



## NYSATA Mission

The mission of the New York State Athletic Trainers' Association (NYSATA) shall be to advance, encourage and improve the profession of athletic training by developing the common interests of its' membership for the purpose of enhancing the quality of health care for the physically active in New York State.



*NYSATA is a member organization of the National Athletic Trainers' Association (NATA).*

[www.nata.org](http://www.nata.org)

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# New York State Athletic Trainers' Association



*Founded, 1976  
Incorporated, 1989*

[www.gonysata2.org](http://www.gonysata2.org)

## What is Athletic Training?

Athletic Training (AT) is a health care profession recognized by the American Medical Association since 1991. Athletic Training is practiced by nationally and state credentialed Athletic Trainers, who are health care professionals. Athletic Trainers collaborate with physicians to optimize activity and participation of patients and clients.

Athletic Training encompasses the:

- prevention,
- evaluation and assessment,
- rehabilitation,

and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities.



Those who want to become credentialed as Athletic Trainers must earn a minimum of a bachelor's degree from a CAATE-accredited Athletic Training Educational Program (ATEP) at an accredited college or university. Accredited ATEPs include formal instruction in areas such as:

- injury/illness prevention,
- first aid and emergency care,
- assessment of injury/illness,
- human anatomy and physiology,
- therapeutic modalities, and
- nutrition.

Classroom learning is enhanced through clinical education experiences. More than 70 percent of certified athletic trainers hold at least a master's degree.

## Facts about Concussions

Each year, over 300,000 sports-related traumatic brain injuries (TBIs) occur in the United States, and most can be classified as concussions. Concussions can occur in any sport from a blow to the head or body - *and all are serious injuries!* Various signs and symptoms, including headache, confusion, amnesia, nausea, and/or dizziness, occur with a concussion and may present differently between individuals within minutes, hours, or days following the injury.

If a concussion is suspected, a student-athlete is to refrain from sports participation until assessed by an appropriate health-care professional, such as a certified Athletic Trainer. Following the cessation of symptoms, a progressive return-to-play protocol should be followed to ensure symptoms do not return with activity. Returning too soon can be catastrophic, causing permanent brain damage or even death.



## Concussion Management in the School Setting

On July 1, 2012, the Concussion Management Awareness Act went into effect for all public and charter schools in New York State. The NYS Education Department has released Guidelines to assist school districts to be in compliance with the law.

In addition to being involved in the development of these Guidelines, NY-SATA is a qualified resource for providing information on concussion recognition, management, and policy development. Based on the educational background and experience with the initial recognition, assessment, and follow-up care of these injuries, Athletic Trainers can serve as an integral role in implementing these guidelines.

