



Athletic Trainer — Not “Trainer”

Look around you. Indiana residents are becoming more active, more interested, and more educated. We are getting trained to run marathons, to lift weights, and even to operate computers. As a result, the word “trainer” has lost its meaning. Here are the differences between a licensed athletic trainer and a personal trainer.

LICENSED ATHLETIC TRAINER

A licensed 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.

Licensed 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 practice guidelines set by one national certifying agency (BOC, Inc)

Daily Duties:

- Provide physical medicine and rehabilitation services
- Prevent, assess and treat injuries (acute and chronic)
- Coordinate care with physicians and other allied health providers
- Work in schools, colleges, professional sports, clinics, hospitals, corporations, industry, military

PERSONAL TRAINER

A personal trainer is a person who prescribes, monitors and changes an individual’s specific exercise program in a fitness or sport 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 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 and various other locations where fitness activities take place

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