

# ATHLETIC TRAINER

**Entry Level:** Bachelor's Degree

**\*Please Note:** BYU has a specific Athletic Training program, separate from the Exercise Sciences and Exercise and Wellness degrees: <https://exsc.byu.edu/athletic-training>.

Athletic trainers are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.<sup>3</sup>

## **JOB REQUIREMENTS**

**What is the exact job title?**

- Athletic Trainer (AT)

**How do I become an Athletic Trainer?**

- Earn a degree from an accredited athletic training curriculum. Accredited programs include formal instruction in areas such as injury/illness prevention, first aid and emergency care, assessment of injury/illness, human anatomy and physiology, therapeutic modalities, and nutrition. Classroom learning is enhanced through clinical education experiences.<sup>4</sup>
- Pass a comprehensive test administered by the Board of Certification (BOC).<sup>4</sup>
  - Eligibility for the BOC exam is contingent upon completion of a program accredited by the Commission on Accreditation of Athletic Training Education (CAATE) that must instruct the Competencies within the curriculum. Passage of the certifying examination is a requirement for licensure in most states.<sup>4</sup>
- Check the requirements to be credentialed within your own state.<sup>4</sup>
- Meet ongoing continuing education requirements to remain certified.<sup>4</sup>

**What qualities do I need?**

- Compassion: ATs work with athletes and patients who may be in considerable pain or discomfort. The trainers must be sympathetic while providing treatments.<sup>3</sup>
- Decision-making skills: ATs must make informed clinical decisions that could affect the health or livelihood of patients.<sup>3</sup>
- Detail oriented: ATs must record patients' progress accurately and ensure that they are receiving the appropriate treatments or practicing the correct fitness regimen.<sup>3</sup>
- Interpersonal skills: ATs must have strong interpersonal skills in order to manage difficult situations. They must communicate well with others, including physicians, patients, athletes, coaches, and parents.<sup>3</sup>

## **TYPICAL WORK DAY**

**What do Athletic Trainers do?**

- Athletic trainers specialize in preventing, diagnosing, and treating muscle and bone injuries and illnesses.<sup>1</sup>
- Apply protective or injury-preventive devices, such as tape, bandages, and braces.<sup>1</sup>
- Recognize and evaluate injuries.<sup>1</sup>
- Provide first aid or emergency care.<sup>1</sup>

<sup>1</sup><https://www.bls.gov/ooh/healthcare/athletic-trainers.htm>

<sup>2</sup>[https://www.payscale.com/research/US/Job=Athletic\\_Trainer/Salary](https://www.payscale.com/research/US/Job=Athletic_Trainer/Salary)

<sup>3</sup><https://www.nata.org/about/athletic-training>

<sup>4</sup><https://caate.net/becoming-an-athletic-trainer/>

- Develop and carry out rehabilitation programs for injured athletes.<sup>1</sup>
- Plan and implement comprehensive programs to prevent injury and illness among athletes.<sup>1</sup>
- Perform administrative tasks, such as keeping records and writing reports on injuries and treatment programs.<sup>1</sup>

### **Where do Athletic Trainers normally work?**

- Many athletic trainers work in educational settings, such as colleges, universities, elementary schools, and secondary schools. Others work in hospitals, fitness centers, or physicians' offices, or for professional sports teams.<sup>1</sup>

### **What hours do Athletic Trainers work?**

- Athletic trainers in sports settings have schedules that are longer and more variable. These ATs must be present for team practices and competitions, which often are on evenings and weekends, and their schedules can change on short notice when games and practices have to be rescheduled. In high schools, athletic trainers who also teach may work 60 to 70 hours a week, or more. In National Collegiate Athletic Association Division I colleges and universities, athletic trainers generally work with one team; when that team's sport is in season, working at least 50 to 60 hours a week is common.<sup>4</sup>

## **BENEFITS**

### **What is a typical salary in this field?**

- BLS: In May 2018, median pay was \$47,510/year.<sup>1</sup>
- Payscale: \$19.42/hour or \$41,698/year.<sup>2</sup>

### **Does this job come with any benefits? (vision, dental, 401k, PTO, etc.)**

- Medical: 80%<sup>2</sup>
- Vision: 56%<sup>2</sup>
- Dental: 66%<sup>2</sup>
- None: 19%<sup>2</sup>

## **GROWTH**

### **What is the projected job growth?**

- Between 2018 - 2028, job growth is projected to be 19%, much faster than the average for all occupations.<sup>1</sup>

**Last Updated:** October 2019

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