

Career Sheet: Understanding the Skills used in a Career of My Choice

Career Zone: Health Sciences


Career: Athletic Trainer

Description: Evaluate and advise individuals to assist recovery from or avoid athletic-related injuries or illnesses, or maintain peak physical fitness. May provide first aid or emergency care.

Task Examples:

- Evaluate athletes' readiness to play and provide participation clearances when necessary and warranted.
- Care for athletic injuries, using physical therapy equipment, techniques, or medication.
- Conduct an initial assessment of an athlete's injury or illness to provide emergency or continued care and to determine whether they should be referred to physicians for definitive diagnosis and treatment.
- Assess and report the progress of recovering athletes to coaches or physicians.
- Perform general administrative tasks, such as keeping records or writing reports.

Technology Skills Examples:

- **Data base user interface and query software** — Digital Coach AthleticTrainer; Injury tracking software; Keffer Development Services Athletic Trainer System ATS; Premier Software Simtrak Mobility ([see all 5 examples](#)) 
- **Medical software** — BioEx Systems Exercise Pro; ImPACT

Software Application Example:

Keffer Development Services Athletic Trainer System ATS:

We believe that there is no such thing as “too much” information for evaluating & treating concussions. To that end we have a variety of information available in ATS; including the SCAT5, BESS, SAC & more. Secure Messaging In accordance with the NATA “Best Practices Guidelines for Athletic Training Documentation”

Features:

- Hydration Alert Log (HAL)
- Enter starting & ending weights; then “calculate”
- Set 2 warning levels for weight change
- Monitor whole teams or individuals
- Data entry via tablet, phone or PC/Laptop Concussions
- Private Records for situations such as mental health issues
- Group Third Party Billing As the industry continues to change and.