CLASS TITLE: COLLEGE TRAINER

BASIC FUNCTION:

Under the direction of the Dean, of Physical Education and Athletics, evaluate, treat, administer first aid and preventive and rehabilitative treatment for acute and chronic medical conditions for physical education students, staff and athletes involved in various inter-collegiate sports; provide training to students seeking careers in sports medicine and related health care programs; maintain and operate the campus training room facility.

REPRESENTATIVE DUTIES:

Evaluate, determine, treat and administer emergency first aid, acute care and referral to injured athletes, students and staff according to established procedures. E

Administer rehabilitative treatment as prescribed by a physician to athletes, students and staff; operate a variety of therapeutic equipment such as whirlpool, ultrasound, therapeutic exercise and other modalities. E

Serve as liaison between athletes, parents, coaches, physicians, therapists and others related to the physical conditioning, training, insurance and medical coverage, OSHA guidelines and other issues related to sports medicine. E

Develop and conduct athletic programs on the care and prevention of athletic and school-related injuries; recommend protective equipment for injury protection and safety. E

Attend athletic events and administer emergency first aid treatment; tape ankles, knees, wrists, elbows, shoulders, ribs and other areas of athletes before, during and after practice or games. E

Establish and maintain accurate records and reports including emergency and daily treatment reports, detailed records concerning injuries, treatment and recommendations. E

Maintain and operate the campus training room facility; clean and maintain equipment; inventory and order equipment and supplies. E

Conduct strength, flexibility, endurance and other tests for athletes, students and staff; arrange for and assist with physical examinations; prepare and maintain related records and reports. E

Evaluate, select, design and fit braces, safety pads, cervical collars and other protective and therapeutic devices; perform safety-checks of protective equipment. E

Counsel athletes, students and staff regarding injury care, prevention and treatment programs; speak to high school and college students and other groups regarding prevention and treatment of athletic and recreational injuries and nutrition. E

Established May 2000
Revised October 2012 (minimum qualifications only)
Monitor safety factors on playing areas and make recommendations regarding safety of athletes according to established guidelines.

Train and provide work direction to student trainers and assigned helpers.

Perform related duties as assigned.

**KNOWLEDGE AND ABILITIES:**

**KNOWLEDGE OF:**

- Principles of physiology, kinesiology, anatomy and first aid
- Symptoms and treatment for athletic injuries
- Procedures, techniques and methods related to the treatment of emergency first aid, acute and chronic medical conditions
- Principles of providing training, work direction, education and counseling
- Applicable sections of the State Education Codes and other laws
- Modern techniques of preventive and rehabilitative treatment used in athletics
- Therapeutic exercise, rehabilitation and proper use of therapeutic modalities
- Equipment, materials and supplies used in team and individual sports
- Maintenance, cleaning and repairing techniques for a variety of sports equipment
- Taping, bandaging, splint/cast construction and physical therapy techniques
- Physical fitness, hygiene and safety procedures related to athletic and physical education programs
- Record-keeping techniques
- Interpersonal skills using tact, patience and courtesy
- Oral and written communications skills in dealing with students, athletes, physicians and physical therapists
- Technical aspects of field of specialty

**ABILITY TO:**

- Evaluate and treat a variety of athletic and school-related injuries
- Administer advanced and emergency first aid and physical therapy
- Operate a variety of therapeutic, exercise equipment and modalities
- Tape athletes and apply protective devices and pads
- Maintain comprehensive records of rehabilitation and injury management
- Order and maintain supplies and equipment
- Train and provide work direction to others
- Analyze situations accurately and adopt an effective course of action
- Establish and maintain cooperative and effective working relationships with others
- Travel to athletic events as requested
- Understand various modalities used in physical therapy and injury rehabilitation
- Work independently with little direction
- Meet schedules and time lines
- Plan and organize work
- Communicate effectively both orally and in writing to students, staff, athletes and physicians
COLLEGE TRAINER (continued)

EDUCATION AND EXPERIENCE:

Any combination equivalent to:

Education: A bachelor’s degree in kinesiology, athletic training, sports medicine, exercise science, physical education, or a closely related field. A graduate degree in one of the aforementioned fields is preferred.

Experience: Three years of experience in athletic training.

LICENSES AND OTHER REQUIREMENTS:

Valid California driver license
Possession of a valid cardiopulmonary resuscitation (CPR) certificate issued by a nationally recognized sanctioning organization
Possession of a valid First Aid certificate issued by a nationally recognized sanctioning organization
A current credential as a Certified Athletic Trainer (ATC) from the Board of Certification (BOC) of the National Athletic Trainers Association

WORKING CONDITIONS:

ENVIRONMENT:

College athletic training room environment
Driving a vehicle to athletic games to conduct work

PHYSICAL ABILITIES:

Bending at the waist to tape and lift athletes
Pulling and pushing heavy objects
Standing and walking for extended periods of time
Hearing and speaking to communicate with others and make presentations
Seeing to monitor safety factors and to observe student's physical condition
Dexterity of hands and fingers to administer assistance and operate therapeutic equipment

HAZARDS:

Exposure to contact with blood borne pathogens and body fluid
Exposure to individuals with excessive body odor