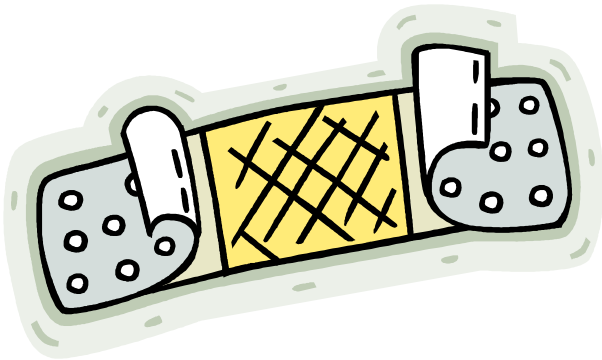




BHistory of

Sports Medicine



History of Athletic Training

- Drive to compete was important to early societies
- Roles are the same in modern sports
- Greek and Roman Civilizations Roles
 - Coaches
 - Trainers
 - Physicians

History of Athletic Training

- Disciplines that emerged during the era
 - Exercise
 - Medicine
 - Physical Therapy
 - Physical Education
 - Sports

Greek Society

- 1st record of highly organized sports



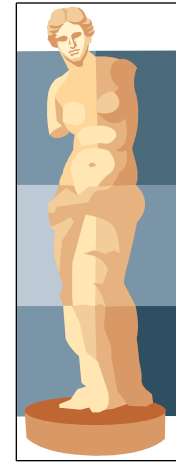
Olympic Games - most famous

Many of the athletic and medical roles that emerged from this era are the same in modern sports

Women were prohibited from watching and participating

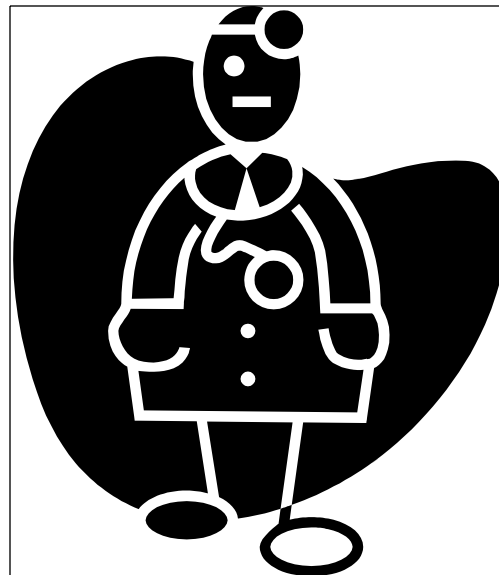
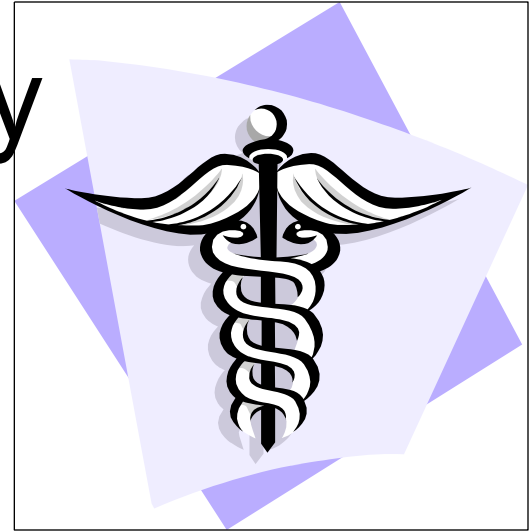
Greek Society

- **Roles that emerged:**
- **personal trainer/athletic trainer**
- **medical specialist**
- **massage therapist**
- **holistic healers - “medicine men”**



Greek Society

- **Herodicus** - physician and athletic trainer, teacher of Hippocrates, recommended exercise as a method for disease treatment
- **Hippocrates** - father of modern medicine



Roman Society

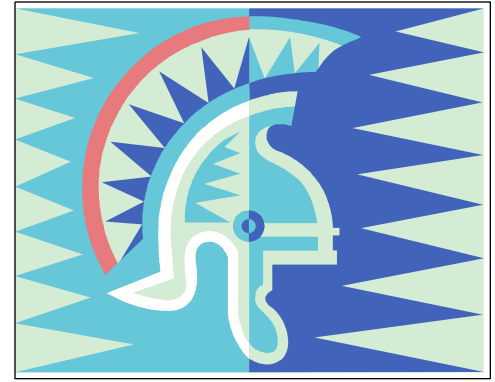


- Galen - physician to Roman athletes, wrote about positive effects of proper diet, rest, avoidance of excessive alcohol consumption, and exercise as a prerequisite for physical conditioning



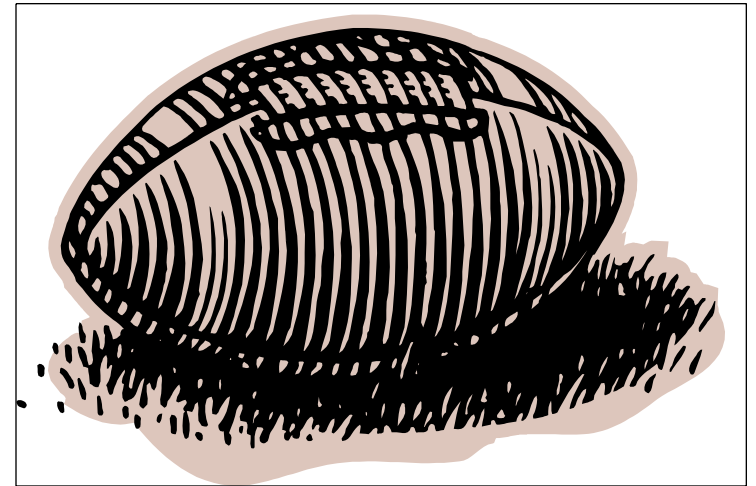
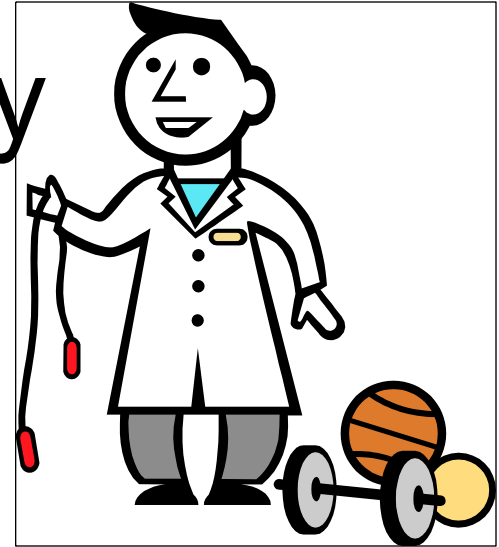
Spartan Society

- Women were encouraged to participate
- Strong, healthy women would produce future Spartan soldiers - who were the epitome of physical perfection



19th Century

- Beginning of athletic training as we know it
- emerged with the rise in popularity of interscholastic and intercollegiate athletics in US
- questionable background - lacked technical knowledge of today's field
- use of home remedies -



20th Century

- Move to view athletic training as a legitimate profession
- formation of NATA - 1950
- establishment of standards for athletic trainers
- Athletic Training included in allied health professions in 1991



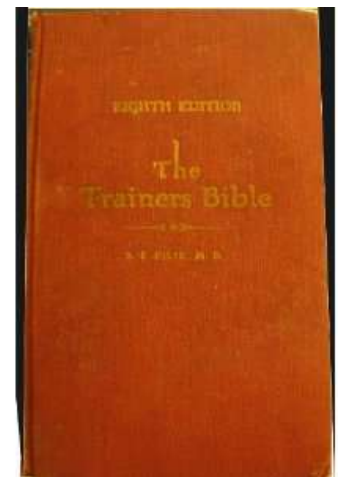
Evolution of Athletic Training: Terminology

- Training implies the act of coaching or teaching
- Athletic training is the field that is concerned with health and safety
- Certified Athletic Trainer is a specialist in athletic training



Evolution of Athletic Training: Major Influences

- Dr. S.E. Bilik
 - Wrote *The Trainer's Bible* in 1917
- Cramer Family
 - Published *First Aider* in 1932
 - Created market for products to treat injured athletes
 - Played prominent role in education



Evolution of Athletic Training: Establishment of NATA

- 1930s effort to est. National Athletic Trainers Association (NATA)
- Est. officially in 1950 in Kansas City, Missouri
- Purpose
 - Est. professional standards for the athletic trainer

