



Career Guides

Athletic Trainer – Sports Medicine Trainers

Athletic Trainers make sport and physical activity safer for athletes by preventing and attending to injuries.

Where You Might Work

Athletic trainers can expect to work in all settings where professional and amateur sport is taking place. These areas could include:

- › Amateur playing fields
- › Professional training grounds and stadiums
- › Indoor stadiums and courts



Key Responsibilities

The tasks of an athletic trainer can differ depending on what sporting code or organisation you are working for. Universal responsibilities for this career may include:

- › Training players in anatomy and human movement.

- › Teaching players the fundamentals of nutrition and hydration.

- › Providing treatment for illnesses and injuries sustained in training and on gameday.

- › Communicating a rehabilitation process with injured athletes.

- › Complying with the rules and processes of sporting codes, especially around drug and anti-doping laws.

- › Applying treatment such as strapping and taping to players before games.

The Attributes and Skills You Will Need

Athletic trainers must apply relevant personal attributes to excel in their profession. These attributes are:

- › Good physical and verbal communication skills.

- › An understanding of essential skills such as strapping and taping.

- › An understanding of fundamental nutrition and hydration information.

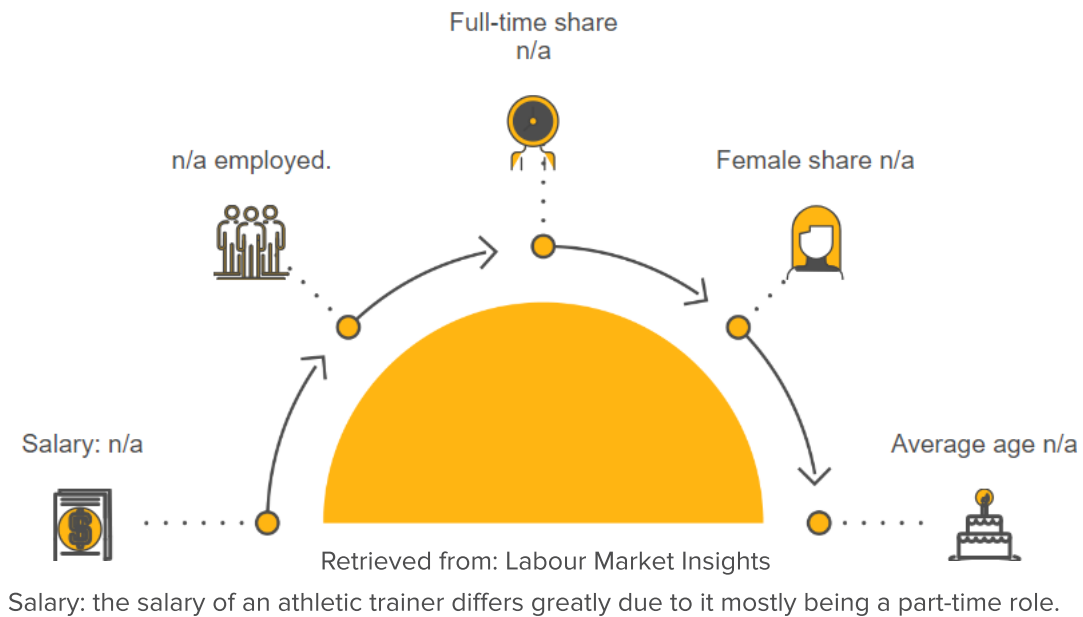
- › An interest in working with and for people.

- › Able to work early mornings and late nights.

- › Good time management skills and the ability to work to a schedule.



Quick Facts



Qualifications

The education pathways listed encompass the most common courses that can be undergone to become an athletic trainer.

Course/s	Potential Career Opportunities	Further Qualifications	Duration and/or number of units
Bachelor of Exercise and Sport Science	This degree allows you to work in many different fields relating to sports science, including:	Some students may wish to undergo an honours year for further knowledge.	3-4 years full-time study
	Exercise specialist for community sports organisations		5-6 years part-time study
	Sport and recreation manager/officer		
	Occupational health and safety officer		
	Athletic trainer		



Additional Training

> First Aid Check

> CPR Certificate



**Active Queenslanders
Industry Alliance**

Fitness | Sport | Recreation

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