in high school in PM
- Industrial and Corporate Settings
  - ATC's oversee fitness, injury rehabilitation, and work-hardening programs
  - Understanding of workplace ergonomics is essential
- Physicians' Offices
  - "physician extender" role
- Military
  - ATC's oversee fitness, injury rehabilitation, and work-hardening programs for soldiers
- NASA

Credentialing of the Athletic Trainer

- BOC certification – ATC
  - Gold standard credential for athletic trainers
  - 3 part exam
    - Written
    - Practical (skills test)
    - Written simulation (decision-making)
- Texas licensure – LAT
  - Required to work as an athletic trainer in Texas
  - 2 part exam
    - Written
    - Practical

Roles of the Coach on the Sports Medicine Team

- Ensure that athletes undergo a preventive injury conditioning program
- Ensure that protective equipment is fit properly & properly maintained
- Ensure that all playing surfaces are safe for participation
- Provide proper skill instruction injury prevention
- Be able to provide first aid when needed
Roles of the Team Physician on the Sports Medicine Team

- Serve as a supervisor and advisor to the athletic trainer & coach
- Assist with preparticipation physical exams
- Diagnose injuries/illnesses
- Decide on return to play and disqualification from play
- Attend practices & games?

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Questions?????