

Patricia Santos

Hipp/Pena

Health Institute 12

29 April 2016

The majority of my family members are farm workers. My parents came from Oaxaca and they are hard farm workers, trying to provide the best for me and my brothers. I have three brothers, two younger ones and an older one. At a young age I started to work in the fields with my siblings and alongside my parents on the weekends. Throughout the experiences that I've had working in the fields it has taught me not to take things for granted. Working in the fields has shaped my dreams because I don't want to end up working there. I want to provide for my family and give my parents the things that they deserve in the future. I know that if I try hard enough I'll be able to become who I want to be, just because the majority of my family members are farm workers does not determine my future. It makes me want to do my best in school and go to college. I see school as an opportunity to have a better future and I'm taking advantage of this opportunity. I want to do something that I enjoy not something that makes me not want to wake up the next morning.

During sophomore year I joined cross-country and then after cross-country I joined JV soccer. After doing these two sports I met new people and I made close friends. It helped me physically and socially. During my junior year I did the same sports and I met even more people from both sports. Since I have started joining sports, I have

enjoyed it so much that it made me look into careers that are involved with sports or athletes. I started to look into careers that was involved with athletics or athletes.

High School has shaped me because it has helped me get more involved and less shy. It has helped me get out of my comfort zone. I want to be the first one to go to college and make a difference in my family. I want to change our future and provide for my family. The experiences that I've been through have helped me gain this ambition to become better and to try hard in school in order to create a better future for me and my family. The experiences that I have had with sports has made this ambition in becoming an athletic trainer become bigger, I want to help athletes become and feel better.

By joining sports during sophomore year and realizing how fun sports can be has inspired me to do something related to athletes and sports. Since I am also interested in the medical field I chose to do athletic training. Athletic training sounds like a fun career. I like helping others and this career requires helping athletes. I'd want to help athletes by carrying out rehabilitation programs for athletes that are injured, implement comprehensive programs to prevent injury and illness among athletes. Athletic trainers keep records and write reports on injuries and treatment programs. Once I go into college I would still like to be involved with sports and other athletes and this is one of the reasons why I want to become an athletic trainer. Playing in sports and having a teammate not be able to play anymore because of a physical disability had made an impact on me because it showed me that not everyone gets to play, not everyone has the ability to do what they love. This made me want to be an athletic trainer because

even though I won't be able to play I still want to be surrounded by athletes that enjoy playing what they love.

If someone was playing in a sport and something were to happen to him/her I would want to be able to provide them with some first aid and help them get back on the field as soon as possible. I've seen people get hurt during my cross-country and soccer years and I wish that I could help them out. The desire in wanting to help out my teammates has also motivated me to become an athletic trainer. I didn't like seeing my friends get hurt and not knowing how to help them. In the future I would want to help out as many athletes as possible and get them back on their feet so they can continue playing the sport they love.

I would want to major in something that is going to be fun. I would want to do something that I would want to enjoy and be happy to wake up the next morning and go to work. I wouldn't want to sit in a chair all day in front of a computer. I would want to be outdoors and enjoy the beautiful outdoors. Something that I also like about athletic trainers is that they wear comfortable clothes. They would wear athletic clothes and comfortable shoes. I would want to work at a high school or college but I wouldn't mind having to work some place else. I like meeting new people and making new friends. Athletic trainers tend to create a bond with the athletes. This seems like something that I would want to do. I would want to be an athletic trainer because it sounds like a very fun job.

Athletic training is a part of the Sports Medicine profession. Athletic trainers play a variety of important roles. They are health care professionals who work with

physicians to provide preventative services, clinical diagnosis, emergency care, and rehabilitation. responsible for diagnosing, treatment, and rehabilitation programs for all internal illnesses(NATA 2015). Athletic trainers are there not just during the games but also during the practices as well. They are there to help prevent injuries and when an athlete gets hurt they rush to aid the athlete(Locsin). Athletic trainers communicate with the athletes and coaches. The time that an athletic trainer starts working depends whether they are working full-time or part time. They usually set up the water for the athletes, evaluate the athletes on their injuries, observe, help the athletes stretch out their hurting muscles. Athletic trainers are there to help out athletes from elementary school to professional athletes, gyms, health clinics and the military.

There are several personal characteristics that an athletic trainer should obtain. I believe that the main characteristic is confidence. Without confidence it is impossible to be successful in anything that you do. You should also be quick, decisive, calm, observant, and a leader. The special skills that are needed are: active listening and learning, time management, reading comprehension, critical thinking, coordination, speaking, instructing, science, writing, and decision making(Ray).

According to Wiki, Athletic Training started in the United States in October 1881 in Harvard University. It became known during the Olympics. Once football became known as a national sport in the United States they saw the need of trainers to be present during the games. During this time an athletic trainer only worked with track and field athletes. In 1881 James Robinson was hired by Harvard University to work with the football players. He was the first known athletic trainer. After working with just track and

field athletes he started training the football team. Later on a athletic trainer started training other athletes in different types of sports(NATA News).

The NATA was founded on January 5, 1938. World War II caused the program to live shortly because there was no time to thoroughly develop it. Many athletic trainers were used to help prepare soldiers for war. The first meeting for the athletic trainer took place in Kansas City. This meeting included trainers from Japan, Canada and the United States. They believe that by coming together they can accomplish their goal which was build and strengthen the profession of athletic training through exchange of ideas, knowledge and methods of athletic training. Through the years athletic training has developed as health care professionals, who specialized in preventing ,managing,rehabilitating and recognizing injures. (NATA)

In the United States, William E. "Pinky" Newell was known to many people as the father of Modern Athletic Training. He was the athletic trainer for the U.S Olympic Team in 1980 and also of the Summer Olympics Games. He was the first athletic trainer to be appointed to the position of National Security of the National Athletic Trainer Association. The position soon became known as Executive Director. His first act was to appoint a Committee on Gaining Recognition.This committee established education for athletic trainers. The committee was approved and developed after 3 decades. He was credited for changing the profession of athletic training from a craft made up of dynamic characters to an allied health profession that's appreciated by the whole medical community.(IATA)

According to Azusa Pacific University, a graduate assistant athletic trainer position is a position in which a graduate athletic training student is able to work as an assistant athletic trainer while taking graduate courses. Graduate assistant athletic trainers are responsible for providing the medical coverage of selected teams at the institution where they are working. Traveling with the assigned team, evaluation and documents of injuries from athletes, and administrative responsibilities. These other responsibilities may include working at a high school, clinic, teaching, or doing research.

In order to become certified in becoming an athletic trainer you'd have to take several courses such as human physiology, human anatomy, exercise physiology, kinesiology, nutrition, etc. An athletic trainer is sometimes required depending on the state, to be certified from Board of Certification(BOC). For the minimum an athletic trainer must have a bachelor's but a master is common(Study). In order to get your bachelor's degree you would have to attend 4-5 years of college. In order to earn a master's you would have to take an additional two to three more years of college.

According to NATA, more than 70% of the certified athletic trainers have at least a master's degree. Once you're certified you must continue education requirements in order to remain certified and must work under the direction of a physician. (NATA) An athletic trainer can get advancement opportunities if they have a good education, work experience and if they are diligent.

According to Salary, an average annual salary for an athletic trainer is \$41, 641. If they earn a bonus with their salary, they earn about \$33 more. An athletic trainer earn about \$3,470 monthly or more depending on their experience and whether they work

full-time or part time. Most athletic trainers earn about \$20 per hour. The benefits that an athletic trainer may include health care, disability, pension, time off or social security. The pension is 2,625 and for time off about 5,129. The commission of accreditation of athletic training education is responsible for the accreditation of athletic training education. This program include formal instruction in injury/illness, physiology, therapeutic modalities, nutrition, etc (CAATE).

According to Bureau of Labor Statistics, the job outlook for athletic training from 2014 to 2024 is 21 percent. The job outlook percentage is increasing faster than other jobs. Many athletes get injured during their games, that's why the percentage would increase faster than other jobs. According to the Centers for Disease Control almost 200,000 kids each year are treated in emergency rooms for head injured that were caused while playing a sport. Concussions is a common injury that is caused while playing many sports(KHOU). For males, football has the highest injury rate compared to the other sports. In college football 34 percent have had a concussion and 30 percent has experienced two or more concussions. According to the University of Pittsburgh Department of Neurological Surgery reports, "if you have a second concussion, even a minor one, soon after the first concussion, you might die". Since 2000, twenty-six deaths have occurred that were caused to second impact syndrome. Concussions can result to severe memory impairments and learning disabilities(Thomas).

According to Jim Thomas, the NCCA and the National Athletic Trainers Association have a system that collects injury reports that are submitted by trainers. This system has been operating since 1988. The national surveillance system breaks

injury statistics down by sport, type and year. This would greatly help athletic trainers see what types of injuries they should focus on more and how they can help the athletes prevent in from happening in the future. Through 2004, there were 200,000 injury reports in college athletes, these injuries occurred on athletes that have missed a day or more of practice or competitions. The number of injures have been relatively consistent over the years (Thomas).

ACL (anterior cruciate ligament) tears occur five times more in women than in men. An athlete can tear their acl in multiple sports. According to an article that was written on the New York Times, acl tears are most likely to occur to women because there are anatomical, hormonal and biomedical reasons. Athletic trainers are trying to help the athletes try to prevent tearing their acl by teaching them how to properly cut and land. If there isn't someone telling the athletes how to properly do things then the amount of injuries will increase. This is one of the main reasons why we need athletic trainers to be there for the athletes. An athletic trainer can help prevent many injuries in a year by showing the athletes how to properly stretch, land, etc. (Thomas)

My mentor was Cole, the athletic trainer at Washington Union High School. Cole attended Modesto Junior College for two years. During these two years was when he got exposed to athletic training. Since Athletic training caught his attention, he started getting more involved and took an introductory class for athletic training. He did hours in the training room and met a lot of people. Before working for Washington Union High School, he worked for USA olympics and gymnastics. He was once an athlete himself which was also a reason why he got interested in sport injuries. This is also a reason

why I would want to major in athletic training in order to still have a connection with sports. He is BOC certified and has his bachelor's. He attended CAATE, a 4 year university.

Throughout my experiences with Cole I have been taught a lot which was very helpful because I didn't take sports medicine. I regret not taking that class because I could have learned way much more but the mentor hours did help me get more involved with athletic training. I could say that I know a little bit more about this field but I still have a lot more to learn. I have been taught how to wrap a wrist, how to stretch out a athlete properly. I have done hours during our home games, when someone would get injured I would be behind the athletic trainer to observe and listen. At the end, these hours would help me out in college because I would be familiar with some of the techniques and equipment used on the athletes.

I plan to use athletic training techniques to help prevent athletes from getting injured in the future. I'd try my best to decrease the amount of injuries that occur in a year. In order to reach my goal I would have to teach the athletes how to properly land, cut, stretch and other things in order to prevent any injuries. Something that excites me about becoming an athletic trainer is the fact that I will still be involved with sports in some sort of way. I would be working with athletes which is something that I look forward to. By doing my mentor hours I learned a lot by observing, listening and doing hands on. I enjoyed experiencing how an athletic trainer's job is like. Something that I liked was the fact that I would get into the games for free. Something that I didn't like was that when I was doing my mentor hours during the soccer games it was cold. Being

in the outdoors is fun but it's cold at night. Overall I did enjoy it out there and I am still looking forward in majoring in athletic training in the future.

Work Cited

"Athletic Training." *NATA*. 2015. Web. 09 Jan. 2016.

"Athletic Trainer Salary (United States) United States Home Change Country Don't See What You Are Looking For?Get A Free Custom Salary Report »." *Athletic Trainer Salary*. 20 Sept. 2015. Web. 09 Jan. 2016.

Cobb, Jennifer, and Scott Noll. "How Many Student Athletes Get Hurt Playing Sports?" *KHOU*. KHOU 11-Team, 2016. Web. 09 Jan. 2016.

Thomas, Jim. "Frequency of Injury Among College Athletes." *LIVESTRONG.COM* LIVESTRONG.COM, 22 June 2015. Web. 09 Jan. 2016.

"Salary.com Salary Wizard- Do You Know What You're Worth?" *Salary.com Salary Wizard- Do You Know What You're Worth?* 2016. Web. 09 Jan. 2016.

"Summary." *U.S. Bureau of Labor Statistics*. U.S. Bureau of Labor Statistics, 17 Dec. 2015. Web. 09 Jan. 2016.