

Pennsylvania Athletic Trainers' Society Members Continue Their Education During the Summer

Athletic Trainers need to earn continuing education units to keep their license to practice. Even though it is the summer months and their down time, some groups are offering continuing education courses for athletic trainers.

([PRWEB](#)) July 23, 2013 -- The summer is a typical time for athletic trainers (AT) to begin preparing for the upcoming academic school year, work on administrative duties, and attend continuing educational programming. In order for an Athletic Trainer (AT) to maintain their national certification and state license, they must earn continuing education credits. Currently, over a three year reporting cycle, athletic trainers must earn 75 hours of continuing education (CE's). Beginning in January 2014, ATs will have to report their continuing education of 50 CEs every two years.

There are many opportunities for athletic trainers to learn new techniques and obtain more education throughout the state. This summer, the Allegheny Mountain Sports Medicine Foundation (AMSMF) in combination with DuBois Regional Medical Center (DRMC) offered two different continuing education opportunities for athletic trainers. Stephen Sheer LAT, ATC, president of the AMSMF helped to coordinate the events. "The AMSMF is a BOC Approved Provider of continuing education and DRMC has great employees with exceptional knowledge and expertise in athletic medicine. The collaboration is an important way to provide education to athletic trainers." Steven Sheer

The program presented on July 10, 2013 was titled "Nutrition for the Athlete: Getting the Most out of Your Food." Athletic trainers learned about myths and facts concerning nutrition, as well as, how the proper variety of foods consumed in the diet help performance in activity.

On July 24, 2013 DRMC and AMSMF will put on a program about concussion education. This program will serve as an educational session geared to both the public and athletic trainers. This collaboration fulfills an important need for concussion education for Western Pennsylvanian's residents. In the Pittsburgh area, ImpACT (Immediate Post-Concussion Assessment and Cognitive Testing) is conducting an education session for athletic trainers on July 25 & 26th. Athletic Trainers are continually updating their knowledge about concussions in order to provide the best possible care to the physically active in the Commonwealth. Research is constantly identifying better techniques to treat these injuries to the brain.

Programs are available not just for licensed ATs but also for aspiring athletic trainers. This summer there are two groups offering a camp for students who want to learn about athletic training. Orthopaedic Associates of Allentown offer a camp for high school students in the Lehigh Valley and surrounding areas. The two day clinic is open to incoming high school students in grades 10 through 12 and college freshmen and sophomores. The program is designed to teach basic taping techniques and skills every athletic trainer uses on a daily basis.

In central Pennsylvania, Susquehanna Health offers a week long athletic training student workshop geared toward high school students. This camp provides basic knowledge to high school students who want to pursue a career in Athletic Training. These students earn their CPR/AED & first aid certification, as well as learn basic athletic injury recognition, and spend a day in human cadaver anatomy lab. The cost of this camp is offset by the Susquehanna Health Coaches' Invitational Golf Tournament.



Athletic Trainers are the first line of health care for the physically active in the Commonwealth. For more information regarding this topic or to schedule an interview with PATS President Yvette Ingram, PhD, LAT, ATC, please contact Linda Mazzoli MS, LAT, ATC, PATS Executive Director at [patsexecutivedirector\(at\)gopats\(dot\)org](mailto:patsexecutivedirector(at)gopats(dot)org).

The Pennsylvania Athletic Trainers' Society, Inc. is a progressive organization of licensed health care professionals who work under the direction of a licensed physician. Our society continues to increase public awareness and education regarding Athletic Trainers and the Athletic Training profession while serving as the premier source of information for public safety, injury and illness prevention, early intervention, patient care, and healthcare delivery for the physically active in the Commonwealth.

“The Keystone to a Healthy and Physically Active Life”



Contact Information

Linda Mazzoli

Pennsylvania Athletic Trainers' Society

<http://www.gopats.org/>

(610) 496-4192

Online Web 2.0 Version

You can read the online version of this press release [here](#).