## Virtual Program

PRESENTS

# Beyond Pregame Care: Leveraging NBA Wellness Programs to Support Officials' Health, Recovery, and Performance

Outpatient Education Department

**TARGET AUDIENCE:** ATC

**LEVEL:** Introductory/Essential

**CONTACT HOURS:** 1.0

## Faculty

**Tanner Flatland, ATC**, has been a certified athletic trainer since 2013, with experience working at all levels of athletics, from youth through professional. He has worked as a medical liaison for NBA referees since 2021. Prior to this role, he provided pre-game treatment services to the NBA referees while in Milwaukee from 2018 - 2020. Along with his current NBA role, Tanner provides athletic training services to the local high school. He is regularly engaged in community youth sports, medical coverage and coaching.

### Program Accreditation

Select Medical is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers; this course is approved for 1.0 Category A hours

Non-Discrimination Statement: Select Medical does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. Select Medical is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

## Course Description

NBA officials face unique physical, mental, and occupational demands due to extensive travel, irregular schedules, performance expectations, and frequent time zone changes. As frontline healthcare providers within the NBA Officials Care Program, athletic trainers are uniquely positioned to support officials through both direct care interactions and referrals to wellness resources.

This presentation will provide an overview of the NBA Wellness Programs available to officials, including resources designed to support physical recovery, mental well-being, occupational health, and overall performance. Participants will learn how these resources complement athletic training services and explore practical strategies for incorporating wellness education into pregame interactions. Emphasis will be placed on identifying opportunities to reinforce recovery behaviors, promote resource utilization, collect meaningful feedback, and strengthen continuity of care for officials throughout the season.

## Course Objectives

*Upon successful completion of the program, the participant will:*

- Identify the key wellness programs and support resources available to NBA officials and describe their intended purpose within the overall healthcare framework.
- Describe common health, recovery, and performance challenges associated with the travel demands, scheduling requirements, and occupational stresses experienced by NBA officials.
- Recognize ways athletic trainers can reinforce recovery-focused behaviors and wellness initiatives to enhance health, readiness, and performance throughout the season.
- Discuss **s**trategies for incorporating wellness program education and resource discussions into routine pregame interactions with NBA officials.

## Agenda

- Introduction: The AT's Role within the NBA Wellness Ecosystem 5 minutes
- Understanding the Occupational Demands of NBA Officials 15 minutes
- Current NBA Wellness Initiatives 10 minutes
- Integrating Wellness Reinforcement into Pregame Encounters 10 minutes
- Case Discussions 5 minutes
- Key Takeaways & Question & Answer Session 5 minutes

**Posttest***
*CEUs Awarded after passing (Minimum score 80%).

**Prerequisites**: NA
**Instructional Methods**: Lecture

**QUESTIONS:** If you have questions, please contact course Coordinator, Erin Melton: emelton@selectmedical.com

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**Please check:** ☐ATC ☐PT ☐PTA ☐OT ☐OTA ☐Other_____
Name:_____

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**Registration Fee: $60.00**

**Payment Options:**

1. **Fax completed registration/payment info to 717-635-3897**
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   Select Medical Attn: Erin Melton
   1340 Gaskins Road, Unit 12, Richmond, VA 23238
   Fax: 717-635-3897
   Email: emelton@selectmedical.com

**Cancellation Policy:** Written notification of cancellation 10 days prior to course date – Refund request will be honored (less $50 processing fee). Cancellation notification within 10 days prior to the course will result in full forfeiture of tuition amount. Select Medical reserves the right to cancel this program. In the event of course cancellation, a full refund will be given.