

# UNIVERSITY OF KENTUCKY

## What is an Athletic Trainer?



**Athletic Training is practiced by Athletic Trainers, health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic Training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities. They work hands-on with the athletes daily for injury treatment and rehabilitation.**

**Athletic training is NOT the same profession as personal training.** Certified athletic trainers work with more than just athletes – they can be found just about anywhere that people are physically active.

**\*\*Please visit [NATA.org](http://NATA.org) for more information on Athletic Training!**

Students who want to become an Athletic Trainer as a career must take one of two pathways:

1. Attend a university of an undergraduate accredited program that includes formal instruction in upper and lower extremity evaluation/rehab, injury prevention, emergency action plans, etc. The student can then sit for the national board exam (BOC) after receiving their bachelor's degree.
2. After obtaining an undergraduate degree in a health science related field, apply to an entry level master's program. The student will also be formally educated in Athletic Training classes and be able to sit for the national board exam (BOC) after graduation.



### OUR STUDENTS

Our students major in a variety of fields: human health science, kinesiology, pre-physical therapy, nursing, and even business. They are given priority registration when registering for classes. This means they schedule with the other student athletes days before the rest of campus. This allows them to register for the classes they need and work their schedule around the practice times for their assigned sport. Last semester our students had phenomenal grades:

- 53% of our students were on the **DEAN's LIST**
- 23% (7 students) received a 4.0 semester GPA
- 70% (21 students) achieved at least a 3.0 semester GPA

If you have any other questions please email me: [alex.green22@uky.edu](mailto:alex.green22@uky.edu)

