

# **Unit 1: Introduction to Sports Medicine**

**Athletic Training: The Profession and Its History**

**Sports Medicine 1**

# What Is a Profession?\*\*\*

- A profession, by definition, involves six essential components:
  - Skills based on theoretical knowledge
  - Skills requiring training and education
  - Demonstrated competence through formal testing
  - Integrity maintained by adherence to a formal, written code of conduct/ethics
  - Service is provided for the public good/people
  - Formal organization through a professional body

# The Field of Sports Medicine

- Generic term that includes many aspects of athletic healthcare
- What fields could be considered part of sports medicine?

- May include athletic training, biomechanics, exercise physiology, the practice of medicine (including numerous surgical specialties), physical therapy, sports nutrition, and sports psychology

# Athletic Training

- Specialization within the field of sports medicine responsible for the direct administration of injury prevention, treatment, and rehabilitation
- Certification obtained through Board of Certification (BOC)
- Licensure & registration varies by state

# Athletic Training History

- 1930s & 1940s: Initial organization efforts
  - Athletic trainers at 1938 Drake Relays realized the need for an association
  - Cramer brothers and others established such an organization
  - This early phase of the NATA continued until 1944



# Athletic Training History

- 1950s: Formation of the NATA
  - Increased number of schools employed athletic trainers
  - 1950: First national meeting of the NATA
  - 1956: Journal of the National Athletic Trainers' Association began publication
  - 1959: Code of ethics adopted
  - \*\*First approved undergraduate programs at Indiana State, New Mexico, Lamar, and Mankato State



# Athletic Training History

- 1960s: Continued growth
  - 1969: The American Medical Association (AMA) acknowledged the importance of the role of the athletic trainer and commended the NATA for its role in developing professional standards





# Athletic Training History

- 1970s: More formalized education
  - Development of standards for certification and educational programs continued through the decade
  - 1970: First NATA certification examination
  - 1972: First graduate athletic training curricula approved
  - By 1979, the NATA had established continuing education requirements for all certified athletic trainers



# Athletic Training History

- The 1990s: Becoming a recognized allied health profession
  - Tremendous growth of association membership and status in the medical community
  - June 22, 1990: AMA officially recognized athletic training as an allied health profession
  - Athletic trainers found not only in school and team environments but also in clinical and workplace settings
  - More than 23,000 certified and student members worldwide

- National Athletic Trainers' Association
- Formally established in 1950
- Currently nearly 30,000 members



- Two professional publications
  - *Journal of athletic training*
  - *NATA news*
- Central offices located in Dallas, TX
- [www.nata.org](http://www.nata.org)

# Is Athletic Training a Profession?

- Skill-based theoretical knowledge
  - Involves the skill of evaluating a patient's problem
  - Evaluation is based on theoretical knowledge—knowledge drawn from sound scientific information
  - Strong research emphasis



# Is Athletic Training a Profession?

- Training and education
  - CAATE-accredited athletic training education programs (undergraduate and entry-level master's degrees)
  - Hands-on practice in the evaluation, prevention, and management of athletic injuries
  - Coursework must be completed in a specified period of time
  - A person must accumulate a set number of clinical hours under the guidance of a certified athletic trainer to become certified by the BOC (Board of Certification)



# Is Athletic Training a Profession?

- Certification

- A person must pass a national certification exam, which includes the following:

- Written questions
    - Skills application questions
    - Scenario questions
    - Now completely on-line through ACT testing centers

- Maintenance of BOC certification

- Continuing education units
    - Three-year cycle
    - BOC Standards of Professional Practice

# Is Athletic Training a Profession?

- Code of ethics
  - NATA has a well-established code of ethics
    - The code was written by athletic trainers and is enforced by fellow members of the organization
    - The NATA code of ethics includes a system of evaluating infractions, which may result in the loss of certification privileges
- Public good
  - Broadening focus into workplace and industrial settings, expanding role in physical therapy service, maintaining strong base in school and professional athletic programs



# Is Athletic Training a Profession?

- Organization

- NATA governmental structure

- Ten districts
    - Reporting structure: State organizations report to the district level, and district organizations report to the national level
    - Research, scholarship programs, educational programs, and a multitude of committees operate throughout the various levels in the NATA

