

# **North Carolina Athletic Trainers**

## **Licensed, Board Certified Health Care Practitioners**

### **What is Athletic Training**

Athletic training encompasses the prevention, examination, diagnosis, treatment, and rehabilitation of emergent, acute, or chronic injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.

### **Who We Are: Athletic Trainers Defined**

Athletic Trainers (AT's) are highly qualified, multi-skilled health care professionals specifically trained in the prevention, examination, diagnosis, treatment and rehabilitation of medical conditions and emergent, acute, and chronic injuries. AT's provide care in collaboration with or under the direction of a physician, in accordance with their education, training and the state's statutes, rules and regulations. AT's collaborate with physicians to optimize activity and participation of patients across age and care continuums.

As a part of the health care team, services provided by athletic trainers include primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

**There are 1,948 licensed athletic trainers in North Carolina and nearly 50,000 AT's practicing in the US.**

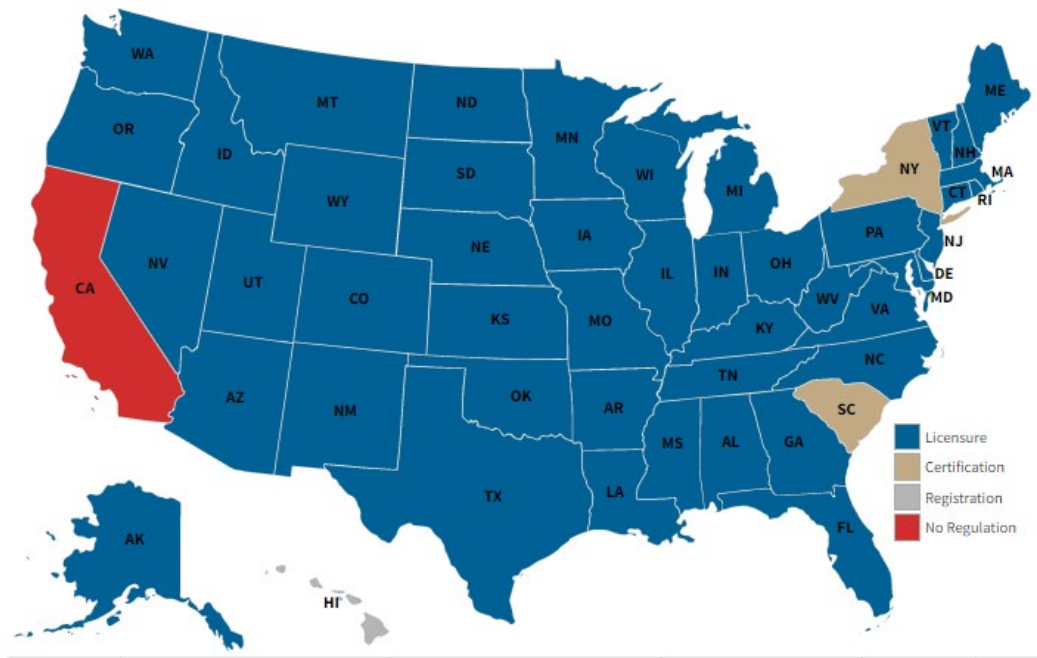
### **The Title of "Athletic Trainer"**

The statutory title of "athletic trainer" is a misnomer. Athletic trainers provide medical services to all types of people - not just athletes participating in sports - and do not train people as personal or fitness trainers do. However, *the profession continues to embrace its proud culture and history by retaining the title*. In other countries, athletic therapist and physiotherapist are similar titles. The athletic training (AT) profession was founded on providing medical services to athletes.

### **State Regulation of Athletic Trainers**

Currently, 49 states and the District of Columbia regulate the practice of athletic training. Individuals must be legally recognized by the appropriate state regulatory agency prior to practicing athletic training. The BOC exam is recognized by all Athletic Trainer state regulatory agencies to meet their exam requirement. Compliance with state regulatory requirements is mandatory and the only avenue to legal athletic training practice.

## Athletic Training State Regulatory Boards



Of the 49 states that regulate athletic training, every state is regulated by state licensure boards except, New York and South Carolina regulate with State Certification (South Carolina is currently working towards licensure). Hawaii regulates with state registration.

## Education of Athletic Trainers

Currently athletic trainers must complete a master's degree in athletic training from a CAATE accredited college or university. The Commission on Accreditation of Athletic Training Education (CAATE) is a 501(c)(3) non-profit organization currently incorporated in the State of Texas. The mission of the CAATE is serving the public and profession by establishing and ensuring compliance with accreditation standards that facilitate quality outcomes, continuous improvement, innovation, and diversity to enhance athletic training education. The CAATE is the agency responsible for the accreditation of more than 360 professional (entry-level) Athletic Training programs, 16 Post-Professional Degree Programs and 2 Residencies. The American Academy of Family Physicians (AAFP), The American Academy of Pediatrics (AAP), the American Orthopaedic Society for Sports Medicine (AOSSM), and the National Athletic Trainers' Association, Inc. (NATA), cooperate to sponsor the CAATE and to collaboratively develop the Standards for Entry-Level Athletic Training Educational Programs.

### North Carolina CAATE Programs

INSTITUTION	STATE	TYPE
APPALACHIAN STATE UNIVERSITY	NC	Professional Degree Change
EAST CAROLINA UNIVERSITY	NC	Professional Masters
HIGH POINT UNIVERSITY	NC	Professional Masters
UNIVERSITY OF NORTH CAROLINA - GREENSBORO	NC	Professional Masters
UNIVERSITY OF NORTH CAROLINA - WILMINGTON	NC	Professional Masters
UNIVERSITY OF NORTH CAROLINA AT CHARLOTTE	NC	Professional Masters
WESTERN CAROLINA UNIVERSITY	NC	Professional Masters

### Where Athletic Trainers Work: Settings

- Physician offices as physician extenders, similar to nurses, physician assistants, physical therapists and other professional clinical personnel
- Rural and urban hospitals, hospital emergency rooms, urgent and ambulatory care centers
- Clinics with specialties in sports medicine, cardiac rehab, medical fitness, wellness and physical therapy
- Occupational health departments in commercial settings, which include manufacturing, distribution and offices to assist with ergonomics
- Police and fire departments and academies, public safety and municipal departments, branches of the military
- Public and private secondary schools, colleges and universities, professional and Olympic sports
- Youth leagues, municipal and independently owned youth sports facilities.

### North Carolina

- Athletic trainers work in a wide variety of settings, providing high quality healthcare services to a broad range of North Carolinians

- **Professional Sports**

- Carolina Panthers
- Carolina Hurricanes
- Charlotte Hornets
- Charlotte Knights
- Durham Bulls
- NASCAR
- NC Courage
- North Carolina FC
- And more

- **College Sports**

- Appalachian State University
- ECU
- Elizabeth City State University
- Fayetteville State University
- NC A&T
- NC Central
- NC State
- UNC-Asheville
- UNC-Chapel Hill
- UNC-Charlotte
- UNC-Greensboro
- UNC-Pembroke
- UNC-Wilmington
- Western Carolina University
- And all Division II and III NCAA and NAIA private institutions
- Community Colleges
- And more

- **Performing Arts**

- UNC School of the Arts

- **Military**

- Fort Bragg
- Seymour Johnson Air Force Base
- Camp Lejeune
- Cherry Point

- **Occupational Health**

- Moore Wellness Systems
- Briotix Health
- WorkCare
- Planned Systems International
- Ergonomics Plus
- And more

- **Clinic and Hospital Employers**

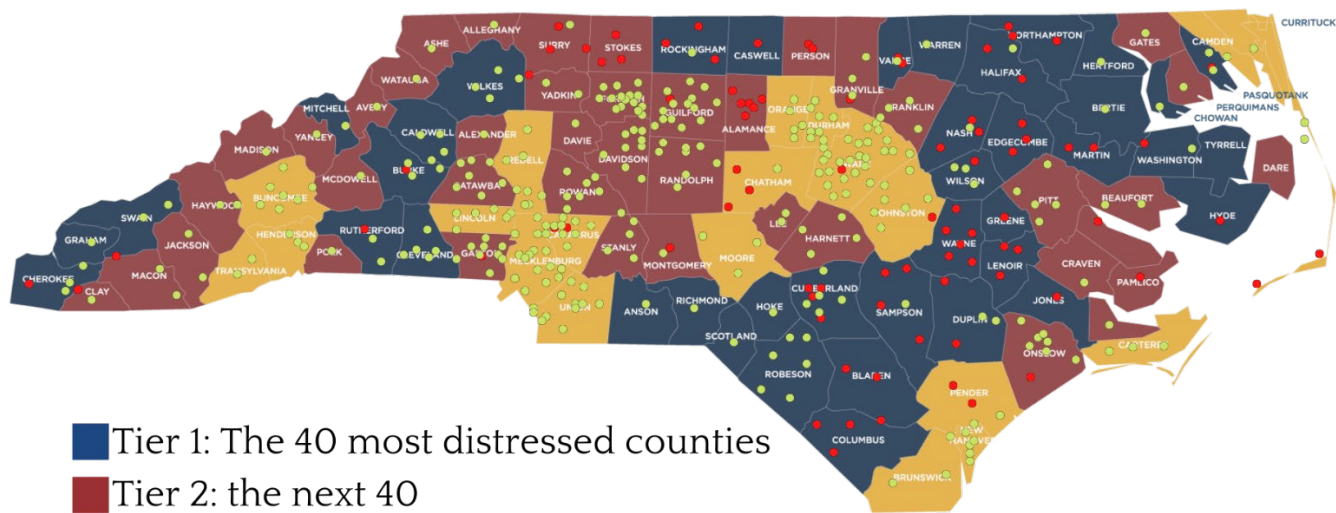
- Atrium Health
- Novant Health
- Raleigh Orthopaedic Clinic
- Duke Health
- Sentara Healthcare
- UNC Health
- Diamond Healthcare Group
- Southeastern Regional Medical Center
- Granville Health System
- Catawba Valley Medical Center
- CaroMont Health
- Mission Hospital
- EmergeOrtho
- Randolph Health
- Wake Forest Baptist Health
- Margaret Pardee Hospital
- Cary Orthopaedic & Sports Medicine Specialists
- And many more

### North Carolina Work Settings

<b>Primary Professional Setting</b>	<b>US</b>	<b>NC</b>
Clinic/Hospital – Administrative	1259	42
Clinic/Hospital – AT	9888	408
Health/Fitness Industry	1552	43
Industrial/Corporate	1535	26
Military/Government/ Law Enforcement	613	56
Not Currently Practicing	3082	128
Other	5122	199
Professional Sports & Performing Arts	1596	42
Sales/Marketing	430	21
Secondary School – Administrative	201	9
Secondary School – AT	13022	406
Student	3544	140
Univ/College/JC – Administrative	231	7
Univ/College/JC – AT	8808	375
Univ/College/JC – Educator	1524	60
Youth Sports	403	17
<b>Total of Certified Athletic Trainers</b>	<b>52810</b>	<b>1979</b>

### Public High Schools in NC with Access to an Athletic Trainer (2020 Data)

- Public High Schools in NC (2020): 420
- AT (at any capacity): 324 (77.1%)
- Full Time: 264 (62.9%)
- Part Time: 59 (14.1%)
- No AT: 80 (19.0%)
- Unknown: 16 (3.8%)



- Tier 1: The 40 most distressed counties
- Tier 2: the next 40
- Tier 3: the 20 least distressed

Green dot: access to AT

## 54 TOTAL INSTITUTIONS WITH ATHLETIC TRAINERS IN NORTH CAROLINA

### NCAA Division I: 18 Total

Institution	Nickname	Conference	Location	Website
Appalachian State	Mountaineers	Southern	Boone, N.C.	<a href="http://goasu.com">goasu.com</a>
Campbell	Fighting Camels	Big South	Buies Creek, N.C.	<a href="http://gocamels.com">gocamels.com</a>
Charlotte	49ers	C-USA	Charlotte, N.C.	<a href="http://charlotte49ers.com">charlotte49ers.com</a>
Davidson	Wildcats	Southern	Davidson, N.C.	<a href="http://davidsonwildcats.com">davidsonwildcats.com</a>
Duke	Blue Devils	ACC	Durham, N.C.	<a href="http://goduke.com">goduke.com</a>
East Carolina	Pirates	American	Greenville, N.C.	<a href="http://ecupirates.com">ecupirates.com</a>

Elon University	Phoenix	Southern	Elon, N.C.	<a href="http://elonphoenix.com">elonphoenix.com</a>
Gardner-Webb	Runnin' Bulldogs	Big South	Boiling Springs, N.C.	<a href="http://gwusports.com">gwusports.com</a>
High Point	Panthers	Big South	High Point, N.C.	<a href="http://highpointpanthers.com">highpointpanthers.com</a>
North Carolina A&T	Aggies	MEAC	Greensboro, N.C.	<a href="http://ncataggies.com">ncataggies.com</a>
North Carolina Central	Eagles	MEAC	Durham, N.C.	<a href="http://nccueaglepride.com">nccueaglepride.com</a>
North Carolina State	Wolfpack	ACC	Raleigh, N.C.	<a href="http://gopack.com">gopack.com</a>
UNC Asheville	Bulldogs	Big South	Asheville, N.C.	<a href="http://uncabulldogs.com">uncabulldogs.com</a>
UNC Chapel Hill	Tarheels	ACC	Chapel Hill, N.C.	<a href="http://goheels.com">goheels.com</a>
UNC Greensboro	Spartans	Southern	Greensboro, N.C.	<a href="http://uncgspartans.com">uncgspartans.com</a>
UNC Wilmington	Seahawks	CAA	Wilmington, N.C.	<a href="http://uncwsports.com">uncwsports.com</a>
Wake Forest	Demon Deacons	ACC	Winston-Salem, N.C.	<a href="http://wakeforestsports.com">wakeforestsports.com</a>
Western Carolina	Catamount	Southern	Cullowhee, N.C.	<a href="http://catamountsports.com">catamountsports.com</a>

#### **NCAA Division II: 20 Total**

<b>Institution</b>	<b>Nickname</b>	<b>Conference</b>	<b>Location</b>	<b>Website</b>
Barton	Bulldogs	Carolinas	Wilson, N.C.	<a href="http://bartonbulldogs.com">bartonbulldogs.com</a>
Belmont Abbey	Crusaders	Carolinas	Belmont, N.C.	<a href="http://abbeyathletics.com">abbeyathletics.com</a>
Brevard	Tornados	S. Atlantic	Brevard, N.C.	<a href="http://bctornados.com">bctornados.com</a>
Catawba	Indians	S. Atlantic	Salisbury, N.C.	<a href="http://gocatawbaindians.com">gocatawbaindians.com</a>
Chowan	Hawks	Carolinas/CIAA	Murfreesboro, NC	<a href="http://gocuhawks.com">gocuhawks.com</a>
Elizabeth City State	Vikings	CIAA	Elizabeth City, N.C.	<a href="http://ecsuvikings.com">ecsuvikings.com</a>
Fayetteville State	Broncos	CIAA	Fayetteville, N.C.	<a href="http://fsubroncos.com">fsubroncos.com</a>
Johnson C. Smith	Golden Bulls	CIAA	Charlotte, N.C.	<a href="http://goldenbullsports.com">goldenbullsports.com</a>
Lees-McRae	Bobcats	Carolinas	Banner Elk, N.C.	<a href="http://lmcbobcats.com">lmcbobcats.com</a>
Lenoir-Rhyne	Bears	S. Atlantic	Hickory, N.C.	<a href="http://lrbears.com">lrbears.com</a>
Livingstone	Blue Bears	CIAA	Salisbury, N.C.	<a href="http://bluebearathletics.com">bluebearathletics.com</a>
Mars Hill	Lions	S. Atlantic	Mars Hill, N.C.	<a href="http://marshilllions.com">marshilllions.com</a>

Mount Olive	Trojans	Carolinas	Mount Olive, N.C.	<a href="http://umotrojans.com">umotrojans.com</a>
Queen's University of Charlotte	Royals	Carolinas	Charlotte, N.C.	<a href="http://queensathletics.com">queensathletics.com</a>
Shaw	Bears	CIAA	Raleigh, N.C.	<a href="http://shawbears.com">shawbears.com</a>
St. Augustine's	Falcons	CIAA	Raleigh, N.C.	<a href="http://saintaugfalcons.com">saintaugfalcons.com</a>
UNC Pembroke	Braves	Peach Belt	Pembroke, N.C.	<a href="http://uncpbraves.com">uncpbraves.com</a>
Wingate	Bulldogs	S. Atlantic	Wingate, N.C.	<a href="http://wingatebulldogs.com">wingatebulldogs.com</a>
Winston-Salem State	Rams	CIAA	Winston-Salem, N.C.	<a href="http://wssurams.com">wssurams.com</a>

#### **NCAA Division III: 8 Total**

<b>Institution</b>	<b>Nickname</b>	<b>Conference</b>	<b>Location</b>	<b>Website</b>
Greensboro	Pride	USA South	Greensboro, N.C.	<a href="http://greensborocollegesports.com">greensborocollegesports.com</a>
Guilford	Quakers	ODAC	Greensboro, N.C.	<a href="http://guilfordquakers.com">guilfordquakers.com</a>
Meredith	Avenging Angels	USA South	Raleigh, N.C.	<a href="http://goavengingangels.com">goavengingangels.com</a>
Methodist	Monarchs	USA South	Fayetteville, N.C.	<a href="http://mumonarchs.com">mumonarchs.com</a>
North Carolina Wesleyan	Battling Bishops	USA South	Rocky Mount, N.C.	<a href="http://ncwcsports.com">ncwcsports.com</a>
William Peace	Pacers	USA South	Raleigh, N.C.	<a href="http://gopeacepacers.org">gopeacepacers.org</a>
Pfeiffer	Falcons	USA South	Misenheimer, N.C.	<a href="http://gofalconsports.com">gofalconsports.com</a>
Salem	Spirits	Great South	Winston-Salem, N.C.	<a href="http://salem.edu/athletics">salem.edu/athletics</a>

#### **Other Divisions: 8 Total**

<b>Institution</b>	<b>Nickname</b>	<b>Conference</b>	<b>Location</b>	<b>Website</b>
Piedmont International	Bruins	NCCAA	Winston-Salem, N.C.	<a href="http://piubruins.com">piubruins.com</a>
Barber-Scotia	Saber-Tooth Tiger	USCAA	Concord, N.C.	<a href="http://b-sc.edu">b-sc.edu</a>
Johnson & Wales	JWU Wildcats	USCAA	Charlotte, N.C.	<a href="http://charlotte.jwuathletics.com">charlotte.jwuathletics.com</a>
Louisburg	Hurricanes	Northeast (NCCAA)	Louisburg, N.C.	<a href="http://lchurricanes.com">lchurricanes.com</a>



Mid-Atlantic Christian	Mustangs	USCAA	Elizabeth City, N.C.	<a href="http://gomacumustangs.com">gomacumustangs.com</a>
Montreat	Cavaliers	AAC (NAIA)	Montreat, N.C.	<a href="http://montreatcavaliers.com">montreatcavaliers.com</a>
St. Andrews	Knights	AAC (NAIA)	Laurinburg, N.C.	<a href="http://sauknights.com">sauknights.com</a>
Warren Wilson	Owls	USCAA	Swannanoa, N.C.	<a href="http://warrenwilsonowls.com">warrenwilsonowls.com</a>

### Centers of Excellence Involving Athletic Training

1. **Matthew Gfeller Center, Traumatic Brain Injury Research, UNC-Chapel Hill:** Founding Director: Kevin Guskiewicz, PhD, ATC; Director: Jason Mihalik, PhD, ATC
2. **National Center for Catastrophic Sports Injury Research, UNC-Chapel Hill:** Director: Kristen Kucera, PhD, ATC
3. **MOTION Science Institute, Musculoskeletal Research, UNC-Chapel Hill:** Associate Director, Erik Wikstrom, PhD, ATC
4. **Korey Stringer Institute, Sudden Death in the athlete, warfighter, and laborer:** CEO, Douglas Casa, PhD, ATC
5. **High School National Athletic Treatment, Injury and Outcomes Network (High School NATION).**
6. **NCAA Injury Surveillance Program,** largest collegiate sports injury database in the world. Managing Director: John Parsons, PhD, ATC