

Public Health Committee Members
Legislature, State of Connecticut

I would like to submit my testimony in support of the raised bill SB1051 AAC the Practice of Athletic Training. As an athletic trainer of over 25 years and an athletic training educator of over 20 years, I have had the opportunity to watch the growth of the athletic training profession. Beginning as the *only* profession in the then budding realm of sports medicine, athletic trainers have progressed in their education, abilities and scope of practice - except in Connecticut. Unfortunately the level of opportunities for athletic trainers have not coincided with the changes in education requirements, coursework in general medicine, pharmacology, orthopedic examination, therapeutic exercise, and emergency care have been added to athletic training curriculum across the nation. However despite the increase in education we are restricted to who we can apply our skills on in this state, which is forcing our students to go elsewhere in search of jobs or to leave the profession.

Did you know-

...personal trainers taking a weekend course on conditioning are learning to provide exercises for individuals with herniated or slipped discs in Connecticut. **Athletic trainers with four more years of education than these people cannot if the person is not an athlete?**

...the Radio City Rockettes, the Cirque Soleil and Disneyland **are provided excellent care** by athletic trainers, but this would not be permitted in Connecticut?

...**professional sports are considered to get some of the very best care possible**, much of it provided by athletic trainers, but **workmen at a job site cannot receive the same care** because of legal restrictions?

...athletic trainers are limited in the ability to provide wellness care in Connecticut? This includes strength and conditioning and nutrition. Athletic training curriculum must include these areas based on national competencies. Physical therapists who are permitted to do wellness care are not required to have a basic nutrition or strength training course- the basics of wellness. Personal trainers who people go to for training often have little or training or coursework but can still provide this service. **Why not the profession who is best trained to provide wellness?**

The list goes on, yet I hear the constant opposition that our education is only 4 years and not 7 like another rehabilitation specialty. I would say that their program should be 7 years, unlike athletic training they need to know cardiac rehabilitation, stroke rehabilitation, and other aspects beyond our scope of practice. Athletic training education may only be four years but **our educational competencies delineate our scope of practice and these competencies do not deal with the advanced care required by such needy populations**. Athletic trainers **are not looking to take care of individuals beyond our level of education; we just wish to apply our knowledge to those individuals who health care providers such as physicians believe would benefit from our skills**.

If you have any questions do not hesitate to contact me. I strongly believe in the athletic training profession. At the same time, as a state university, I want my current and future students to be able to employ the skills they have learned in Connecticut. For your perusal I have attached our newest educational competencies.

Thank you for your time and consideration.

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