

Frequently Asked Questions (FAQs)

1. What does it mean when we say Certified Athletic Trainer (ATC®)?

BOC Certified Athletic Trainers are experts in injury prevention, assessment, treatment and rehabilitation particularly in the orthopedic and musculoskeletal disciplines. Athletic Training is recognized by the American medical Association (AMA) as an allied healthcare profession. Please visit Board of Certification at www.bocatc.org for further information on certification.

2. After receiving certification how does one maintain professional standing?

The Board of Certification Inc. (BOC) requires that each Certified Athletic Trainer re-qualify for certification. At the conclusion of each term, ATC® credential holder must meet requirements, which include:

- Completion of a predetermined number of continuing education (CE) units including maintaining current certification in Emergency Cardiac Care.
- Adherence to the BOC Standards of Professional Practice.
- Submission of the annual BOC certification fee.
- Submit continuing education (CE) units on the BOC website, www.bocatc.org
- Maintaining documentation confirming participation in an activity for (1) year after the reporting period has ended (keep all original documents including CPR cards, in case of an audit).

Continuing education requirements are meant to insure that individuals stay current in the field of athletic training. The purposes of the requirements are that the certified athletic trainers continue to:

- Obtain current professional development information
- Explore new knowledge in specific content areas
- Master new athletic training-related skills and techniques
- Expand approaches to effective athletic training
- Further develop professional judgment
- Conduct professional practice in an ethical and appropriate manner

Visit BOC at: www.bocatc.org for further information on Continuing Education

3. What is credentialing?

Athletic Trainers must become familiar with the practice acts that regulate the profession from state to state. These practice acts vary a great deal from state to state. Some states limit the scope and setting in which an athletic trainer may practice. Some allow athletic trainers to charge a fee

for service, while others prohibit fee-for-service billing. There may be other limitations as well.

Four types of credentialing laws regulate the practice of athletic training: licensure, certification, registration, and exemption. Athletic trainers practicing in states with athletic training practice acts should review the state law to determine what type of credentialing is required, as well as the implications, definitions and level of restrictiveness associated with each credential law.

Contact www.bocatc.org/atc/STATE/ for specific state regulatory agency contact information.

4. As a student in high school, what courses should I take if I am interested in pursuing a career in athletic training?

Students are encouraged to study the following:

- 4 years of Science including Chemistry and Physics
- 3-4 years of Math including Calculus
- 3-4 years of English
- 2 years of a Foreign Language

5. What is the average salary for an athletic trainer?

The average is difficult to determine just based on average because of job setting and geographic location. However, based on the latest salary data (2005) (with benefits/bonuses) approximate salary ranges are:

- Bachelor's degree = \$ 36,282.00
- Master's degree = \$ 41,280.00
- Doctorate degree = \$ 54,512.00

6. What are the different job opportunities after I become certified?

Athletic trainers work in many different settings such as:

- Clinic
- Hospital
- Clinic or Hospital with outreach to local high schools or colleges
- High schools
- Colleges/Universities
- Private Corporations or Industrial settings
- Professional Sports
- Rodeo
- Law enforcement
- Military
- Professional Dance

- Sales/Marketing
- Health clubs/spas
- Physician Extender

May athletic trainers also have secondary credentials, which may include:

- Paramedic
- Physician Assistant
- Teaching Certification
- Nurse Practitioner
- Emergency Medical Technician
- Certified Occupational Therapy Assistant
- Physical Therapist
- Physical Therapy Assistant
- Certified Strength and Conditioning Specialist
- Orthopedic Technician
- Licensed Practical Nurse
- Nurse

7. Can I get through McKendree College's athletic training program in four years?

65% of our students do complete the program in four years (those students who do not participate in intercollegiate athletics). All students are required to perform a minimum of 1200 clinical hours through 5 academic clinicals and many students also choose to perform 1 non-academic rotation. Pre-requisites for 2 of the 5 academic clinicals state that students may not participate in athletics while enrolled in these clinicals. Students who do choose to participate in athletics are on a minimum 5-year academic plan and are strongly encouraged to participate only during in-season sport competition (see Policy on Intercollegiate Participation under Academic Planning).

- All of our students minor and/or major in another academic areas; such as Health, Physical Education, Psychology, Sport Psychology or Biology.

8. What make the McKendree College Athletic Training Education Program different from other athletic training education programs?

- Every student spends a minimum of 2 1/2 years involved in clinical rotations. These rotations also involve exposure with both all of our team physicians (Orthopedics, Family Practice, Sports Medicine Fellows).

- Our clinical sections never have more than 6 students in each section.
- Every student is required to maintain a minimum of 3 standing clinical appointments per week with clinical instructors to ensure time to practice and perform required skill testing.
- All students are strongly encouraged to participate in pre and post test yearly written and written simulation exams to test knowledge development within the field.
- Every student (during clinicals) participates in a year end practical evaluation exam for skill refinement.
- Every senior participates in at least 2 mock practical exams prior to taking graduation.
- All students participate in an off-site field experience of their choice (clinic, clinic/high school, high school or physician's office).
- We have 5 full time athletic trainers (2 full-time faculty and three associate faculty). All students perform a full semester rotation with each faculty member.
- Our students receive exposure to the following sports: football, wrestling, ice hockey, cross country, track, golf, tennis, softball, baseball, basketball, soccer and volleyball.
- Our graduates are currently employed in fitness, pharmaceuticals, outpatient sports medicine clinics, high school, colleges and university settings, Professional Sports (Baltimore Orioles) and the military as well as those who are attending graduate school for advanced degrees.
- An increasing number of graduates are passing the BOC exam the first time (50%). The current national average is 26%.

9. What is a typical day like in the life of an athletic trainer?

This really depends on the setting that you are employed in.

College/University setting: as a staff athletic trainer you may spend your morning performing rehab on athletes, catching up on computer notes, budget and/or other administrative duties and your afternoon providing medical coverage for sports. You may also have associate teaching responsibilities if you are involved in an accredited athletic training program. If you are a full-time faculty athletic trainer, mornings are spent teaching, committee work, course preparation, research and/or other administrative duties while the afternoon may be spent working with students on competencies and/or providing some medical coverage for sports.

High School: You may have teaching responsibilities if you are certified to teach a subject area and/or you may just be hired full-time to perform rehab and provide medical coverage for sports. You will also be

responsible for budget, medical records, and communication with coaches, parents and team physicians regarding the status of athletes.

Clinic: Treating patients all day and/or a combination of working in the clinic in the morning and contract work to a local high school in the afternoon.

Other settings: Physician Extender: working closely with an orthopedic physician in his/her office performing pre-op, scheduling patients for surgery, follow-up with case managers, marketing and other duties.

Rodeo Circuit: Taking care of these athletes is very specialized as you travel with them from event to event for coverage as well as providing rehab and care and working with the medical staff in case of emergencies during an event. **Industrial/Corporate:** You may be developing conditioning or wellness programs for employees or performing functional capacity exams, looking at the ergonomics of particular jobs or biomechanical functions or treating employees for injuries suffered on the job and after they have had surgery. You may work on a Hollywood Film set taking care of actors or work at NASA taking care of astronauts.

Visit www.nata.org for more information on different job setting and job descriptions.