Chapter 1:
The Sports Medicine Team
Objectives

- Define sports medicine & the associated professions
- Identify the professional organizations dedicated to athletic training & sports medicine
- Identify the primary players on the sports medicine team
Objectives

- Recognize the historical foundations of the athletic training profession
- Discuss current professional preparation for athletic trainers
- Identify employment settings in athletic training
- Discuss certification and licensure requirements
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

Human Performance
- Exercise Physiology
- Biomechanics
- Sport Psychology
- Sports Nutrition
- Sports Massage

Injury Management
- Practice of Medicine
- Athletic Training
- Sports Physical Therapy
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 Academy of Family Physicians (AAFP)
- 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)
  - Texas State Athletic Trainers Association (TSATA)
  - North Texas Athletic Trainers’ Association (NTATS)
Sports Medicine
Professional Associations

- American Academy of Orthopedic Surgeons (AAOS)
- National Strength & Conditioning Association (NSCA)
All medical and allied health professional associations have similar goals:

- Promote the field & maintain a set of professional standards (code of ethics)
- Bring together professionals to exchange ideas & promote research
- Give individuals an opportunity to work together as a group
- Most publish a professional journal
- Many provide info to the general public in the form of position statements
National Athletic Trainers Association (NATA)

Mission

- To enhance the quality of health care for athletes and those engaged in physical activity
- To advance the profession of athletic training through education and research in the prevention, evaluation, management and rehabilitation of injuries
National Athletic Trainers Association (NATA)

- Membership composed of approximately 28,000 athletic trainers
- Publishes Journal of Athletic Training (JAT) & NATA News
American College of Sports Medicine (ACSM)

Mission

- Advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine.
- Umbrella organization
- Interested in the study of all aspects of sports
American College of Sports Medicine (ACSM)

- Membership composed of medical doctors, doctors of philosophy, physical educators, athletic trainers, coaches, exercise physiologists, biomechanists, and others interested in sports
- Publishes Medicine & Science in Sports and Exercise
Other Sports Medicine Journals

- The Journal of Sports Medicine and Physical Fitness
- Journal of Sport Rehab
- Athletic Therapy Today
- Physical Therapy
- Physician & Sports Medicine

See Focus Box pg. 10
The Sports Medicine Team
Members of the Sports Medicine Team

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

Coach  Athletic Trainer  Physician

Athletic trainers are the critical link between the sports program and the medical community.
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
Personal Characteristics of the Athletic Trainer

- Stamina & ability to adapt
- Empathy
- Sense of humor
- Communication
- Intellectual curiosity
- Ethical practice
Professional Preparation of the Athletic Trainer
Professional Preparation of the Athletic Trainer

- Influenced by several groups
  - NATA Education Council (EC)
  - NATA Board of Certification (NATABOC)
  - Texas Advisory Board of Athletic Trainers
  - CAAHEP
In 1999 the NATABOC completed the latest Role Delineation Study, which redefined the profession of athletic training. Study designed to examine the primary tasks performed by the entry level athletic trainer and the knowledge and skills required to perform each task.
Role Delineation Study
Performance Domains

- Prevention of athletic injuries
- Recognition, evaluation and assessment of injuries
- Immediate care of injuries
- Treatment, rehabilitation and reconditioning of athletic injuries
- Health care administration
- Professional development and responsibility

NATABOC Certification Exam is developed around these 6 domains
In 1998 the Education Council was established to dictate the course of the educational preparation for the athletic training student. Focus has shifted to competency based education at the entry level. Education Council has significantly expanded and reorganized the clinical competencies and proficiencies.
Athletic Training Educational Competencies

- Competencies
  - Cognitive
  - Psychomotor
  - Affective

- Clinical Proficiencies

- Organized into 12 Content Domains or Areas
Athletic Training
Educational Competencies

Content Domains

- Acute care of injury and illness
- Assessment and evaluation
- General medical conditions and disabilities
- Health care administration
- Nutritional aspects of injury and illnesses
- Pathology of illness and injuries
Athletic Training Educational Competencies

Content Domains (continued)

- Pharmacological aspects of injury and illnesses
- Professional development and responsibility
- Psychosocial intervention and referral
- Risk management and injury prevention
- Therapeutic exercise
- Therapeutic modalities
20 subject areas requiring formal instruction

1. Assessment of injury/illness
2. Exercise physiology
3. First aid and emergency care
4. General medical conditions and disabilities
5. Health care administration
Athletic Training Educational Competencies

20 subject areas requiring formal instruction

6. Human anatomy
7. Human physiology
8. Kinesiology/biomechanics
9. Medical ethics and legal issues
10. Nutrition
Athletic Training Educational Competencies

- 20 subject areas requiring formal instruction
  11. Pathology of injury/illness
  12. Pharmacology
  13. Professional development and responsibilities
  14. Psychosocial intervention and referral
  15. Risk management and injury/illness prevention
Athletic Training Educational Competencies

20 subject areas requiring formal instruction

16. Strength training and reconditioning
17. Statistics and research design
18. Therapeutic exercise and rehab techniques
19. Therapeutic modalities
20. Weight management and body composition
The NATABOC defines the minimum knowledge base that an entry level athletic trainer should possess to be able to work in the profession (pass the NATABOC Certification Exam).

Education Council was charged with determining the competencies that should be taught in accredited educational programs.

There is overlap between the two.
NATABOC Certification Requirements

- Candidates for certification must meet NATABOC established requirements.

- For students graduating in 2003 and beyond, NATABOC no longer requires clinical hours.

- CAAHEP accredited programs must develop and implement a clinical instruction plan to ensure that students meet all AT educational competencies and clinical proficiencies in academic courses with measurable outcomes.
NATABOC Certification Requirements

- Accreditation process will be concerned with the quality of experiences and student outcomes and knowledge rather than the number of hours accrued.

- As of January, 2004, the internship route to certification will no longer be accepted.

- All candidates for certification will have to meet CAAHEP requirements.

- Successful completion of all parts of the certification exam will earn the credential of ATC.
Employment Settings for the Athletic Trainer
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
Employment Settings for Athletic Trainers

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
State Regulation of the Athletic Trainer
State Regulation of the Athletic Trainer

- Texas was the first state to have any type of regulation (licensure) – 1970
- To date 40 of the 50 states have enacted some type of regulatory statute governing the practice of athletic training
- Rules and regulations governing the practice of athletic training vary tremendously from state to state
State Regulation of the Athletic Trainer

Regulation may be in the form of:

- Licensure
- Certification
- Registration
- Exemption
State Regulation of the Athletic Trainer

- Licensure
  - Limits practice of athletic training to those who have met minimal requirements established by a state licensing board
  - Limits the number of individuals who can perform functions related to athletic training as dictated by the practice act
  - Most restrictive of all forms of regulation
State Regulation of the Athletic Trainer

- Certification
  - Does not restrict using the title of athletic trainer to those certified by the state
  - Can restrict performance of athletic training functions to only those individuals who are certified
State Regulation of the Athletic Trainer

Registration

- Before an individual can practice athletic training he or she must register in that state
- Individual has paid a fee for being placed on an existing list of practitioners but says nothing about competency
State Regulation of the Athletic Trainer

Exemption

- State recognizes that an athletic trainer performs similar functions to other licensed professions (e.g. physical therapy), yet still allows them to practice athletic training despite the fact that they do not comply with the practice acts of other regulated professions.
## List of Regulated States

<table>
<thead>
<tr>
<th>Alabama</th>
<th>Kansas</th>
<th>North Carolina</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arkansas</td>
<td>Kentucky</td>
<td>North Dakota</td>
</tr>
<tr>
<td>Arizona</td>
<td>Louisiana</td>
<td>Ohio</td>
</tr>
<tr>
<td>Colorado</td>
<td>Massachusetts</td>
<td>Oklahoma</td>
</tr>
<tr>
<td>Connecticut</td>
<td>Maine</td>
<td>Oregon</td>
</tr>
<tr>
<td>Delaware</td>
<td>Minnesota</td>
<td>Pennsylvania</td>
</tr>
<tr>
<td>Florida</td>
<td>Mississippi</td>
<td>Rhode Island</td>
</tr>
<tr>
<td>Georgia</td>
<td>Missouri</td>
<td>South Carolina</td>
</tr>
<tr>
<td>Hawaii</td>
<td>Nebraska</td>
<td>South Dakota</td>
</tr>
<tr>
<td>Idaho</td>
<td>New Hampshire</td>
<td>Tennessee</td>
</tr>
<tr>
<td>Illinois</td>
<td>New Jersey</td>
<td>Texas</td>
</tr>
<tr>
<td>Indiana</td>
<td>New Mexico</td>
<td>Vermont</td>
</tr>
<tr>
<td>Iowa</td>
<td>New York</td>
<td>Virginia</td>
</tr>
<tr>
<td>Wisconsin</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
History of the Athletic Training Profession
History of Athletic Training Profession

- Came into existence just after WWI
  - Primary setting: colleges & universities
  - Initial knowledge & skills influenced by Dr. S.E. Bilik
    - Wrote the first major text on athletic training – The Trainer’s Bible (1917)
History of Athletic Training Profession

1920’s – Cramer Products in Gardner, Kansas

- Began developing products for treating athletic injuries
- Began publishing the First Aider in 1932
- Key role in early development of AT profession
- Key role in educating athletic training students (Cramer Workshops)
History of Athletic Training Profession

1950 – approx. 100 AT met in Kansas City & officially formed the NATA
- Purpose: to establish professional standards for the athletic trainer

1970 TX established state licensure
- 2 part exam
  - Oral
  - Written
- Licensed Athletic Trainer (LAT)
History of Athletic Training Profession

1970 – NATABOC was formed

- Established minimum standards for entry in the profession of athletic trainer
- Developed credentialing exam
  - 3 part exam (oral, written, written-simulation)
  - Certified athletic trainer (ATC)
History of Athletic Training Profession

- **June 1991** - AMA officially recognized athletic training as an allied health profession
- CAHEA (Committee on Allied Health Education and Accreditation) charged with developing essentials and guidelines for accrediting athletic training education programs
History of Athletic Training Profession

- **June 1994** - CAHEA dissolved and replaced immediately by Commission on Accreditation of Allied Health Education Programs (CAAHEP)
  - Recognized as an accreditation agency for allied health education programs by the U.S. Department of Education

- Entry level college and university athletic training education programs at both undergraduate and graduate levels are now accredited by CAAHEP
History of Athletic Training Profession

- Effects of CAAHEP accreditation are not limited to educational aspects
  - In the future, this recognition may potentially affect regulatory legislation, the practice of athletic training in nontraditional settings, and insurance considerations
  - Recognition will continue to be a positive step in the development of the athletic training profession
Objectives

- Define sports medicine & the associated professions
- Identify the professional organizations dedicated to athletic training & sports medicine
- Identify the primary players on the sports medicine team
Objectives

- Identify employment settings in athletic training
- Discuss certification and licensure requirements
- Recognize the historical foundations of the athletic training profession