Athletic Training

Athletic trainers work closely with other members of a healthcare team including physicians, physician's assistants and others to care and prevent illness and injury related to sports and exercise. Athletic trainers advise, diagnose, evaluate, treat, and rehabilitate athletes in order help them participate in athletic competition. Certified athletic trainers gain employment in a variety of settings including but not limited to: high school/college athletic programs, professional sport programs, outpatient physical therapy/sports medicine clinics, industrial/corporate settings, and even the US military.

The Athletic Training Education Program (ATEP) at Colorado Mesa University is fully accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students must complete 15 to 20 hours per week of field/clinical experiences working with Colorado Mesa University athletic teams and at nearby off-campus affiliate sites. The off-campus affiliate sites include high school athletic training settings, outpatient physical therapy clinics, and several physician offices including general medicine and orthopedics. The program is designed to not only prepare students for a career in athletic training but also to form a foundation for graduate school and the pursuit of advanced degrees in healthcare. Field experience will include rehabilitation hours, team preparation, sports coverage, and game coverage. Students must apply to get into the ATEP. The criteria for determining admission will include the following: demonstrated work ethic, involvement during observations, overall GPA, pre-requisite course GPA, interview, and the recommendation from a supervising certified athletic trainer for transfer students.

CMU also offers many clubs and organizations campus-wide and within the Kinesiology Department that can help prepare students for advanced study or build campus and community connections.

A person in this career field may:

- Be available for treatment/care of athletes at sporting events
- Evaluate athletic injuries and assess athletes’ ability to participate in competition
- Work with medical professionals to develop rehabilitation plans for injured athletes
- Assist athletes with injury prevention, including taping, bandaging, or using braces
- Keep records and write reports on injuries and rehabilitation plans
- Communicate with athletes, coaches, and community members about athletic injuries, rehabilitation, and prevention
- Monitor progress in rehabilitation of injuries
- Implement exercise or training programs for athletes
Major Skills & Characteristics

- Active listening skills
- Assessing symptoms and injuries
- Desire to help and care for people
- Effective oral/written communication skills
- Gathering and tracking information on athletic injuries and rehabilitation
- Knowledge of anatomy, physiology and biology
- Operate physical therapy equipment
- Problem solving skills
- Physical coordination or athletic ability used to demonstrate rehabilitation or preventive exercises
- Taping, bandaging, and stretching athletes
- Strong leadership skills
- Strong interpersonal skills
- Work well in stressful situations

Organizations That Commonly Employ Athletic Training Majors

- Amateur sports teams
- Chiropractic clinics
- Civic and social organizations
- Colleges and Universities
- Corporate settings
- Health and fitness centers
- Hospitals
- International athletic organizations
- Medical equipment companies
- Professional sports teams
- Public and private high schools
- Sports medicine clinics
- United States Olympic Centers and Teams

Related Careers

- Assistant Athletic Trainer
- Athletic Director
- Coach
- Collegiate Athletic Trainer
- Exercise Physiologist
- Fitness Consultant
- Fitness Instructor
- High School Athletic Trainer
- Massage Therapist
- Medical Equipment Consultant/Sales Representative
- Personal Trainer
- Physical Therapist
- Recreational Therapist
- Rehabilitation Specialist
- Sports Club &/or Resort Manager
- Sports Dietician
- Sports Physical Therapist
- Strength & Conditioning Specialist/Coach
- Teacher
- Team Physician
- Team Trainer
- Wellness Specialist

Note: Some of the occupations listed above may require additional education, experience, or training beyond a Bachelor's Degree. To research these occupations further use the Career Research Resources links below.
Career Research Resources:
Use these sites to research information about specific occupations such as nature of the work, training or qualifications, employment or job outlook, projections, earnings and wages.

The Bureau of Labor Statistics
  - Use the A-Z index to select the occupation you are researching.

O*NET-Online: [http://www.onetonline.org](http://www.onetonline.org)
The U.S. Department of Labor
  - In the occupational search box type in key words, job titles, or occupational codes to research various careers.

My Future.com: [http://www.myfuture.com](http://www.myfuture.com)
The Department of Defense
  - This site compiles information from departments of Commerce, Education and Labor.

Organizations and Associations Links
  - National Athletic Trainers’ Association (NATA): [www.nata.org](http://www.nata.org)
  - American College of Sports Medicine (ACSM): [www.acsm.org](http://www.acsm.org)
  - National Association for Sport & Physical Education (NASPE): [www.aahperd.org/naspe](http://www.aahperd.org/naspe)
  - American Academy of Kinesiology and Physical Education (AAKPE): [www.nationalacademyofkinesiology.org](http://www.nationalacademyofkinesiology.org)
  - National Strength & Conditioning Association: [www.nsca-lift.org](http://www.nsca-lift.org)
  - Rocky Mountain Athletic Trainers’ Association: [www.rmata.org](http://www.rmata.org)
  - College Athletic Trainers’ Society: [www.collegeathletictrainer.org](http://www.collegeathletictrainer.org)

Job Listings/Job Search Sites:
  - National Athletic Trainers’ Association Career Center: [www.nata.org/career-center](http://www.nata.org/career-center)
  - Professional Baseball Athletic Trainers Society: [www.pbats.com](http://www.pbats.com)
  - US Olympic Committee (jobs and internships): [www.teamusa.org/jobs](http://www.teamusa.org/jobs)
  - Sports Careers: [www.sportscareers.com](http://www.sportscareers.com)
  - Sports Medicine Jobs: [www.sportsmedicinejobs.com](http://www.sportsmedicinejobs.com)
  - Teamwork Online Sports Jobs: [www.teamworkonline.com](http://www.teamworkonline.com)
  - Athletic Training Jobs: [athletic.trainer.jobs.topusajobs.com](http://athletic.trainer.jobs.topusajobs.com)