

ATHLETIC TRAINER

DEFINITION

Plans, coordinates, and implements conditioning, training, therapeutic and emergency medical care for athletes engaged in sports programs based on physicians' recommendations.

SUPERVISION RECEIVED AND EXERCISED

Supervision is provided by the Athletic Director.

Provides work direction to lower-level staff. Supervision is exercised over student workers.

EXAMPLES OF DUTIES

Develops physical conditioning and training programs to enhance an athlete's strength, endurance, flexibility, and coordination.

In cooperation with the team physician, obtains a medical history and conducts non-invasive physical examinations of the athletes before participation as a means of screening for existing or potential problems.

Identifies injury status and determines the appropriate course of action by using the NATA standard techniques for evaluation and assessment in interpreting the signs and symptoms of the injury or illness to provide the necessary immediate care and determine the appropriate rehabilitation program.

Evaluates the readiness of the injured individual by assessing functional status to ensure a safe return to participation.

Advises coaching staff of the severity of injuries incurred by athletes and their ability to resume practice and re-enter competition.

Counsels and advises athletes and coaches on matters pertaining to conditioning, diet, rest, exercise, reconditioning, and related matters.

Applies therapeutic and protective bandaging, wrapping, strapping, and padding to athletes.

Measures and fits braces, guards, and other protective devices to individual athletes.

Administers hydrotherapy, electrotherapy, cryotherapy, massage, and related treatments to athletes.

Administers emergency first-aid to athletes during practice sessions, sporting events, or physical education classes.

Travels with athletic teams and is responsible for attending to the routine medical needs of injured athletes in the absence of the team physician.

Files insurance claims on behalf of student athletes and communicates regularly with insurance companies regarding athletic claims.

Administers medical and personal information records. Authorizes release of medical records when appropriate.

EXAMPLES OF DUTIES (continued)

Ensures proper coverage of the athletic training facility and specific sports, through qualified personnel coverage.

Maintains budget management and inventory control.

Maintains injury and incident report computerized database complete with treatment log, evaluations, coach's reports, and progress notes.

Selects, trains, evaluates and maintains schedules of student workers.

Performs related work as required.

QUALIFICATIONS

Knowledge of:

Basic principles of anatomy, kinesiology, and physiology.

Fundamentals of nutrition and diet.

First-aid procedures and methods.

Symptoms of and treatments for common athletic injuries.

Athletic equipment used in competitive sports.

The National Athletic Trainers' Association guidelines and code of ethics.

The CALOSHA Guidelines for Handling Bleeding and Bloodborne Pathogens.

Ability to:

Plan and coordinate a comprehensive athletic training program independently.

Evaluate the condition and progress of athletes in training and conditioning programs and modify programs to meet individual needs.

Operate a variety of therapeutic devices such as hydra collator, whirlpool bath, and ultra sound equipment.

Effectively administer therapeutic and first-aid treatments to injured athletes.

Make quick decisions in emergency situations.

Apply the use of human anatomy to determine the extent of the injury.

Apply specific tests on the involved area drawn from the knowledge of anatomy, physiology, and biomechanics to determine the extent of the injury.

Measure height, weight, pulse, blood pressure, and body composition.

Work effectively and cooperatively with students, faculty, and coaches.

Maintain accurate records and reports.

QUALIFICATIONS (continued)

Use standard athletic training tools, machines, and equipment.

Interview, train, and provide work direction to student workers.

EMPLOYMENT STANDARDS

Minimum Qualifications:

Bachelor's degree in Physical Therapy, Physical Education or a closely related field from an accredited college or university.

Four years of experience as an athletic trainer or as an athletic coach which includes responsibility for athletic training.

Certification by the National Athletic Trainers' Association.

Licenses Required:

Class B driver's license for transporting equipment and staff to sporting events.

Desirable:

Specialized college-level courses in anatomy, athletic training, biology, kinesiology, physiology or a closely related field.