



BOARD OF CERTIFICATION  
FOR THE ATHLETIC TRAINER

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## ***Role Delineation Study/Practice Analysis, Sixth Edition***

### **Content Outline**

#### **Domain Descriptions and Task Statements**

Domain	Title	Description
<b>1</b>	<b>Injury/Illness Prevention and Wellness Protection</b>	<b>Educating participants and managing risk for safe performance and function.</b>
<p>A key aspect of the athletic trainer’s (AT) education and training is in the area of prevention and risk management. The AT is the front-line professional charged with this duty. Many individuals come to activity in less than ideal condition. They may suffer from disorders such as sickle-cell trait, diabetes or have other conditions predisposing them to injury or illness. Pre-participation screenings are critical to identifying risks and putting prevention plans into action. Additional prevention and risk management strategies undertaken by the AT range from on-site reviews for hazards, monitoring environmental conditions and educating participants on nutrition and performance enhancing drugs to monitoring for overtraining, maintenance of clinical and treatment areas, and development of emergency action plans.</p>		
Task	Description	
0101	Minimize risk of injury and illness of individuals and groups impacted by or involved in a specific activity through awareness, education, and intervention.	
0102	Interpret individual and group pre-participation and other relevant screening information (e.g., verbal, observed, written) in accordance with accepted and applicable guidelines to minimize the risk of injury and illness.	
0103	Identify and educate individual(s) and groups through appropriate communication methods (e.g., verbal, written) about the appropriate use of personal equipment (e.g., clothing, shoes, protective gear, and braces) by following accepted procedures and guidelines.	
0104	Maintain physical activity, clinical treatment, and rehabilitation areas by complying with regulatory standards to minimize the risk of injury and illness.	
0105	Monitor environmental conditions (e.g., weather, surfaces, client work-setting) using appropriate methods and guidelines to facilitate individual and group safety.	
0106	Maintain or improve physical conditioning for the individual or group by designing and implementing programs (e.g., strength, flexibility, CV fitness) to minimize the risk of injury and illness.	
0107	Promote healthy lifestyle behaviors using appropriate education and communication strategies to enhance wellness and minimize the risk of injury and illness.	

<b>Domain</b>	<b>Title</b>	<b>Description</b>
<b>2</b>	<b>Clinical Evaluation and Diagnosis</b>	<b>Implementing standard evaluation techniques and formulating a clinical impression for the determination of a course of action.</b>
<p>An AT may be asked to perform in one or more distinct evaluation areas: 1) the pre-participation examination which assists in determining the readiness of an individual to participate in physical activities, 2) an on-field evaluation for acute conditions that had occurred during activity using the primary and secondary survey models, 3) a clinical evaluation , often occurring in a clinical or athletic training facility and 4) the ongoing evaluation of progress of an injury or illness assisting the AT in advancing or modifying current care and making return to play decisions. Through the use of a sequential evaluation process and with the understanding of the injury pathology and any co-morbidities of the affected individual the AT provides a clinical diagnosis, determine appropriate immediate care, and establish short and long term goals for the affected individual.</p>		
<b>Task</b>	<b>Description</b>	
0201	Obtain an individual's history through observation, interview, and/or review of relevant records to assess current or potential injury, illness, or health-related condition.	
0202	Examine by appropriate visual and palpation techniques the involved area(s) of an individual's body to determine the type and extent of the injury, illness, or health related condition.	
0203	Examine by appropriate and specific tests (e.g., ROM, special tests, neurological tests) the involved area(s) of an individual's body to determine the type and extent of the injury, illness, or health-related condition.	
0204	Formulate a clinical diagnosis by interpreting the signs, symptoms, and predisposing factors of the injury, illness, or health-related condition to determine the appropriate course of action.	
0205	Educate the appropriate individual(s) about the clinical evaluation by communicating information about the current or potential injury, illness, or health-related condition to encourage compliance with recommended care.	

<b>Domain</b>	<b>Title</b>	<b>Description</b>
<b>3</b>	<b>Immediate and Emergency Care</b>	<b>Employing standard care procedures and communicating outcomes for efficient and appropriate care of the injured.</b>
<p>The profession of athletic training is unique in that the athletic trainer may be present at the time of an injury or emergency. This requires the clinician be prepared and proficient in all aspects of emergency care. Preparation includes writing, rehearsing and executing emergency action plans for every venue for which the AT is responsible. The AT must demonstrate excellent communication skills, both verbal and/or written, in order to transfer vital assessment information to the healthcare provider, parent, supervisors and others that are involved in the healthcare of the individual.</p> <p>The recognition of signs and symptoms of life-threatening conditions is the cornerstone of effective management of emergencies. ATs have a vast knowledge of medical conditions that can quickly become emergencies and because the AT is often on-site, they are the primary healthcare professional able to intervene. There are times that injuries require care that warrant referrals. It is the ATs who recognizes these conditions and selects the most effective and safest method to transport the individual to the appropriate healthcare professional.</p>		
<b>Task</b>	<b>Description</b>	
0301	Coordinate care of individual(s) through appropriate communication (e.g., verbal, written, demonstrative) of assessment findings to pertinent individual(s).	
0302	Apply the appropriate immediate and emergency care procedures to prevent the exacerbation of non-life-threatening and life-threatening health conditions to reduce the risk factors for morbidity and mortality.	
0303	Implement appropriate referral strategies, which stabilize and/or prevent exacerbation of the condition(s), to facilitate the timely transfer of care for conditions beyond the scope of practice of the Athletic Trainer.	
0304	Demonstrate how to implement and direct immediate care strategies (e.g., first aid, Emergency Action Plan) using established communication and administrative practices to provide effective care.	

Domain	Title	Description
4	Treatment and Rehabilitation	Reconditioning participants for optimal performance and function.
<p>Following injury, the AT serves as the clinician who designs, administers and executes a plan of care. Included within this plan of care is the implementation of appropriate techniques, procedures, practices and methods that are designed to provide the patient with optimal outcomes. Acting under the direction of a physician and within the scope of practice acts and/or BOC Standards of Professional Practice, the athletic trainer provides a plan of care that is realized through the evaluation of the patient.</p> <p>Protection from additional insult and appropriate steps toward optimal recovery are included in the ATs plan and execution of care. Effective and clear communication to the patient and appropriate individuals concerned with the patient's care is critical to achieving full return to activity. Treatment objectives are outlined using short and long-term goals. These goals are achieved using appropriate treatment/rehabilitation methods available to the AT. Selection of various treatment/rehabilitation modes is based on sound rationale, appropriate standards of health care, reliable clinical judgment and when available, evidence based medicine.</p>		
Task	Description	
0401	Administer therapeutic and conditioning exercise(s) using appropriate techniques and procedures in order to aid recovery and restoration of function.	
0402	Administer therapeutic modalities (e.g., electromagnetic, manual, mechanical) using appropriate techniques and procedures based on the individual's phase of recovery to restore functioning.	
0403	Apply braces, splints, or other assistive devices according to appropriate practices in order to facilitate injury protection to achieve optimal functioning for the individual.	
0404	Administer treatment for injury, illness, and/or health-related conditions using appropriate methods to facilitate injury protection, recovery, and/or optimal functioning for individual(s).	
0405	Reassess the status of injuries, illnesses, and/or conditions using appropriate techniques and documentation strategies to determine appropriate treatment, rehabilitation, and/or reconditioning and to evaluate readiness to return to a desired level of activity.	
0406	Provide guidance and/or referral to specialist for individual(s) and groups through appropriate communication strategies (e.g., oral and education materials) to restore an individual(s) optimal functioning.	

Domain	Title	Description
5	<b>Organizational and Professional Health and Well-being</b>	<b>Understanding and adhering to approved organizational and professional practices and guidelines to ensure individual and organizational well-being.</b>
<p>ATs are charged with many responsibilities including: (1) injury/illness prevention and wellness protection, (2) clinical evaluation and diagnosis, (3) immediate and emergency care, and (4) treatment and rehabilitation. However, in order to properly implement any type of comprehensive athletic training services, an organization must demonstrate and support an appropriate level of organizational and professional health and well-being. Together, organizational and professional health and well-being is defined as an organization's or professional association's ability to function effectively, to cope adequately, to change appropriately, and to grow from within. It is also the process by which the AT empowers patients and employees in the improvement of their health-related physical, mental and social well-being as well as physical and professional well-being of the institution and/or organization.</p> <p>Whether covering a youth soccer tournament, working in one of several hospital satellite clinics, or running a collegiate athletic training program, the AT relies on these practices, standards, and guidelines. Maintenance of records and accurate documentation is mandatory for communication, reimbursement, risk management, and determining best practices. Emergency action plans with consideration for staffing, coordination of resources, liability, and equipment reduce the risk to the individual and organization. When organizing a health care team or making referrals related to injuries, illness and unhealthy lifestyle behaviors, the AT must be knowledgeable of their scope of practice and the state statutes that regulate their profession and the health professionals with whom they work. Additionally the AT engages in ongoing professional education to ensure the care provided by the organization and healthcare professionals adheres to best practices. For organizations and professions to maintain financial health, the AT must demonstrate the ability to utilize basic internal business skills including, strategic planning, human resource management, budgeting, and facility design. They must be able to apply external business skills, such as marketing and public relations to support organizational sustainability, growth, and development.</p>		
Task	Description	
0501	Apply basic internal business functions (e.g., business planning, financial operations, staffing) to support individual and organizational growth and development.	
0502	Apply basic external business functions (e.g., marketing and public relations) to support organizational sustainability, growth, and development.	
0503	Maintain records and documentation that comply with organizational, association, and regulatory standards to provide quality of care and to enable internal surveillance for program validation and evidence-based interventions.	
0504	Demonstrate appropriate planning for coordination of resources (e.g., personnel, equipment, liability, scope of service) in event medical management and emergency action plans.	
0505	Demonstrate an understanding of statutory and regulatory provisions and professional standards of the practice of Athletic Training in order to provide for the safety and welfare of individual(s) and groups.	
0506	Develop a support/referral process for interventions to address unhealthy lifestyle behaviors.	

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