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## Westfield High School Sports Medicine

### Chapter One

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## History and Background

- What is "sports medicine?" Athletic Training?
- History of Athletic Training / NATA
- Other Sports Medicine Organizations
- NATA / SWATA / AATA
- Sources of information on sportsmedicine

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## NATA History

- First Meeting was in 1950 in Kansas City.
- Bobby Gunn was the first NATA President (Houston Native)
- Otho Davis, was the Executive Director that was instrumental in the growth of the NATA and the profession of athletic training.

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# Licensure



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# The Sports Medicine Team



- Athletic Trainer
  - Role and Responsibilities (Role Delineation)
  - prevention of athletic injuries
  - recognition, evaluation, and assessment
  - immediate care of injuries
  - treatment, rehabilitation, and reconditioning
  - health care administration
  - professional development and responsibility

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# Athletic Trainer



- Professional Requirements:
- Differ from State to State
- NATA for becoming a Certified Athletic Trainer

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### The Athletic Trainer - Personal Qualities



- Stamina
- Adaptability
- Empathy
- Humor
- Communication
- Intellectual Curiosity
- Ethical Practice

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### The Team Physician



- Supervisor and Advisor of ATC
- Compiling Medical Histories
- Diagnosing Injury
- Disqualification
- Attend Practice/Game
- Commit to the sport & the athletes

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### Other Sports Medicine Support Persons



- School Nurses
- EMT's
- Physical Therapist
- Physician Assistants
- Dentist
- Social Worker
- Nutritionist

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### Employment Settings for the Athletic Trainer



- Public and Private Schools
- Professional Teams
- Sports Medicine Clinics: The Clinic ATC
- Industrial Setting
- Hospitals
- Health and Fitness Centers
- Future Direction?

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### Professional Preparation of the Athletic Trainer



- Professional Preparation
- NATA - National Athletic Trainers' Association
- CAAHEP
  - Commission on Accreditation of Allied Health Education Programs

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### NATA Certification



- anatomy
- physiology
- psychology
- modalities
- first aid
- nutrition
- prevention and treatment of injuries

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## Continuing Education Units



- CEUs are gained with several methods
- Conventions
- Speaking
- First Aid / CPR Card
- NATA Journal of Athletic Training Test

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## The NATABOC Exam



- Three Parts of Exam
- Must meet basic requirements to sit for exam
- Three Parts to the Exam
  - Oral
  - Written
  - Written Simulation

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## State Licensure



- Each State is Different
- Some States STILL do not have Licensure
- The first state to have licensure was Texas, in 1971
- Certification is through the NATABOC, and is a national certification
- Some states require certification to be licensed, although Texas does not.
- Research the laws where you might want to work

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