



ATHLETIC TRAINERS AT A GLANCE

Statutes: Chapter 451, Occupations Code

Rules: Title 16 T.A.C. Chapter 110

Practice Act? Yes

Title Act? Yes

Inspections? No

Number of Licensees: 4,591 (FY 25)

Webpage: www.tdlr.texas.gov/at



Overview:

Athletic trainers provide a form of health care that is defined within the scope of the license and performed under the direction of a physician or other qualified, licensed health professional authorized to refer services.

Services provided by athletic trainers consist of:

- managing the risk of an athletic injury or illness;
- preventing an athletic injury or illness; assessing an athletic injury or illness;
- providing immediate emergency care;
- providing therapeutic intervention for an athletic injury; and
- reconditioning an athletic injury or illness.

Athletic training services may be provided in any authorized setting. Athletic trainers typically provide services in high schools, colleges or

universities, professional or amateur athletic organizations, athletic facilities, and health care facilities. However, athletic trainers may also provide athletic training services in other settings.

A Texas athletic trainer license is valid for two years.

Please note that personal trainers are sometimes confused with athletic trainers. A personal trainer is an individual who has a varying degree of knowledge of general fitness involved in exercise prescription and instruction. They may also educate their clients in many other aspects of wellness besides exercise, including general health and nutrition guidelines. However, personal trainers are not authorized to provide the same health care services as a licensed athletic trainer.

Licensing

There are four ways to become licensed as an athletic trainer. Applicants for an athletic trainer license must meet the following requirements:

Method A (Apprenticeship Method) Education

- Have an undergraduate or graduate degree that includes at least 24 hours of combined academic credit from each of the following course areas:
 - human anatomy and human physiology;
 - health, disease, nutrition, fitness, wellness, emergency care, first aid, or drug and alcohol education;
 - kinesiology or biomechanics;
 - physiology of exercise;
 - athletic training, sports medicine, or care and prevention of injuries;
 - advanced athletic training, advanced sports medicine; and,
 - therapeutic exercise, therapeutic rehabilitation or therapeutic modalities.

Apprenticeship

- Complete an 1,800-hour apprenticeship in athletic training.
 - The apprenticeship must be directly supervised by a licensed athletic trainer and must be on the same college or university campus as the supervising trainer.
 - The apprenticeship must be completed in college or university intercollegiate sports programs, based on the academic calendar and be completed during at least five semesters (Hours in the classroom do not count toward apprenticeship hours.).
 - A maximum of 600 hours of the 1,800 hours may be accepted from an affiliated setting which the college or university's athletic trainer has approved and be under direct supervision of a licensed physician, licensed or certified athletic trainer, or licensed physical therapist. No more than 300 hours may be earned at one affiliated setting.
 - The apprenticeship must offer work experience in a variety of sports and 1,500 hours of the apprenticeship must be fulfilled while enrolled as a student at a college or university.
 - The apprenticeship must include instruction by a certified or state-licensed athletic trainer in prevention of injuries, emergency care, rehabilitation, modality usage, administrative management and assessment of injuries.

Method B (BOC Method)

- Hold a baccalaureate or post-baccalaureate degree and one of the following:
 - (1) current licensure, registration, or certification as an

athletic trainer issued by another state, jurisdiction, or territory of the United States; or

- (2) current national certification as an athletic trainer issued by the Board of Certification, Inc. (BOC).

Method C (Physical Therapy Method)

- Have a baccalaureate or post-baccalaureate degree or a state-issued certificate in physical therapy. Applicants who hold such degrees must complete three semester hours of a basic athletic training course from an accredited college or university. An applicant shall also complete an apprenticeship in athletic training meeting the following requirements:

(1) The program shall be a minimum of 720 hours. It must be based on the academic calendar and must be completed during at least three semesters. The hours must be under the direct supervision of a college or university's Texas licensed athletic trainer or if out-of-state, the college or university's certified or state-licensed athletic trainer. The apprenticeship includes a minimum of 360 hours per year. Hours in the classroom do not count toward apprenticeship hours.

(2) A fall semester includes pre-season practice sessions. The apprenticeship must offer work experience in a variety of sports.

(3) The apprenticeship must be completed in a college or university's intercollegiate sports program. A maximum of 240 hours of the 720 hours may be earned at a collegiate, secondary school, or professional affiliated setting which the college or university's athletic trainer has approved. No more than 120 hours may be earned at one affiliated setting.

Method D (CAATE-Accredited Method)

- Have a baccalaureate or post-baccalaureate degree in athletic training from a college or university, which held accreditation, during the applicant's matriculation at the college or university and at the time the degree was conferred, from a nationally recognized accrediting organization that is approved by the department (currently the Commission on Accreditation of Athletic Training Education, or CAATE).

In addition, applicants must have:

- current certification in the techniques of professional rescuer cardio-pulmonary resuscitation and the use of an automated external defibrillator; or
- current certification for Emergency Medical Services (EMS) with the Department of State Health Services or its successor agency.

The Texas Athletic Trainer Jurisprudence examination content is based on Texas laws, rules, and regulations relating to the practice of athletic trainers.



Temporary License

A temporary license may be issued to an individual who meets the education and apprenticeship requirements and has passed the written examination. The issuance of a temporary license entitles the holder to perform the activities of an athletic trainer until the last day of the month of the next scheduled practical examination.

Requirements for License Renewal

To renew an athletic trainer license, a licensee must complete the following:

- 40 clock-hours of continuing education during the previous two-year period that includes two clock-hours of training in concussion management; and,
- a human trafficking prevention training course approved by the Texas Health and Human Services Commission.
- Current Emergency Cardiac Care certification from the Basic Life Support for Healthcare Providers/Professional Rescuers at the Healthcare Provider level or beyond, which must be maintained throughout each two-year period.
- Licensee must affirm that they have a written physician's delegation of authority.

Continuing Education

Continuing Education Audits are performed after license renewal.

TDLR sends out renewal notices at least 90 days before the license the expiration date. Licensees complete the applicable continuing education hours and must retain a copy of the continuing education CE document for two years after the date of completion.

A CE audit can occur anytime during the license period. Licensees receive a letter via email that has a due date to comply. The Department will randomly select a sample of license renewals for audit each month. If selected for an audit, the licensee will be notified 90 days prior to the license expiration. Then the licensee must submit copies of certificates, transcripts or other documentation to verify attendance, participation, and completion of continuing education requirements.

| License | Fees |
|--|-------|
| Athletic Trainer (initial application) | \$160 |
| Athletic Trainer (temporary) | \$160 |
| Athletic Trainer (renewal) | \$160 |

The **Advisory Board of Athletic Trainers** has 5 members serving staggered 6-year terms, which includes:

- three members who are athletic trainers; and
- two members who represent the public.