



ATHLETIC TRAINING

Program Objectives

The Athletic Training major focuses on the care and wellbeing of the physically active individual. A certified athletic trainer is educated in the prevention, recognition, evaluation, treatment, and rehabilitation of injuries that occur as a result of athletic participation and physical activity. A Certified Athletic Trainer (ATC) enhances the quality of health care for athletes and those engaged in physical activity.

Upon completion of the curriculum, the undergraduate athletic training major will be prepared to take on the Board of Certification's (BOC) examination for the Athletic Trainer.

USM's Athletic Training Education Program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

Degrees & Concentrations Offered

Graduation Planner: usm.maine.edu/advising/degreeplanning

Degree Offered: Bachelor of Science

Major Offered: Athletic Training

Department of Exercise, Health, and Sport Sciences

Gorham Campus, 221 Field House
(207) 780-5782

Web Address: usm.maine.edu/ehss/bs-athletic-training

Career Possibilities*

Athletic Trainer
Chiropractors
Doctors
EMTs and Paramedics
Exercise Physiologists
Health Club Consultants
Licensed Practical and Vocational Nurses
Massage Therapists
Occupational Therapists
Orthotists and Prosthetists
Physical Therapists
Physician Assistants
Physicians and Surgeons
Podiatrists
Recreational Therapists
Registered Nurses
Respiratory Therapists
Teachers

* Additional education, training or experience may be required.

Acquired Transferable Skills

Active Learning & Listening
Coordination
Critical Thinking
Instructing
Judgment and Decision Making
Monitoring
Reading Comprehension
Service Orientation
Social Perceptiveness
Writing

For more information on transferable skills go to:
usm.maine.edu/community-engagement-career-development/career-tools

What can I do with this major?*

AREA	EMPLOYERS	INFORMATION/STRATEGIES
Physical Fitness	Health clinics Fitness centers Retirement centers	<ul style="list-style-type: none"> Maintain up to date knowledge of trends in fitness and safety practices. Obtain necessary certification in addition to CPR certification.
Athletic Training	High schools Colleges and universities Health clinics	<ul style="list-style-type: none"> Certified Athletic Trainers must earn a degree from an accredited institution. 70% of Athletic Trainers hold a master's degree or higher. Gain certification through the National Athletic Trainers' Association.
Physical Therapy	Hospitals Clinics Home healthcare agencies	<ul style="list-style-type: none"> Earn a master's degree or doctorate in physical therapy from a program accredited by the American Physical Therapy Association.
Occupational Therapy	Hospitals (including psychiatric and rehabilitative) Schools	<ul style="list-style-type: none"> Build a solid foundation in physical, biological, and behavioral sciences. Develop excellent communication skills which are important when interacting with patients and their families.
Education	Colleges and universities Athletic associations Research facilities	<ul style="list-style-type: none"> Acquire a master's degree for community college teaching and a Ph.D. for colleges and universities. Gain teaching/instructional experience by volunteering or internships.
Business	Sporting goods manufacturers Exercise equipment manufacturers	<ul style="list-style-type: none"> Take additional courses in marketing, advertising, & public relations. Gain experience with public speaking and sales. Develop outstanding communication skills, written and oral.
Sports Medicine	Hospitals Clinics Home healthcare agencies	<ul style="list-style-type: none"> Meet with a pre-health advisor to discuss curricular decisions. Maintain a high grade point average and secure strong recommendations for graduate or professional schools.

*To learn about these areas and much more visit: whatcanidowiththismajor.com/major • © 2011 What Can I Do With This Major

Enrichment Opportunities

Internships For more information contact the Department of Exercise, Health, and Sport Sciences.
usm.maine.edu/community-engagement-career-development/internship

Study Abroad For more information contact the USM Office of International Programs.
usm.maine.edu/international/study-abroad

Clubs & Organizations Athletic Training Student Association, Exercise Science Student Association.

USM Corporate Partners The USM Corporate Partners are over 350 business people, from nearly 100 companies. usm.maine.edu/corporatepartners



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Helpful Career Links

USMCareerConnections:

USM's career network for job and internship searches. usm.maine.edu/community-engagement-career-development/usmcareerconnections

O*NET OnLine:

Learn more about a career opportunity by researching it with O*NET. onetonline.org

Occupational Outlook Handbook:

Learn more about a career opportunity by researching it with OOH. bls.gov/oooh

PROFESSIONAL ASSOCIATIONS To name a few...

[American College of Sports Medicine \(ACSM\)](http://www.acsm-sportsmedicine.org)

[American Fitness Professionals & Associates](http://www.afta.org)

[National Athletic Trainers' Association](http://www.nata.org)

[National Collegiate Athletic Association](http://www.ncaa.org)

[National Strength and Conditioning Association](http://www.nsc.org)

Office of Community Engagement and Career Development • usm.maine.edu/cecd

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