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
### 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

### 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/ooh

**PROFESSIONAL ASSOCIATIONS** To name a few...

- American College of Sports Medicine (ACSM)
- American Fitness Professionals & Associates
- National Athletic Trainers’ Association
- National Collegiate Athletic Association
- National Strength and Conditioning Association

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### AREA EMPLOYERS INFORMATION/STRATEGIES

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<thead>
<tr>
<th>AREA</th>
<th>EMPLOYERS</th>
<th>INFORMATION/STRATEGIES</th>
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<tbody>
<tr>
<td><strong>Physical Fitness</strong></td>
<td>Health clinics</td>
<td>• Maintain up to date knowledge of trends in fitness and</td>
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<td>Fitness centers</td>
<td>safety practices.</td>
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<td></td>
<td>Retirement centers</td>
<td>• Obtain necessary certification in addition to CPR</td>
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<td></td>
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<td>certification.</td>
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<td>• Certify Athletic Trainers must earn a degree from an</td>
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<td></td>
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<td>accredited institution.</td>
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<td></td>
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<td>• Gain certification through the National Athletic</td>
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<td>Trainers’ Association.</td>
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<td><strong>Physical Therapy</strong></td>
<td>Hospitals</td>
<td>• Earn a master’s degree or doctorate in physical therapy</td>
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<td>Clinics</td>
<td>from a program accredited by the American</td>
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<td></td>
<td>Home healthcare agencies</td>
<td>• Physical Therapy Association.</td>
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<td><strong>Occupational Therapy</strong></td>
<td>Hospitals (including psychiatric and rehabilitative) Schools</td>
<td>• Build a solid foundation in physical, biological, and</td>
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<td>behavioral sciences.</td>
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<td>• Develop excellent communication skills which are</td>
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<td>important when interacting with patients and their families.</td>
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<td><strong>Education</strong></td>
<td>Colleges and universities</td>
<td>• Acquire a master’s degree for community college teaching</td>
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<td></td>
<td>Athletic associations</td>
<td>and a Ph.D. for colleges and universities.</td>
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<td></td>
<td>Research facilities</td>
<td>• Gain teaching/instructional experience by volunteering or</td>
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<td>internships.</td>
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<td><strong>Business</strong></td>
<td>Sporting goods manufacturers</td>
<td>• Take additional courses in marketing, advertising, &amp;</td>
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<td>Exercise equipment manufacturers</td>
<td>public relations.</td>
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<td>• Gain experience with public speaking and sales.</td>
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<td>• Develop outstanding communication skills, written and</td>
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<td>oral.</td>
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<td><strong>Sports Medicine</strong></td>
<td>Hospitals</td>
<td>• Meet with a pre-health advisor to discuss curricular</td>
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<td>Clinics</td>
<td>decisions.</td>
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<td>Home healthcare agencies</td>
<td>• Maintain a high grade point average and secure strong</td>
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<td>recommendations for graduate or professional schools.</td>
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*To learn about these areas and much more visit: whatcanidowiththismajor.com/major • © 2011 What Can I Do With This Major

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**Office of Community Engagement and Career Development**

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usmcareers@maine.edu

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