



What is an Athletic Trainer?

There has long been confusion in the media and the public about just what a “trainer” is. You may have noticed that we make an effort to call ourselves “athletic trainers” to try to emphasize the existence of a distinction....even if most don’t understand there is a difference between us and other “trainers.” Recently, coverage of the Mitchell Report on Steroids in Major League Baseball has “trainers” in the news a lot. Safe Sports Network would like to provide a clear definition of an Athletic Trainer so you understand the difference. Obviously, we’re concerned that people not confuse us with personal trainers like the one that supplied Barry Bonds and others with steroids (or B12 shots as the case may be!).

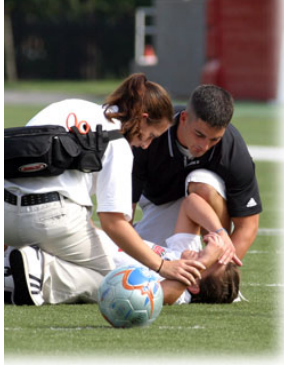
Certified Athletic Trainers :

- Attend and graduate with at least a bachelor’s degree from an Accredited School (one that provides regular proof that it is educating candidates appropriately). A large percentage of athletic trainers also have master’s degrees in the field.
- Pass a formal Certification exam and in 42/50 states obtain a license to practice this allied health profession.
- Maintain CPR certification at the same level required for the professional rescuer or other health care professionals.
- Participate in 80 hours of Continuing Education every three years to keep up with updates in the profession.
- Provide prevention, acute care, and rehabilitation of athletic injuries.
- Act as a bridge of communication between athletes, coaches, physicians, and other health care providers.

Personal trainers:

- May or may not have higher education in health sciences.
- May or may not have any certification or participate in continuing education. Anyone can hang out a Personal Trainer shingle.
- Assess fitness and provide exercise regimens (which are only a small part of what certified athletic trainers do).

The Safe Sports Network is dedicated to the safety of our athletes. In no way would we ever promote the use of steroids, or any other enhancement drugs that could cause harm to the body. This is counterproductive to what we have been taught and trained to do.



Athletic Trainer
(note the cool fanny pack)



Personal Trainer

[Athletic Trainer vs. Personal Trainer](#)