DEERFIELD HIGH SCHOOL SPORTS MEDICINE

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ATHLETIC TRAINER VS. PERSONAL TRAINER

CERTIFIED ATHLETIC TRAINER

An athletic trainer is a person who meets the qualifications set by a state regulatory board and the 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 three part exam before earning the ATC credential.
- Must keep their skills current by participating in continuing education.
- Must adhere to practice guidelines set by one national certifying agency.

Daily Duties
- Provide physical medicine and rehabilitation services.
- Prevent, assess and treat injuries (acute and chronic)
- Coordinate care with physicians and other allied health professionals.
- Work in schools, colleges, on professional teams, in clinics, hospitals, corporations, industry, and the military.

PERSONAL TRAINER

A personal trainer is a person who prescribes, monitors and changes an individuals exercise program in a fitness setting.

Personal trainers/Conditioning coaches:
- May or may not have a Bachelor's degree in health sciences.
- May or may not have a certification by a governing body.
- May or may not participate in continuing education.
- May become certified by any one of the numerous agencies 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, various other locations where fitness activities take place.

If you have any questions about the person providing health care for you, for your student athlete, or for a colleague, speak up! Be sure you're getting the right care for the right situation.