

# Athletic Trainers

SOC: 29-9091 • Career Profile Report

## ■ Key Facts

**\$60,250**

Median Salary

**33,900**

Employment

**+11.0%**

Growth Rate

## ■ Requirements & Salary Range

**Education:** Master's degree

## ■ Automation Risk Assessment

**Low Risk** - 8.0% probability of being automated in the next 10-20 years.

This job is relatively safe from automation due to its creative, social, or complex problem-solving requirements.

## ■■ Work-Life Balance

**7.6/10** - Good work-life balance

## ■ Personality Fit (RIASEC)

Higher scores indicate better personality fit for this career type.

Realistic	5.4/10	Investigative	8.6/10
Artistic	4.8/10	Social	9.0/10
Enterprising	5.4/10	Conventional	6.2/10

## ■ Top Skills Required

Compassion, Decision-making skills, Detail oriented, Interpersonal skills

### ✓ Strengths

- High Demand
- Flexible Work
- Continuous Learning

### ■ Challenges

- Burnout Risk
- Rapid Technological Change

## ■ What They Do

Athletic Trainers specialize in **preventing, diagnosing, and treating muscle and bone injuries** in athletes and physically active individuals. They develop rehabilitation programs, provide emergency care, and promote overall physical health. Their work is critical in sports medicine, healthcare, and fitness settings.

This career is well suited for individuals who enjoy healthcare, physical activity, and working closely with athletes.

## What Do Athletic Trainers Do?

These professionals assess injuries, implement treatment plans, and help patients recover safely and effectively.

Common responsibilities include:

- Evaluating and diagnosing musculoskeletal injuries
- Developing and implementing rehabilitation programs
- Providing first aid and emergency care during athletic events
- Educating athletes on injury prevention and health maintenance
- Collaborating with physicians, coaches, and other healthcare professionals
- Maintaining detailed patient records and progress reports
- Monitoring and adjusting treatment plans based on recovery

## Key Areas of Athletic Training

Athletic trainers may focus on specific activities or populations:

- Injury Prevention: Designing programs to reduce the risk of sports-related injuries
- Rehabilitation and Therapy: Guiding recovery after injury or surgery
- Emergency Care and First Aid: Responding to injuries on the field or in training
- Education and Health Promotion: Teaching proper techniques, nutrition, and conditioning
- Sports Performance Support: Monitoring athlete fitness and performance levels

## Skills and Abilities Needed

Athletic trainers combine medical knowledge, physical fitness, and interpersonal skills.

### ***Core Professional Skills***

### ***Personal Qualities That Matter***

## Education and Career Pathway

This role typically requires formal education and certification:

- Bachelor's or Master's Degree: Athletic training, kinesiology, or related healthcare field
- Clinical Internship or Practicum: Hands-on experience in sports or healthcare settings
- Certification and Licensure: Board of Certification (BOC) credential or state licensing
- Continuing Education: Maintaining certification and staying current on treatment methods and sports medicine research
- Specialization (optional): Focus in specific sports, rehabilitation, or wellness programs

## Where Do Athletic Trainers Work?

They are employed in settings that involve athletic performance and healthcare:

- Schools, Colleges, and Universities
- Professional and Amateur Sports Teams
- Rehabilitation Clinics and Hospitals
- Fitness Centers and Sports Facilities

- Occupational and Industrial Health Programs

Work environments include gyms, athletic fields, clinics, and hospitals.

## Is This Career Difficult?

This career requires physical stamina, medical knowledge, and strong interpersonal skills. Athletic trainers must manage injuries, respond to emergencies, and develop individualized rehabilitation plans.

## Who Should Consider This Career?

This career may be a strong fit if you:

- Enjoy healthcare and working with athletes
- Are detail-oriented and analytical
- Can handle physically demanding tasks
- Have strong communication and collaboration skills
- Want a career focused on injury prevention, treatment, and performance enhancement

## How to Prepare Early

- Take courses in anatomy, physiology, health sciences, and kinesiology
- Gain experience through internships, volunteer work, or athletic programs
- Develop skills in first aid, CPR, and emergency response
- Participate in sports, fitness, or rehabilitation programs
- Explore accredited athletic training degree programs and certification options

**Athletic trainers prevent, assess, and treat injuries, support athlete health and performance, and provide critical care in sports and healthcare settings.**

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