



XAVIER UNIVERSITY CAREER SERVICES CENTER

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CAREER OPPORTUNITIES FOR ATHLETIC TRAINING MAJORS

SKILLS & ABILITIES OF THE ATHLETIC TRAINING MAJOR

Human Awareness

- Active Listening
- Social Perceptiveness— awareness of others' reactions and understanding the causes of these reactions
- Assessing/Monitoring athletes' performance
- Problem Sensitivity
- Service Orientation— looking for way to assist other people (athletes)
- Coordination— adjusting actions in relations to others' actions

Problem Solving

- Conduct initial assessments of athletic injuries and refer to physicians for definitive treatment
- Apply protective devices to current or previous areas of athletes' injuries.
- Work under pressure when unexpected events (injuries) occur

Technical Skills

- Sound understanding of human anatomy and physiology
- Updated knowledge of rehabilitation techniques to enhance athletes' recovery
- Implements appropriate injury prevention methods
- Finger Dexterity— able to precisely coordinate finger movements to complete tasks

Communication

- Effectively communicating verbal messages to others (physicians, coaches, guardians, etc.)
- Writing— communicating effectively in writing based on the needs of the audience
- Instructing / Teaching exercises and procedures
- Customer and Personal Services
- Documenting Information (Forms / Reports)

**Partially taken from O*NET OnLine*

POTENTIAL CAREERS

Athletic Training Occupations

- Athletic Trainer
- Certified Athletic Trainer
- Assistant Athletic Trainer
- Athletic Instructor
- Clinical Education Coordinator
- Clinical Instructor
- Physician Extender
- Resident Athletic Trainer
- Sports Medicine Coordinator

**Partially taken from O*NET OnLine*

Related Occupations- (Transferrable Skills)

- Physical Therapist
- Physical Therapist Assistant
- Recreational Therapist
- Respiratory Therapist
- Licensed Practical Nurse
- Registered Nurse
- Orthotist
- Prosthetist
- Veterinary Assistant
- Laboratory Animal Caretaker
- Sports Coach

**Provided by the Occupational Outlook Handbook*

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TYPES OF EMPLOYERS

- Hospitals
 - Hospital Emergency Rooms
 - Urgency Care Centers
 - Military Hospitals
 - Physical Therapy Clinics
 - Secondary Schools
 - Colleges & Universities
 - Youth Sports Leagues
 - Commercial Settings
 - Professional Sports Teams
- *Provided by the National Athletic Trainer's Association (NATA)*
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ATHLETIC TRAINING RELATED TASKS

- Cooperate with a coaching staff to design and monitor a team conditioning program
- Supervision of safety factors involving a playing area (surface)
- Selection of proper equipment in cooperation with coaching staff / team manager
- Administration of first aid to injured athletes
- Application of devices such as bandages and braces to prevent injury
- Development / Supervision of rehabilitation programs for injured athletes to prevent recurring injury and monitor the improvement of muscle strength
- Maintain the athletic training area and ordering necessary supplies
- Develop good working relationships with players, coaches, physicians, and school administrators.

** Taken from Opportunities in Sports and Fitness Careers (Heinzman, 2003)*

EARNINGS FOR ATHLETIC TRAINERS

Median annual wages of athletic trainers were \$41,600 in May 2010. The middle 50 percent earned between \$33,800 and \$51,280. The lowest 10 percent earned less than \$25,750, and the highest 10 percent earned more than \$64,390. Median annual wages in the industries employing the largest numbers of athletic trainers in May 2010 were:

Colleges, universities, and professional schools- \$44,730
General medical and surgical hospitals- \$43,320
Offices of other health practitioners- \$40,060
Other amusement and recreation industries- \$43,160
Elementary and secondary schools- \$52,840

**Provided by the Bureau of Labor Statistics (2010-11)*

ADDITIONAL ATHLETIC TRAINING RESOURCES

- National Athletic Trainers' Association (NATA), www.nata.org
 - College Athletic Trainers' Society (CATS), www.collegeathletictrainer.org
 - Ohio Athletic Trainers' Association, www.oata.org
 - Board of Certification for the Athletic Trainer, www.bocatc.org
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RELATED BOOKS IN THE CAREER RESOURCE LIBRARY (CLC 530)

- *Opportunities in Sports and Fitness Careers*
- *Career Opportunities in the Sports Industry*
- *Careers for Sports Nuts & Other Athletic Types*
- *Occupational Outlook Handbook 2008-09*
- *Cool Careers: Athletic Training*
- *The Internship Series: The Sports Internship Book 2011*