

ABSTRACT

PERCEIVED FITNESS LEVELS OF CERTIFIED ATHLETIC TRAINERS IN THE UNIVERSITY SETTING

The purposes of this study were (a) to identify the daily physical activities and the perceived exertion rates for Certified Athletic Trainers (ATCs) on the job; (b) to determine the daily exercise participation of ATCs and compare to the national trends; and (c) to correlate the hours ATCs spend exercising with the reported hours spent working. Using a stratified random sampling, 200 staff ATCs from NCAA universities were selected from the various 10 districts within the NATA. The Daily Physical Activities and Exertion Rates of Certified Athletic Trainers Survey were distributed to the participants. Data from the returned surveys were analyzed using descriptive statistics and the SPSS computer program was used to measure frequency, means, and standard deviations. There were no correlations found between the hours worked per week and hours spent exercising. However, a low correlation ($r=0.449$) was found between exercise exertion levels and job exertion levels.

Brian Louis Schulman
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