



Athletic Trainers vs. Trainers

March is Athletic Training month and to honor our athletic trainers here at ARC we thought we would explain what differentiates “athletic trainers” from personal trainers or the generic term ‘trainer’. Athletic trainers have a wide variety of skill sets that allow them to work in many different settings including high schools, colleges, strength training facilities, outpatient physical therapy clinics, and industrial/manufacturing plants to name a few. Here at ARC our primary use of athletic trainers is our Sports Performance Academies and in the oversight of our work conditioning programs.

At ARC, Sports Performance is very important to us and we want you to know about our employees and the credentials they bring to the table. Jennifer Pautz, our Director of Sports Performance is a certified athletic trainer with a masters’ degree in Human Relations and bachelors’ degree in athletic training. As all ARC employees do, she holds an ATC license in both the state of Kansas and Missouri.

Aaron Kleinwolterink has a Bachelor of Science in exercise science and has received the designation of Certified Strength and Conditioning Specialist (CSCS) from the National Strength and Conditioning Association which is accredited by the National Commission for Certifying Agencies. The CSCS certification requires a bachelor’s degree and completion of the NSCA exam.

Scroll down to read more below from an article excerpted from the National Athletic Trainers’ Association and remember that the use of the term “trainer” can mean many different things.

ATHLETIC TRAINER

An athletic trainer is an expert at recognizing, treating and preventing musculoskeletal injuries. ATs meet qualifications set by the Board of Certification, Inc., and adhere to the requirements of a state licensing board. ATs practice under the direction of a physician and are members of a health care profession recognized by the American Medical Association.

Requirements:

- Must obtain, at minimum, a bachelor's degree in athletic training
- Must pass a comprehensive exam to earn 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 and to a national code of ethics

Daily Duties:

- Provide physical medicine and rehabilitation services
- Prevent, diagnose, treat and rehabilitate injuries (acute and chronic)
- Coordinate care with physicians and other health care professionals
- Work in schools, colleges, pro sports, clinics, hospitals, corporations, industry, military, performing arts

PERSONAL TRAINER

A personal trainer develops, monitors and changes an individual's specific exercise program in a fitness or sports setting; some personal trainers also make nutrition recommendations. Personal trainers can earn credentials through a number of agencies and can work as fitness trainers without formal instruction or certification.

Requirements:

- May or may not have higher education in health sciences
- May or may not be required to obtain certification or state licensing
- 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 on the importance of physical activity
- Work in health clubs, wellness centers and other locations where fitness activities take place

Know who's taking care of you and your athletes! Be sure you're getting the right health care from the right health care professional for the right condition.

Please visit www.nata.org for more information

Jennifer Pautz, ATC/L, MHR

Director of Sports Performance