

NATIONAL ATHLETIC TRAINING MONTH

March
2021

THE ATHLETIC TRAINERS PERSPECTIVE



JOIN RECWELL IN
CELEBRATING OUR
ATHLETIC TRAINERS!

CELEBRATE!

BY ALYSIA HENDERSON MS, LAT, ATC

March is National Athletic Training Month. The month long celebration raises public awareness for the profession of athletic training and the work that athletic trainers do to provide quality healthcare and protection for their patients. The National Athletic Trainers Association (NATA), founded in 1950, sponsors the month and is the official professional members association for certified athletic trainers within the United States.

NATIONAL
ATHLETIC
TRAINING
MONTH

**ATS ARE ESSENTIAL
TO HEALTH CARE**

MARCH 2021



The profession of athletic training is often confused with that of a personal trainer, especially for those who may not have gone to a high school with an athletic trainer on staff. **Rather than personal trainers**, who are nationally certified fitness professionals that assist in creating effective workouts and promote healthy lifelong habits for their clients, **athletic trainers** are nationally certified and licensed health care providers. Athletic trainers work under the direction of a physician to provide evaluation, treatment, rehabilitative, and preventative care of emergent, acute and chronic orthopedic injuries and medical conditions in an active population.

Most of the population aware of athletic training tend to think that athletic trainers can only work within a school or for sports teams. However, the profession of athletic training is expanding and athletic trainers are finding themselves providing care for a wide array of patients.

Athletic trainers work within industrial and occupational settings, such as manufacturing plants and warehouses of all kinds, police and fire departments, military bases and training academies, medical clinics and hospitals, and even traveling with performing arts troupes and companies. We are no longer only on the sidelines of a field or court, but helping all kinds of individuals who move and are physically active, whether it be for recreation and sport or their profession. Athletic trainers possess the knowledge of the human body, movement, corrective exercise prescription and treatment which can be applied to anyone, not just an athlete.

The NATA broke down their membership demographic information to illustrate the variety of job settings below (Table 1). Within the table, students make up the largest population of individuals within the "work force" at 27%, as they are gaining their experiential hours prior to sitting for their National Board Exam. College and Universities make up the next largest employment setting. This typically indicates an intercollegiate position within an athletic department, however, campus recreation programs such as RecWell are rapidly becoming a division of the college and university positions being filled.

This emerging position is great news for the previously underserved population of students participating in club and intramural sports on college campuses. Prior to a few years ago, it was not standard for many college club or intramural programs to have athletic training coverage for their games or practices, even though they run similarly to intercollegiate athletics, with home and away competitions and competitiveness.



**ESSENTIAL TO
HEALTH CARE**

Table 1

PERCENTAGE of ALL ATs	JOB SETTINGS
19%	College/University
18%	Secondary Schools
17%	Clinic and Hospital
27%	Students
2%	Professional Sports
2%	Emerging Settings <ul style="list-style-type: none"> Performing Arts Public Safety Military Occupational Health

RecWell hired both Thomas and myself in 2018 to assist in providing emergent and chronic health care services to RecWell participants with active RecWell membership. This includes RecWell club and intramural participants, students, staff, and faculty.

During our time here, Thomas and I have graced the sidelines of many club games and tournaments, evaluated injuries in our clinic in Ritchie Coliseum, and helped to create safety policies surrounding head injuries and concussion care for RecWell. We've also been able to share our knowledge of various athletic training topics through webinars and our "Athletic Trainers Perspective" article series on our [webpage](#). We hope if you haven't yet, you'll check out our library of resources or visit us for an in-person or telehealth appointment.

GET TO KNOW THE AT'S

"WHAT IS ONE OF YOUR FAVORITE THINGS ABOUT WORKING IN THE CAMPUS RECREATION SETTING?"

"My favorite thing about working as an athletic trainer in campus recreation is getting to work with a variety of different teams. Admittedly, some of which I knew nothing about prior to holding this position. I had never been exposed to Ultimate or Brazilian Jiu Jitsu and now members of those teams come into our clinic for help on a regular basis.

I am also a wrestling fan, as that was the first team I gained experience with as a student. UMD has a club wrestling team and I am grateful to be able to assist them as many intercollegiate wrestling programs have experienced issues with funding and cuts over the years."

ALYSIA HENDERSON

MS, LAT, ATC



"You know, I have many favorites. The top of the list is not knowing what I am going to see or experience day to day. When you work on a sports team at any level of development there is an understanding (generally based in statistics) of what injuries to expect, prevent and treat. To me, it gets really old, really fast and I no longer feel challenged. To provide a comparison, my colleague and I work with 45 club sports, numerous intramurals and general recreation (this is the rest of the student body). I most certainly do not see the same thing everyday and I never know what to expect for that day. I can have 3 concussion evals followed by LBP and a Shoulder Eval back-to-back within an hour, hour and a half. I HAVE SO MUCH FUN and always feel challenged."

THOMAS BENNETT

MPSM, LAT, ATC



Alysia Henderson
ahenderson@som.umaryland.edu

Thomas Bennett
thomasbennett@som.umaryland.edu