

What is an Athletic Trainer?

- *Athletic Trainers specialize in the prevention, recognition, management, and rehabilitation of athletic injuries suffered by the physically active population. It also includes education and counseling of athletes, coaches, and parents along with administration and organization of sports medicine programs.*

What education does an Athletic Trainer need?

- *One can receive an undergraduate and/or a graduate degree in athletic training. There are over 100 institutions that offer athletic training curriculum programs that are accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).*

Where does an Athletic Trainer Work?

- *Secondary Schools*
- *Colleges and Universities*
- *Professional Sports*
- *Sports Medicine Clinics*
- *Athletic Training Curriculum Programs*

Athletic training is recognized by the American Medical Association as an allied health profession.



Yuba College Sports Medicine

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An inside look to the sports medicine program at Yuba College, as well as additional information about how to become a Certified Athletic Trainer



Yuba College Athletic Trainers

Gregory N. Lopin, A.T.C.- Head Athletic Trainer

- Bachelor's Degree: California State University Sacramento (2001)

Corey Blaschek-Miller, A.T.C.- Assistant Athletic Trainer

- Bachelor's Degree: California State University Fullerton (2008)

Typical Day with Our Athletes

- Preparing athletes for practices or competition, which includes preventative exercise, stretching, taping, bracing, or other modality use
- Evaluating injuries to decide if the athlete needs further medical treatment
- Develop conditioning and injury rehabilitation programs for athletes

These duties require Athletic Trainers to have extensive knowledge of anatomy, biomechanics, and physiology and have strong decision making skills

Athletic Training Facilities

The Athletic Training Room is designed to provide an on campus service for the student-athletes through injury prevention, assessment, treatment, and rehabilitation, as well as all-encompassed education. The Athletic Training Room is managed by one full-time Certified Athletic Trainer and one part-time Certified Athletic Trainer.

The Athletic Training Room is located in Building 2000 and is one of the newest buildings on campus. The Athletic Training Room itself consists of a taping station, treatment area, rehabilitation area, hydrotherapy room, and serves as an office for both the Head and Assistant Athletic Trainers.

Athlete Requirements

All of the athletes enrolled at Yuba College must complete a pre-participation physical before he/she is allowed to participate in practices or competition. If it is the athlete's second year of competition, they must fill out a return athlete questionnaire in replacement of a pre-participation physical

In addition each athlete, first or second year, must fill out:

- Two Emergency Cards
- Assumption of Risk Form
- Medical History Form
- Concussion Statement

Additional Opportunities on Campus

- [Care and Prevention of Athletic Injuries \(PE 26\)](#): Course offered in the spring semester for those interested in working with athletics. This course offers hands-on training for recognizing injuries as well as basic taping and stretching techniques.
- [Volunteer/Work Study Opportunities in the Athletic Training Room](#): Work with student-athletes and learn more about what it takes to become an athletic trainer. Just come by or call the Athletic Training Room and talk with Yuba College's Certified Athletic Trainers.



National Athletic Trainers' Association (NATA)

The NATA is an organization dedicated to advancing, encouraging, and improving the athletic training profession. The NATA promotes excellence in athletic health care through public awareness and education.

The NATA offers scholarships for its members through the NATA Research and Education Foundation. There are 3 categories: undergraduate, curriculum, and postgraduate.

www.nata.org