

LIVESTRONG.COM BLOG: [WINNING VOICES ON LIVESTRONG.COM](#)

Lance Armstrong Foundation

[| LOGIN](#) | [REGISTER](#)[EAT HEALTHY](#)[GET FIT](#)[BE INSPIRED](#)[START TRACKING](#)[| All](#)[| Subm](#)[Home](#) [Fitness](#) [Strength & Endurance Training](#) [Athletic Training](#) [Athletic vs. a Personal Trainer](#)

Athletic vs. a Personal Trainer

You like this. [Unlike](#)TEXT SIZE: [A](#) | [POST A COMMENT](#) | [PRINT](#) [★ Add to Favorites](#)

0



Athletic vs. a Personal Trainer

Overview

Fitness enthusiasts may sometimes confuse the job titles "athletic trainer" and "personal trainer." Although practitioners of both professions deal with athletes and people trying to meet their own fitness goals, one deals more specifically with the medical aspects of those pursuing an athletic lifestyle. Each plays an important role in fitness world.

Job Description

Personal trainers provide motivation, instruction and the demonstration of [exercise](#) techniques to individuals in a one-on-one or class setting. Personal trainers may be included with other fitness workers such as those who teach [yoga](#), [Pilates](#) and cardio exercise.

Athletic trainers, on the other hand help prevent and treat injuries. The American Medical Association recognizes athletic trainers as Allied Health Professionals; they are often the first health care workers on the scene when an accident occurs in an athletic competition or fitness facility.

Online Certification Courses & Test Prep for Mission- Critical IT Certification. [www.skillsoft.com](#)

Education

An athletic trainer must possess, at minimum, a bachelor's degree; however, with the field becoming increasingly competitive, aspiring athletic trainers may also wish to pursue master's and doctoral degrees. The minimum educational requirement for a person pursuing a career in personal training is a high school diploma.

Sponsored Links

Qualifications and Certifications

Personal trainers become certified by taking a test that includes a written as well as a practical section. You must also be certified in cardiopulmonary resuscitation. Certification is good for two years, after which a personal trainer must take continuing education courses. Certain specialties require additional accreditation.

Athletic trainers must successfully complete an undergraduate degree in athletic training as well as complete an exam administered by the Board of Certification. To retain her certification, an athletic trainer must complete continuing education requirements and adhere to BOC standards of practice.

Work Day

Most personal trainers are part-time employees who only work when they have a session or a class. Athletic trainers who work with sports teams often log longer hours, including practice sessions as well as competitions; they may work 40- to 50-hour weeks.

Become a Personal Trainer A Directory and Guide to Personal Trainer Schools and Certification. [NaturalHealers.com/PersonalTr](#)

Athletic Trainer Colleges 100% Online Sports Management Degree. Flexible Courses. Enroll. [www.AMUOnline.com/SportsMana](#)

EduFit-Personal Training \$24-\$27/Session, 3 loc., New Member receive 30% off 1st pkg of sessions [www.edufit.com](#)

Athletic Training Earn a Sports Management Degree Online at APU. Flexible Courses. [APUS.edu/Sports&HealthSciences](#)

References

[ACSM: Careers In Sports Medicine and Exercise Science; 1/03](#)

[Bureau of Labor Statistics: Athletic Trainers; 2011](#)

[Bureau of Labor Statistics: Fitness Workers; 2011](#)

Sponsored Links

Photo Credit

[Jupiterimages/Goodshoot/Getty Images](#)



Become a Personal Trainer

Six Month Certification Program. Financial Aid, Free Job Placement!

[www.NPTIFitness.com/Certification](#)

EduFit-Personal Training

\$24-\$27/Session, 3 loc., New Member receive 30% off 1st pkg of sessions

[www.edufit.com](#)

Do Your Dream

Be a Yoga Instructor in 6 months Yoga Alliance

Approved. Tempe, AZ.

[www.beayogateacher.com](#)

Become a Personal Trainer

A Directory and Guide to Personal Trainer Schools and Certification.

[NaturalHealers.com/PersonalTrainer](#)

Ads by **Google**
advertisement

Related Videos

About this Author

A 2010 arrival to the world of professional writing, Ronaldo Dixon, an athlete since a young age, most recently helped to form, train and maintain a nationally ranked WVU Club boxing team. Dixon holds a Bachelor of the Arts in business administration, communications and sociology from West Virginia University.

Article reviewed by Kathleen Stebbins

Last updated on: 03/05/11



[Adult ADHD: Personal Impact](#)



[Personal Library for Children](#)



[How to Use an Elliptical Trainer](#)

Member Comments



by [bmyrba](#) on March 7, 2011 at 11:34 AM

0

Thank you for distinguishing the different between athletic training and personal training. This article came at a perfect time as March is National Athletic Training Month. Over 36,000 individuals have earned this credential worldwide. Many people don't realize that Athletic Trainers (ATs) are healthcare professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis and intervention of emergency, acute and chronic medical conditions involving impairment, functional limitations and disabilities. For more information about the Board of Certification, Inc. (BOC) visit www.bocac.org.

Add Your Comment

Post this comment to my Facebook Profile

Post

Fitness Tools

[Loops](#)

[BMI Calculator](#)

[Target Heart Rate](#)

[Body Fat Calculator](#)

[Fitness Tracker](#)

[Athletic Trainer Colleges](#)

100% Online Sports Management Degree. Flexible Courses. Enroll. www.AMUOnline.com/SportsManagement

[Personal Training Experts](#)

Fitness Trainers w/ Proven Results Old Town & North Scottsdale www.ScottsdalePersonalTrainer.org

[Athletic Training](#)

Earn a Sports Management Degree Online at APU. Flexible Courses. APUS.edu/Sports&HealthSciences

[At Home Fitness Arizona](#)

Huge Selection - 4 Arizona Stores LifeFitness - Octane - Super Sale www.athomefitness.com

Ads by Google advertisement

Write for LIVESTRONG.COM



Health and fitness professionals are urged to apply

[Learn More](#)

SITE

[ABOUT](#)

[BLOG](#)

[CONTACT US & FAQ](#)

[ADVERTISE WITH US](#)

[PRESS](#)

[CALORIE COUNTER MOBILE](#)

[CALORIE TRACKER](#)

[FOOD AND FITNESS RESOURCES](#)

[SITEMAP](#)

FOLLOW US

IN THE NEWS

GO MOBILE

ACHIEVE YOUR GOALS, ANYWHERE

[LEARN MORE](#)

Copyright © 2011 Demand Media, Inc. Use of this web site constitutes acceptance of the LIVESTRONG.COM [Terms of Use](#) and [Privacy Policy](#). The material appearing on LIVESTRONG.COM is for educational use only. It should not be used as a substitute for professional medical advice, diagnosis or treatment. LIVESTRONG is a registered trademark of the Lance Armstrong Foundation. The Lance Armstrong Foundation and LIVESTRONG.COM do not endorse any of the products or services that are advertised on the web site. Moreover, we do not select every advertiser or advertisement that appears on the web site-many of the advertisements are served by third party advertising companies.

}