

Prevention and Health Promotion

Prevention is an area that most medical specialists do not provide the patient. The athletic trainer is in close communication with the patient, often for several successive years, and thus is able to detect aspects of the patient's health that may pose an increased risk to participation.

Prevention is a global term, but the ATC works in many specific ways to prevent athletic injury or communication of illnesses. The NATA Board of Certification (BOC) periodically surveys certified members regarding the skills and knowledge needed to function in their capacity as an athletic trainer. From this information, "domains"—areas or spheres of knowledge—are established that form the blueprint for the ATC examination. NATA BOC (2011) identifies "Prevention and Health Promotion" as a domain.

Chapter 1 addresses the preparticipation exam (PPE) and the ways in which the detection of problems can help correct deficits and prevent injury. In this chapter you will learn about the components of the PPE, administration of the exams, and options there might be for any medical findings that may limit participation.

Chapter 2, which introduces aspects of fitness testing and conditioning, covers testing for strength, endurance, and flexibility, as well as conditioning and reconditioning to bring patients to top levels of fitness. Detecting and rectifying deficiencies in an individual's fitness level helps reduce the chance of injury. Keeping the body in top physical condition helps to prevent injury, and that is the goal of every participant and athletic trainer.

Chapter 3 looks at the nutritional aspects of health and performance. Learning about the nutritional values of foods, monitoring caloric intake, and understanding the MyPlate and USDA Dietary Guidelines will aid you in your job of helping active people stay nutritionally healthy. Good nutrition is essential for good health, and good health essential to good performance. It should be easy to see that nutrition can help prevent injury and illness.

Chapter 4 examines how the environment affects athletic participation. The chapter covers concepts of heat dissipation, which will help you understand factors that inhibit cooling. Severe weather is often region specific,

and you should understand the risks of participating in severe conditions. The chapter also discusses the risks associated with various physical hazards found in and around athletic venues, encouraging readers to take a critical look at their local athletic facilities.

Chapter 5 looks at the protective devices used in various sports. Governing bodies for sports impose sport-specific regulations regarding proper and improper equipment that athletic trainers need to understand. Athletic trainers may devise ways to further protect an injured body part to prevent exacerbation of the injury or help prevent an injury. This chapter will look into the legal ramifications of equipment alteration.

Chapter 6 introduces methods of taping and bracing, a skill that is relatively distinc-

tive to the athletic training profession. Taping and bracing can prevent injury, and this is the goal of all applications of tape or braces for use in participation. Some braces and taping techniques can be used for rehabilitation or in treatment of an injury, and the chapter covers these also.

Through study of this part of *Core Concepts in Athletic Training and Therapy*, readers will gain knowledge of preventive measures used in athletic training. Understanding in all these areas—the preparticipation examination, fitness and conditioning, nutrition and good nutritional habits, and the protection of injured or vulnerable areas through use of specialized equipment and techniques—will help prevent injury and illness and keep your patients participating.

COMPETENCIES

Prevention and Health

Promotion (PHP): PHP-8-14, PHP-20, PHP-26-38, PHP-40-41

Acute Care of Injuries and Illnesses (AC): AC-36d

Therapeutic Interventions (TI):
TI-16

Healthcare Administration (HA):
HA-23