Athletic training involves comprehensive study that prepares students to help a variety of individuals while promoting health, exercise, recreation skills, athletic performance, and overall wellbeing. Athletic trainers often work with clients with acute, chronic, emergent, or disability-related conditions. Preventing injury and rehabilitation are important aspects of the profession. The program prepares students to meet certification and licensure requirements.

**Skills**

- Research and Analytical Skills
- Medical Knowledge
- Empathy and Compassion
- Written and Oral Communication
- Interpersonal Skills
- Safe and Proper Use of Equipment
- Ethics
- Understanding of Health and Nutrition
- Organizational and Record Keeping Skills
- Cultural Competence
- Active Listening
- Decision Making
- Attention to Detail
- Able to Educate Others
- Familiarity with Procedures for Assessment
- Knowledgeable About Exercise

**Areas of Specialization**

- Sports
- Medicine
- Recreation

**Degrees Offered at Texas State**

- Bachelor of Science in Athletic Training
- Master of Science in Athletic Training

**Other Degrees and Certifications**

- Athletic Training License

**Career Paths**

*Some of the occupations outlined in this brochure may require additional education or training*

**Sports**

**Sample Job Titles**

- Athletic Trainer
- Certified Athletic Trainer
- Assistant Athletic Trainer
- Athletic Instructor
- Physical Education Teacher
- Exercise Specialist

**Possible Work Settings**

- Professional Sports Teams
- Athletic Events
- Military
- Hospitals
- Clinics
- Gyms
- Performing Arts
- Colleges and Universities
- Secondary Schools
- Public Safety

**Medicine**

**Sample Job Titles**

- Clinical Education Coordinator
- Clinical Instructor

**Areas of Specialization**

- Sports
- Medicine
- Recreation
- Physician Extender
- Sports Medicine Coordinator
- Rehabilitation Specialist

Possible Work Settings

- Hospitals
- Clinics
- Therapy Centers

Recreation

Sample Job Titles

- Athletic Trainer
- Resident Athletic Trainer
- Camp Director
- Community Fitness Director
- Director of Recreation
- Recreation Therapist

Possible Work Settings

- Dance Companies
- Public Safety Organizations
- Community Outreach Programs
- Recreation Programs
- Industry Wellness Center

Resources

Student Organizations

- Eta Sigma Gamma: Endeavors to elevate the standards, ideals, competence, and ethics of professionals in the Health Science discipline. [http://groupspaces.com/internationalstudiesclub](http://groupspaces.com/internationalstudiesclub)
- Exercise and Sports Science Club: Provides professional development opportunities. [http://www.studentorgs.txstate.edu/essclub/index.htm](http://www.studentorgs.txstate.edu/essclub/index.htm)

State Organizations

- North Texas Athletic Trainer Society (NTATS): Non-profit organization that endeavors to increase communication among athletic trainers, promote education, and enhance the profession. [http://ntats.org](http://ntats.org)
- Texas Physical Therapy Association (TPTA): Organization committed to improving health and well-being as well as increasing availability of services. [http://www.tpta.org](http://www.tpta.org)

National Organizations

- Board of Certification for the Athletic Trainer (BOCAT). [http://bocatc.org](http://bocatc.org)
- Aerobic Fitness Association of America (AFAA). [http://www.afaa.com](http://www.afaa.com)
- Medical Fitness Association (MFA). [http://www.medicalfitness.org](http://www.medicalfitness.org)
Job Search Sites

- Texas State Athletic Trainer's Association, http://tata.com/jobs-list

Career Library Resources

- Opportunities in Sports and Fitness Careers, Ray Heitzmann
- Careers for Sports Nuts & Other Athletic Types, Ray Heitzmann
- Careers in Focus Coaches & Fitness Professionals, Ferguson
- Careers in Focus Sports, Ferguson

Information Compiled from:

- O*Net: http://online.onetcenter.org
- The University of Georgia Career Center: http://www.career.uga.edu
- Texas State University: http://www.hhp.txstate.edu