

Name: Key

CHAPTER 1 WORKSHEET

THE ATHLETIC TRAINER & SPORTS MEDICINE TEAM

MATCHING

- | | |
|--------------------------------|--|
| <u>B.</u> 1. BOC | A. Responsible for accrediting athletic training education programs |
| <u>A.</u> 2. CAATE | B. Responsible for the certification of athletic trainers |
| <u>C.</u> 3. NATA | C. Establishes professional athletic training standards |
| <u>D.</u> 4. APTA | D. The governing body for physical therapy |
| <u>F.</u> 5. Team Physician | E. Ensures the quality and safety of sports equipment |
| <u>H.</u> 6. Athletic Trainer | F. Makes the final decision on whether an athlete may return to play |
| <u>G.</u> 7. Equipment Manager | G. Purchases equipment for teams/athletes |
| <u>E.</u> 8. Coach | H. Makes the competitive environment safe |
| <u>I.</u> 9. Player/Athlete | I. Understands and assumes the risk involved in participating in sport |

SHORT ANSWER

10. Describe the professional relationship between the *athletic trainer* and the *team physician*. How do they work with and support each other?

Together they develop injury prevention, management & rehab policies/programs/procedures; ATs often act as "physician extenders", providing care under the authority of an M.D. or D.O.

11. List/describe some responsibilities of a *coach* in regard to athlete health and safety?

Provide pre-conditioning to ↓ injury risk; be certified in CPR/AED & 1st Aid; ensure safety/functionality of equip.; teach correct technique/form for sport/activity; be generally familiar with mechanisms of injuries (MOI's)

12. Define *burnout* and describe how/why it may happen in athletic trainers.

Feelings of disinterest/exhaustion towards work. AT is strenuous work physio, mentally + emotionally, requires abundant energy, vitality + physical/emotional stability in order to meet patient needs.

LISTING—Provide examples of what each of the following *domains of practice* entail.

13. Injury/Illness Prevention & Wellness Promotion—Conduct physicals, develop training/conditioning programs, ensure safe playing environ., fitting of equip.; teach healthful diet + lifestyle choices, appropriate use of medications
14. Examination, Assessment & Diagnosis—Understand pathology of injuries/illnesses, refer to other healthcare providers as needed, refer to support services (non-medical), knowledge of anatomy
15. Immediate & Emergency Care—Knowledge of & cert. in emergency response skills (e.g. CPR/AED, spine boarding, equip. removal, etc.), generate emergency action plans

16. Therapeutic Intervention— Design rehab. programs, supervise rehab. sessions, knowledge + use of therapeutic modalities, psychosocial intervention techniques (sports psychology)
17. Healthcare Administration and Professional Responsibility— Record keeping, ordering supplies, supervision of personnel, est. policies + procedures for APR, earn CEU's, act as educator, counselor + researcher

List/describe two more *personal qualities** athletic trainers should possess and why they are beneficial/necessary?

18. Balance - between work and life so as to avoid/↓ risk of burnout
Competitive - athletic settings are often intense; an AT has to have a appreciation for the competitive nature of athletics
19. Critical Thinking - AT must be able to analyze info (often quickly) to solve problems or make clinical decisions *Besides those provided in your notes

List five *sports medicine organizations** and briefly describe how they support sports medicine professions.

20. FIMS APTA
21. AAFP NCAA
22. ACSM NASM
23. AOSSM American Academy of Pediatrics - Sports Committee
24. NSCA

*Besides the NATA and APTA

ESSAY

25. Summarize how a person can become a certified athletic trainer. Consider education requirements, clinical experience, exams, state regulations, etc.

1) Completion of entry-level CAATE accredited AT ^{Masters} prog. which includes 2 yrs clinical experience/competencies + coursework in EBP, prevent. + health promotion, clinical eval/dx, healthcare admin, etc. 2) Current CPR/AED cert. 3) pass the BOC cert. exam 4) Completion of state specific regulatory elements (e.g. licensure, certification, registration and/or exemption; state AT exam administered by state's DOH)

26. Describe/define what *evidence-based practice* is and what it entails/encompasses for an athletic trainer's practice.

It's making decisions about the clinical care of individ. pts based on the current, best available evidence/research in professional literature. It encompasses: 1) developing a clinical question, 2) researching literature, 3) evaluating the strength of evidence, 4) applying the evidence to practice and 5) assessing the outcomes of a treatment/procedure.