



# Introduction To Health Services Virtual Learning

**HS Introduction to Health Services/  
Career Exploration: Athletic Trainer**

**May 6, 2020**



High School/Introduction to Health Services  
Lesson: Wednesday, May 6

**Objective/Learning Target:**  
**Describe the activities, responsibilities and training for a  
career as an Athletic Trainer**



Warm Up #1: List 3 reasons why a non-athlete might need an athletic trainer?

Warm Up #2: Do athletic trainers prevent injuries, or help rehabilitate injured athletes?



## Students in previous year's classes have answered:

Warm Up #1: List 3 reasons why a non-athlete might need an athletic trainer?

To get better at a sport, to get in better shape, to recover from an injury, to regain strength or flexibility

Warm Up #2: Do athletic trainers prevent injuries, or help rehabilitate injured athletes? Some listed prevention, others listed rehab, the correct answer is BOTH!



## **Lesson Activity: Video Introduction to Athletic Training**

Let's begin by watching a few short videos to get an idea about what athletic trainers do

[BLS.Gov Athletic Trainer](#)

[What do Athletic Trainers Do? Center for Physical Rehabilitation](#)



## Lesson Activity: Matching Goals

To begin, get out a sheet of paper and something to write with.

On your paper, list 5-10 things that you want to do as a trainer. Brainstorm the kinds of activities you'd enjoy doing.

Next, look over this [website from BLS.gov over the Athletic Trainer](#) career. Check off anything on your list that is mentioned in this reading.



## Lesson Activity: Matching Goals

Next, where do you envision yourself working? What kind of place is it?  
Jot this down on your paper.

When you are ready, look over this website, and see what are the most common places of employment for athletic trainers.

[BLS.gov Work Environment](#)

Was your goal a good match for this job?



## Lesson Activity: Matching Goals

Previously, you listed places that you might want to work. Let's pretend that you are licensed and ready to go, look over this website that features [jobs for athletic trainers](#).

Click on a few of the ads. Do any of these match your expectations? Jot notes on your paper about things you want to look into.





## Lesson Activity: Investigating Training

If you are still interested in becoming an athletic trainer, let's look at the education and qualifications needed to get those jobs.

Let's start by looking at a [BLS.gov page](#) to get an overview of the requirements. On your paper, describe what steps you intend to complete to meet these goals.

*Note that you will most likely need to get a master's degree in athletic training. To prepare for this, consider a bachelor's degree in a related field like exercise science, kinesiology or physical education.*



## Lesson Activity: Investigating Training

Take a few minutes and look at the specific programs offered in the KC metro area. I recommend looking through the websites of schools that you might be interested in.

[University of Missouri](#)

[Missouri State University](#)

[Midamerica Nazerine University](#)

[Truman State University](#)

[Central Methodist University](#)

[University of Central Missouri](#)

[Southeast Missouri State University](#)



## Lesson Activity: Considering Salary

On your paper, write down what you think would be the (honest) salary that you expect for doing this job.

When you are ready, look over the BLS.gov website for [nationwide average salaries for athletic trainers.](#)

Next, check out the Salary.com website that features average [salary data for athletic trainers in the Kansas City area.](#)

If you intend to relocate to another part of the country- think about doing a Google Search for salaries in your desired new home area!