



EATA 2025 On-Demand Program

Athletic Training Through A Public Health Lens: Health Policy (On-Demand Lecture #1)

Through this presentation, athletic trainers will learn the core functions of public health and essential public health services. Athletic trainers play a role in each of the core functions of public health and have made efforts to improve population health through research and practice. This will be demonstrated through recent literature and examples from educational competencies. There are ways that athletic trainers have assisted in policy making and other ways they can advocate for what is best for their patients and communities.

Objectives: At the end of this session/activity, the participant/attendee will be able to:

1. Describe the core functions of public health.
2. Describe the essential public health services of public healthIdentify the role of athletic trainers in public health.
3. Describe ways athletic trainers have improved population health through literature.

Level of Difficulty: Essential

Practice Domains: Healthcare Administration and Professional Responsibility

Speaker: Alyson Hansbarger, MS, LAT, ATC

Growing Pains or Pediatric Injury: What not to Miss in a Physically Active Pediatric Patient (On-demand Lecture #2)

Growth and development is the hallmark of the pediatric patient and can pose difficulty with assessment and treatment when pain arises, especially growth plate injuries. Being able to evaluate and determine the extent of an injury or pain in the pediatric patient is markedly different from adult patients. This lecture will discuss the differences between “growing” pains

and pediatric injuries that may occur on and off the field and what not to miss when referring to the ED or physician practice.

Objectives: Objectives: At the end of this session/activity, the participant/attendee will be able to:

1. Recognize common and some uncommon pediatric injuries.
2. Identify different types of pediatric injuries and classifications.
3. Describe differences between pediatric injuries and adult injuries.

Level of Difficulty: Essential

Practice Domains: Assessment, Evaluation and Diagnosis

Speaker: Katherine Easby, DAT, LAT, ATC

Facilitating Intrinsic Motivation and Practical Applications of Self-Determination Theory (On-demand Lecture #3)

Facilitating intrinsic motivation in patients is an important, if often overlooked, component of patient-centered athletic training practice. Patients with higher levels of intrinsic motivation will experience positive psychological effects and enhanced rehabilitation outcomes, including effort and persistence when faced with adversity, such as injury. Self-Determination Theory (SDT) is a simple, psychological theory that explains how to facilitate intrinsic motivation through meeting the three basic psychological needs of competence, autonomy, and relatedness. While minimal research is available to support the full framework of SDT applications in athletic training, research which supports athletic trainers' use of skills to meet each basic psychological need individually is clearly documented. The practical applications of SDT are simple and can be incorporated into common, daily interactions with patients and through purposeful clinical decision-making. This interactive lecture will help participants learn the basic principles of SDT and will demonstrate how participants can easily incorporate applications of SDT into their daily clinical practice to help facilitate intrinsic motivation in their patients.

Objectives: At the end of this session/activity, the participant/attendee will be able to:

1. Describe the basic concept of intrinsic motivation and the influence of intrinsic motivation on injury and rehabilitation.
2. Describe the basic principles of Self-Determination Theory, including the basic psychological needs of autonomy, competence, and relatedness.

3. Formulate a plan for applying Self-Determination Theory to facilitate the development of intrinsic motivation during daily clinical practice with injured patients.
4. Integrate elements of Self-Determination Theory to facilitate the development of intrinsic motivation in daily interactions with non-injured patients.

Level of Difficulty: Essential

Practice Domains: Assessment, Evaluation, and Diagnosis, Therapeutic Intervention

Speaker: Sarah Cook, PhD, LAT, ATC