

77th NATA Clinical Symposia On-Demand

REIMAGINING THE PREPARTICIPATION PHYSICAL EVALUATION: A CALL FOR UPDATED SCREENING PRACTICES

Abstract:

This session will present an updated best-practice framework for conducting preparticipation physical evaluations (PPEs) that emphasizes the critical need for increased interdisciplinary collaboration. Despite their widespread use, the PPE process lacks evidence to support their effectiveness in identifying risk factors for mental health challenges and musculoskeletal injuries. Athletic trainers serve on the front lines in managing routine and catastrophic events specific to sudden death, mental health, and orthopedics. However, the approach to these conditions remains largely reactive. Given the rising physical and psychological demands placed on student-athletes, athletic trainers have a responsibility to implement evidence-informed changes that align PPE standards with current best practices.

Learning Objectives:

- Compare current preparticipation physical evaluation practices with updated best-practice models to assess gaps in effectiveness.
- Differentiate between reactive and proactive approaches to athlete health and safety to illustrate how revised PPE practices can align with contemporary standards of care.
- Recognize the role of athletic trainers in addressing sudden cardiac events, mental health emergencies, and catastrophic injuries during the PPE process.
- Identify key mental health and musculoskeletal injury risk factors and screening practices that are often overlooked in the traditional PPE.
- Apply evidence-informed strategies to enhance interdisciplinary collaboration in the development and implementation of PPE protocols.

Schedule and Format:

Available On-Demand on [NATA EducATe](https://www.nata.org/educate) starting July 31, 2026.

NATA Cancellation/Refund Policy:

Cancellation/refund requests for 2026 Blended Learning sessions must be emailed to membership@nata.org prior to May 31, 2026. Refunds will be credited back to the original payer via the method they were received. Blended learning sessions are non-refundable beginning June 1, 2026. Complete 2026 NATA Symposia Refund Policy Information can be found at [convention.nata.org](https://www.convention.nata.org).

PROGRAM FACULTY AND CREDENTIALS

Ty Michalowski
MSAT, LAT, ATC

Zachary Winlelmann
PhD, ATC

CONTACT HOURS

(CEUS THAT WILL BE MADE AVAILABLE)

1.0 CEUs

FEE(S)

Must be purchased as a package

\$499 for Professional Members

\$849 for Nonmembers

\$349 Certified Student Member

\$99 Student Member (no CEUs)

\$0 Retired Certified, Licensed or Honorary



1620 Valwood Parkway
Suite 115
Carrollton, TX 75006
214-637-6282

www.nata.org | educate.nata.org



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