ATHLETIC TRAINER VS. PERSONAL TRAINER

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<th>CERTIFIED ATHLETIC TRAINER</th>
<th>PERSONAL TRAINER</th>
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<td>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.</td>
<td>A personal trainer is a person who prescribes, monitors and changes an individual's exercise program in a fitness setting.</td>
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**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.

**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**
- 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.

**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.*