

## **Job Description – Athletic Trainer**

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**Primary Function:** Under the direction of the Director of Athletics and the Head Athletic Trainer, plans, coordinates, and supervises all components of the athletic training program for student athletes. Works under the advice and consent of the team physician to carry out activities in the following areas: prevention, evaluation, emergency treatment, physical re-conditioning, and rehabilitation of injuries.

### **Responsibilities/Duties:**

#### **Illness / Injury Prevention**

- Plans and implements a comprehensive athletic injury and illness prevention program for student athletes
- Attends practice sessions and contests as assigned by the Director of Athletics
- Establishes and maintains effective communication with students, parents, medical and paramedical personnel, coaches, and other staff
- Provides physical conditioning training to student athletes
- Fits injured athletes with specialized equipment and oversees its use
- Prepares athletes for games and practices by conducting evaluations and using tape, wraps, splints, braces, and other protective devices as needed
- Identifies acute injuries and provides first-aid triage
- Detects and resolves environmental risks to athletes

#### **Rehabilitation / Reconditioning**

- Plans and puts in place a comprehensive rehabilitation and reconditioning program for injuries and illnesses sustained by student athletes
- Determines therapeutic goals and objectives for individual athletes
- Applies therapeutic modalities and instructs athletes on proper use of exercise equipment
- Evaluates and records rehabilitation progress of athletes; develops criteria for progression and return to competition
- Follows professional, ethical, and legal parameters regarding use of drugs and therapeutic agents for treatment and rehabilitation of injured athletes

#### **Administration**

- Coordinates scheduling of athletic physical examinations and screening
- Selects, trains, and supervises student assistants
- Compiles, maintains, and files all reports, records, and other documents including medical, accident, and treatment records as required
- Maintains an inventory of training supplies and equipment; requisitions additional supplies as needed

#### **Supervisory Responsibilities**

- Supervises the work of student assistants

#### **Other**

- Demonstrates behavior that is professional, ethical and responsible
- Maintains confidentiality
- Serves as a role model for all district staff
- Participates in approved professional development opportunities
- Performs other duties as assigned

**Knowledge and Abilities:**

Knowledge of:

- Therapeutic modalities and ability to treat student
- Exercise equipment and devices including stationary bikes, pulleys, weights, whirlpool, paraffin bath, ultrasound equipment, and cold packs
- Oral and written communication skills
- Interpersonal skills using tact, patience and courtesy
- Methods of collecting and organizing data and information
- Operation of a computer and assigned software
- District and department policies and procedures
- Relevant federal and state laws and requirements

Ability to:

- Provide injury prevention and rehabilitation services
- Provide emergency care
- Instruct and supervise student athletes and assistants
- Work independently with little direction
- Communicate effectively both orally and in writing
- Establish and maintain cooperative and effective working relationships with others
- Maintain regular and consistent attendance
- Develop, plan and organize daily operations
- Analyze situations accurately and adopt an effective course of action
- Meet schedules and time lines
- Plan and organize work

**Education/Licenses/Experience:** Bachelor’s degree. Valid license from Texas Advisory Board of Athletic Trainers. Valid Texas Teacher Certification preferred. Approved internship as an athletic trainer.

**Working Conditions:**

Mental Demands: Self-motivated, perform tasks with little or no supervision; work with frequent interruptions; able to manage multiple complex projects concurrently; maintain emotional control under stress; ability to communicate effectively (verbal and written); coordinate district support functions.

Physical Demands/Environmental Factors: Continual walking and standing, frequent sitting, climbing, kneeling, bending/stooping, reaching, pushing/pulling, and twisting; repetitive hand motions including frequent keyboarding and use of mouse and technology hardware; frequently work irregular hours and prolonged hours; frequent district and statewide travel

Physical Conditions - involves both work outside and inside, exposure to sun, heat, cold, and inclement weather; exposure to biological hazards, bacteria, and communicable diseases

Lifting/carrying - Lifting 15-44 pounds; frequent sitting, standing, walking, climbing, stooping/crouching/kneeling, pulling/pushing, reaching; repetitive hand motions; prolonged use of computer

**Calendar and Salary Range:** 187 work days. See current salary for Professional Compensation Plan.

**Revised:** 10/29/2024

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The foregoing statements describe the general function and responsibilities assigned to this job and are not an exhaustive list of all responsibilities and duties that may be assigned or skills that may be required.

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Employee Signature

Date