

FAQ

1. What is Athletic Training?

- **Prevention**-Identifying weaknesses and limitations in human movement & then prescribing corrective exercises in order to prevent injuries from happening; understanding the athlete's sport & being able to come up with a preventative exercise plan & strength & conditioning plan specific for that sport that will help the athlete stay on the field & improve their performance
- **Recognition**-Learning how to recognize different types of injuries based on their mechanism of injury and history of the injury
- **Evaluation**-Learning how to perform evaluations and assessments on players in order to diagnose the athlete's injury; this is done by gaining a thorough history, performing special tests & understanding human anatomy and biomechanics
- **Rehabilitation**-the full recovery of an injury from the time it happens until the athlete is cleared for return to play and even beyond; when to ice, when to heat, when to perform range of motion, when to begin strengthening exercises, when to increase intensity of exercises; when to speed up or slow down

2. Where do athletic trainers work?

- Athletic trainers work in many different settings. This includes high schools, universities, professional sports, orthopedic clinics, pediatric clinics, military, hospitals, performance training centers, X-Games, Olympics, Paralympics, NASA etc.

3. What are the duties, roles & responsibilities of Student Athletic Trainers?

- Assist the athletic trainers in the athletic training room & on the field
- Field/Court set up for practices & games
- Assist in taping, wrapping, First Aid, & rehabilitation of injuries
- Ask questions, participate in evaluations, perform duties as assigned

4. Will I be required to stay after school & weekends?

- You will be required to work as it fits your schedule. Sometimes this will include weekends. We do not expect you to work every single practice and every single game but your presence will always be welcomed.

5. What sports are covered by Student Athletic Trainers?

- Football, Volleyball, Men's & Women's Basketball, Men's & Women's Soccer, Baseball, Softball, Tennis, Track, Cross Country

6. How will the Athens Sports Medicine Program benefit me as a Student Athletic Trainer?

- You will learn how to recognize injuries.
- You will learn First Aid, CPR & taping skills.
- You will learn basic anatomy, kinesiology, biomechanics & medical terminology.
- You will learn how to evaluate and assess injuries.
- You will learn how to rehab injuries.
- You will learn good work ethic in a team environment.
- You will increase overall communication skills.
- You will learn responsibility & time management skills.
- How this benefits you is up to *you* & what *you* put into this.

7. Can I do this in college?

- Absolutely! There are many Student Athletic Trainer Programs everywhere. Many offer scholarships for good grades and great recommendations from their high school athletic trainers.

8. What qualities do you look for in a student athletic trainer?

- Highly motivated, strong academics, excellent conduct & attendance, self-discipline, desire to help others, interest in healthcare & sports, responsible, dependable, honesty, trustworthy, commitment to the program

9. What happens if I fail a class?

- Student Athletic Trainers are held to a high standard. We have high expectations for our students. If a student fails a class or is showing poor academic performance they are subject to suspension from the program until they have shown significant improvement. We expect at least a B or 80 average in all classes. Grades will be checked periodically.