

ATHLETIC TRAINER

DEFINITION

Plans, coordinates and implements programs for the prevention, evaluation, therapeutic, rehabilitative, and emergency medical care of students engaged in intercollegiate sport programs at a college.

TYPICAL DUTIES

- Develops preventative, therapeutic, rehabilitative and emergency medical care programs for student athletes.
- Evaluates injuries and administers emergency first aid and CPR/AED to student athletes during practice, training sessions, and intercollegiate contests.
- Refers student athletes to the team physician, physician specialists, hospital emergency room, or allied health care specialists, as appropriate.
- Advises and counsels athletes and coaching staff on matters related to injury prevention and care, conditioning, rehabilitation, training, diet, rest, alcohol/substance abuse, and related matters.
- Measures and applies protective and therapeutic bandaging, wrapping, strapping, padding, braces, guards, and other protective devices to prevent injury to student athletes.
- Administers and utilizes modalities such as electrotherapy, cryotherapy, hydrotherapy, massage, therapeutic/rehabilitative exercise and equipment, therapeutic heat, ultrasound, and traction under the direction of a team physician.
- Assists in the administration of health and medical care as directed by a team physician.
- Schedules and assists team physicians in the administration of pre-participation physical examinations to prospective student athletes.
- Prepares injury reports to coaches and physicians.
- Establishes, administers, organizes, and maintains physical examination, health insurance, injury, and treatment records and reports.
- Establishes and maintains effective working relationships with health care professionals providing care to student athletes.
- Acts as a liaison between administrators, coaching staff, athletes, parents, and team physicians.
- Advises coaching staff on the severity of injuries incurred by student athletes and on their ability to resume training and re-enter intercollegiate practice and competition.
- Advises the Department Chair, Athletic Director, and coaching staff on the safety and sanitary condition of locker room, practice, and competition facilities and sites.
- Maintains athletic training room facilities and equipment in a safe and sanitary condition.
- Maintains inventory records of athletic training equipment and supplies.
- Prepares requisitions for athletic training equipment and supplies.
- Serves as a policyholder representative for District intercollegiate athletic insurance.
- Travels with football teams and on an as needed basis with all other athletic teams to provide routine medical care of injured student athletes.
- Supervises, mentors, and provides educational experience for athletic certification program interns.
- Provides work direction to student employees.
- Performs related duties as assigned.

DISTINGUISHING CHARACTERISTICS

An **Athletic Trainer** prevents injury or re-injury of intercollegiate athletes by developing conditioning, flexibility and rehabilitative programs; applying specialized protective strapping or bracing; and administering therapeutic and emergency first-aid to injured athletes.

A **Fitness Center Coordinator** coordinates the operations of a college fitness center and monitors exercise and body conditioning activities.

A **Physical Education/Athletics Facilities Assistant (Male/Female)** issues, collects, and makes minor repairs to physical education and/or intercollegiate athletics equipment and oversees the use of equipment rooms, locker rooms, and related men's or women's physical education facilities.

SUPERVISION

General supervision is received from a Physical Education Department Chair or Athletic Director. Technical assistance is received from a team physician on medical matters. Immediate supervision is exercised over student interns. Work direction may be provided to student employees.

CLASS QUALIFICATIONS

Knowledge of:

- Current foundations of athletic and sports trauma
- Basic principles of anatomy, kinesiology, and exercise physiology
- Health conditions and illnesses related to athletic participation and sports
- Current principles and techniques for the prevention, evaluation, therapeutic and rehabilitative care of athletic injuries and illnesses
- Basic first aid and CPR/AED for the Professional Rescuer
- Common athletics injuries and sports psychology
- Equipment, materials, and supplies used in the prevention, evaluation, therapeutic and rehabilitative care of athletic injuries and illnesses
- Athletic equipment used in training and competitive sports
- Organization and management of records
- Capabilities of computer systems, software, and hardware common to athletics programs

Ability to:

- Plan, coordinate and implement a comprehensive athletic training/sports medicine program independently
- Evaluate and assess the condition and progress of student athletes in therapeutic, rehabilitative and conditioning programs and modify these programs to meet individual needs
- Effectively operate a variety of therapeutic devices such as hydroculator, whirlpool baths, Electric Muscle Stimulation, ultrasound, and Transcutaneous Electrical Neural Stimulation
- Effectively operate and supervise the use of a variety of exercise and conditioning equipment such as free weights, weight machines, physio and medicine balls, resistant tubing, ergometers and treadmills

Ability to: (Cont.)

Effectively administer therapeutics and first aid to injured student athletes
Act decisively and prudently in emergency and life threatening situations
Establish, maintain and organize medical insurance, treatment and injury records and reports
Effectively communicate both orally and in writing
Mentor and supervise student interns
Train and provide work direction to student employees
Learn general and specialized software applications
Learn the characteristics of new materials and equipment and update skills to adapt to changing technology

ENTRANCE QUALIFICATIONS

Education and Experience:

Graduation from a recognized four-year college or university which included or was supplemented by completion of the undergraduate course work/subject matter requirements set by the Commission on Accreditation of Athletic Training Education (CAATE). A degree with a specialization in physical education, health, or a closely related field is desirable.

A master's degree from a recognized four-year college or university in physical education, health, or a closely related field is desirable.

Special:

A current Athletic Trainer Certification (ATC) by the Board of Certification (BOC) of the National Athletic Trainers Association
Current American Red Cross or American Heart Association certificate in Cardiopulmonary Resuscitation / Automated External Defibrillators for the Professional Rescuer
Current American Red Cross First Aid certificate
A valid Class "C" California drivers license
A valid Class "B" drivers license may be required for some positions
Access to an automobile