

Athletic Trainer

Nature of the Profession

Certified athletic trainers are health care professionals who specialize in the prevention, evaluation, rehabilitation and management of injuries that result from physical activity, particularly those involving the musculoskeletal system. Working as part of the health care team, athletic trainers practice under the direction of a physician and in collaboration with other health care professionals, administrators, coaches, and parents.

Athletic trainers are not the same as personal trainers, and certified athletic trainers work with more than just athletes. They can be found almost anywhere that people are active. Athletic trainers practice in a wide variety of work settings including secondary schools, colleges and universities, hospitals and sports medicine clinics, and professional sports. There are also opportunities in non-traditional areas like the military, law enforcement, industrial settings, and the performing arts.

APTITUDES

- Ability to learn the complex science, math, methods and techniques of athletic training
- Good verbal and communication skills
- Good space and form perception, manual dexterity, and general coordination
- Ability to relate to a variety of people and to motivate and influence others
- Ability to make judgments based on data, observation and experience
- Emotional maturity and patience

EDUCATION

Students who want to become athletic trainers must complete a bachelor's degree from a school with an accredited athletic training curriculum. Course work will include formal instruction in areas such as injury/illness prevention, human anatomy and physiology, types of treatments and therapies, and nutrition. Classroom learning is supplemented by clinical experiences. More than 70% percent of certified athletic trainers also hold a masters degree or higher.

EDUCATIONAL PROGRAMS IN NEBRASKA

Clinical Laboratory Technician/Medical Laboratory Technician

- Creighton University – Omaha (B)
- Nebraska Wesleyan University – Lincoln (B)
- University of Nebraska – Kearney (B)
- University of Nebraska – Lincoln (B)
- University of Nebraska – Omaha (B, M)

LICENSURE/CERTIFICATION

To be licensed to practice in Nebraska, individuals must graduate from an accredited education program. They must also pass the comprehensive examination administered by the Board of Certification of the National Athletic Trainers' Association. Once certified, athletic trainers must meet on-going continuing education requirements.

PROFESSIONAL ASSOCIATIONS

National Athletic Trainers' Association

Web Address: www.nata.org

Board of Certification for Athletic Trainers

Web Address: www.bocatc.org

Mid-America Athletic Trainers' Association

Web Address: www.maata.net