

# Athletic Trainers – not “Trainers”

The world today is on the move, and people are more active, more interested, more educated. We're trained in fitness, sports, computer applications even parenting. As a result, the word “trainer” has lost its meaning. Here are the differences between a certified athletic trainer and personal trainer.

## CERTIFIED ATHLETIC TRAINER

Board of Certification, Inc. and practices athletic training under the direction of a physician.

### Certified athletic trainers:

- Must have at least a bachelor's degree in athletic training, which is an allied health profession
- Must pass a comprehensive exam before earning the ATC credential
- Must keep their knowledge and skills current by participating in continuing education
- Must adhere to standards of professional practice set by one national certifying agency

### Daily duties:

- Provide physical medicine and rehabilitation (a)-8 (b)-8 bcchydssports, clinics, hospitals, corporations, industry, military, performing arts

## PERSONAL TRAINER

A personal trainer is a person who prescribes, monitors and changes an individual's specific exercise program in a fitness or sports setting.

### Personal trainers:

- May or may not have higher education in health sciences
- May or may not be required to obtain certification
- May or may not participate in continuing education
- May become certified by any one of numerous organizations that set varying education and practice requirements

### Daily duties:

- Assess fitness needs and design appropriate exercise regimens
- Work with clients to achieve fitness goals
- Help educate the public about the importance of physical activity
- Work in health clubs, wellness centers and various other locations where fitness activities take place

If you have questions about the person providing health care for you, for your student or for a colleague,