WHAT CAN I DO WITH A MAJOR IN … ATHLETIC TRAINING

OCCUPATIONAL OVERVIEW:
UNM’s Athletic Training Education Program describes this occupation as: “a healthcare professional focusing on prevention, assessment, treatment and rehabilitation of injuries and illnesses.” An athletic trainer can work with all age groups. The National Athletic Trainers’ Association website has more information on this exciting career path.

According to the Bureau of Labor Statistics website: “Athletic trainers typically do the following:

- Apply protective or injury-preventive devices such as tape, bandages, and braces
- Recognize and evaluate injuries
- Provide first aid or emergency care
- Develop and carry out rehabilitation programs for injured athletes
- Plan and implement comprehensive programs to prevent injury and illness from athletics
- Do administrative tasks, such as keeping records and writing reports on injuries and treatment programs”

EMPLOYMENT REQUIREMENTS:
Most advertised jobs require a minimum of a bachelor’s degree. Requirements do vary with each state. In addition, educational institutions (K-12 and colleges and universities) may require a graduate degree, teaching certifications and/or additional educational requirements. Consult O*Net for more information on the specific KSAs (Knowledge, Skill, Ability) that are needed for athletic training.

THE UNIVERSITY OF NEW MEXICO:
The University of New Mexico Athletic Training Education program offers a Bachelor of Science degree.

INDUSTRIES AND TARGETED EMPLOYERS:
A variety of employers specifically recruit UNM students and alumni. Consult UNM’s Lobo Career Connection for a complete list of employers and current job postings. Speak with a Career Development Facilitator at the UNM Office of Career Services for help with identifying employers or additional resources for your occupation of choice.

Education (K-12 and Colleges/Universities):
Athletic positions (Directors, Managers), Faculty,

Government:
Recreational departments for city and/or state, federal positions, dieticians,

Private:
Personal Trainers, Rehabilitation Specialists, Fitness or nutrition experts, corporate health employees, commercial health directors/staff

SUGGESTED STRATEGIES
- Consider specializing through a double major, minor, or concentration in another area.
- Gain related professional experience through involvement in internships, student employment, Co-ops, and/or volunteer opportunities.
- Shadow professionals in the field to gain a better understanding of the occupation and to build relationships with professional mentors.
- Build your network and get involved on campus through student organizations and campus events. Find organizations and events at the Student Activities Center website.
- Attend career related campus events such as career fairs, company information sessions, and or career workshops.
Students who are interested in graduate school should maintain a high undergraduate GPA and develop relationships with faculty and community leaders. Speak with mentors and faculty about career opportunities. Job leads can be found on your department’s website, list-servs, newsletters, and social media sites.

**STATE AND NATIONAL WAGES:**

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<th>Location</th>
<th>2012 10%</th>
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*Data obtained from Career One Stop (www.careerinon.net)*

**INFORMATIONAL WEBSITES:**

- National Athletic Trainers’ Association: [http://www.nata.org](http://www.nata.org)
- Board of Certification: [http://www.bocatc.org](http://www.bocatc.org)
- Aerobic and Fitness Association of America: [http://www.afaa.org](http://www.afaa.org)
- Medical Fitness Associations: [http://www.medicalfitness.org](http://www.medicalfitness.org)
- National Strength and Conditioning Associations: [http://www.nsca-lift.org](http://www.nsca-lift.org)
- New Mexico Athletic Trainers Association: [http://www.nmathletictrainers.org/](http://www.nmathletictrainers.org/)

**Resources:**