

Athletic Trainer

The athletic trainer, with the consultation and direction of attending and/or consulting physicians, is an integral part of the health care system associated with physical activity and sports. Through preparation in both academic education and clinical experience, the athletic trainer provides a variety of services, including injury prevention, assessment, immediate care, treatment, and rehabilitation after physical injury or trauma.



Career Description

Past role delineation studies have concluded that the role of an athletic trainer includes, but may not be limited to:

- Prevention
- Recognition, evaluation, and assessment
- Immediate care
- Treatment, rehabilitation, and reconditioning
- Organization and administration
- Professional development



Employment Characteristics

Athletic trainers typically provide their services in one or more of the following settings: secondary schools, colleges and universities, professional athletic organizations, physician offices, hospital-based clinics, private sports medicine and rehabilitation clinics, industrial/occupational, military, and performing arts.



Salary

Entry-level salaries in 2005 averaged \$35,000. The average overall salary is \$45,000, with the upper ranges from \$55,000 to \$75,000. Refer to Section IV, Table 5 of this *Directory* for more information, or see www.ama-assn.org/go/hpsalary.



Educational Programs

Length. Baccalaureate degree programs require 4 years of study. Postbaccalaureate programs are generally 2 years.

Prerequisites. Applicants for the 4-year baccalaureate degree programs must have a high school diploma or equivalent and meet institutional entrance requirements. Applicants for post-baccalaureate programs should have a baccalaureate degree that includes appropriate course work and clinical experience, as specified by the institution.

Curriculum. The professional curriculum includes formal instruction in risk management and injury/illness prevention, pathology of injury/illness, assessment of injury/illness, general medical conditions and disabilities, therapeutic modalities, therapeutic exercise, rehabilitative techniques, health care administra-

tion, weight management and body composition, psychosocial intervention and referral, medical ethics and legal issues, pharmacology, and professional development and responsibilities. The didactic curriculum is augmented by a series of structured laboratory and clinical experiences.



Certification

Almost all states require that athletic trainers hold the ATC® (Athletic Trainer, Certified) credential, which is issued by the Board of Certification Inc. The ATC credential is supported by three pillars: the BOC certification examination, BOC Standards of Practice and Disciplinary Process, and continuing competence requirements. The 1-day, three-part examination verifies that the knowledge, skills, and abilities required for competent performance as an entry-level athletic trainer have been met.



Inquiries

Careers

National Athletic Trainers' Association, Inc
2952 Stemmons Freeway, Suite 200
Dallas, TX 75247
214 637-6282
800 TRY-NATA
214 637-2206 Fax
www.NATA.org

Certification

Board of Certification Inc
BOC Administrative Offices
4223 S 143rd Circle
Omaha, NE 68137
402 559-0091
402 561-0598 Fax
www.bocatc.org

Program Accreditation

Commission on Accreditation of Athletic Training Education (CAATE)
2201 Double Creek Drive, Suite 5006
Round Rock, TX 78664
512 733-9700
512 733-9700 Fax
E-mail: caate@sbcglobal.net
www.caate.net