

# San Diego Community College District

## CLASSIFICATION DESCRIPTION

**Title:** Athletic Trainer

**Unit:** Maintenance & Operations

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**Job Code:** E1274  
**Original Date:** 08/1983  
**Last Revision:** 05/2016  
**Staff Type:** Classified  
**FLSA status:** Non-exempt  
**Salary Range:** 31

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### **DEFINITION**

Under the direction of an assigned manager or supervisor, administer preventive and evaluative services, emergency care and first aid, and rehabilitative treatment to athletes engaged in intercollegiate sports. Provide emergency care and first aid to district employees or students as needed. Perform related clerical, administrative, and athletic training activities.

### **EXAMPLE OF DUTIES**

1. Provide emergency care and first aid, including administration of CPR; obtaining vital signs; recognition and treatment of shock, fractures, and internal injuries; control of bleeding; immobilization of injuries and preparing injured athletes for safe transport using splints and stretchers.
2. Evaluate injuries through visual inspection, palpation, obtaining history of related injuries and conditions, and testing range of motion, muscle strength, and ligament flexibility.
3. May determine when to refer injured persons to physician; upon physician's medical release of athlete, determine when athletes are able to resume participation in activity programs.
4. On own initiative or in consultation with a physician as appropriate, design and administer preventive, post-operative, and non-operative treatment programs using a variety of therapeutic exercise and massage techniques, neuro-muscular coordination training, passive motion equipment, and therapeutic devices employing ultrasound, heat, light, water and electricity.
5. Implement physicians' instructions in treatment of athletic injuries.
6. Inspect uniforms and protective equipment for proper fit and maintenance; prepare and apply protective bandaging, strapping, taping, and padding.
7. Clean, dress, and bandage minor injuries such as cuts, bruises, lacerations, abrasions, and blisters.
8. Attend or schedule athletic trainer coverage for athletic events at home and away to provide emergency first aid and other treatment, examine injuries, and determine need for physician; drive school van or other vehicle to transport equipment or staff, as needed.
9. Consult physicians, players, and coaches concerning preventive and rehabilitative treatments; develop flexibility, strength, and endurance programs for specific teams or individual athletes, as requested; screen athletes for physical condition.
10. Instruct athletes and assist in the operation of therapeutic devices and equipment; teach exercises to be continued at home; explain the significance of physical therapy services.
11. Arrange and administer on-campus clinics by team physician; arrange physician and ambulance coverage for home games.
12. Maintain records and inventory of supplies and equipment; prepare reports and accident insurance forms; maintain athletic equipment and facilities in safe condition.

13. May select, train, schedule, direct, and evaluate the work of hourly and student athletic trainers.
14. Perform related duties as assigned.

### **DESIRABLE QUALIFICATIONS**

#### Knowledge:

Anatomy and physiology of the skeletal, muscular, neurological, and other structures and the pathologies and injuries which result in physical impairment.  
Health and safety regulations.  
Methods of testing and evaluating muscular and neurological function.  
Oral and written communication skills.  
Principles of physical conditioning.  
Principles, methods, equipment, and basic theory of physical rehabilitation involved in current practice of physical therapy.  
Record-keeping techniques.

#### Skills and Abilities:

Administer first aid, CPR, and other emergency care to injured athletes.  
Communicate effectively both orally and in writing.  
Develop and administer preventive and therapeutic treatment plans.  
Establish and maintain effective working relationships with others.  
Identify symptoms of serious injuries.  
Maintain records and prepare reports and insurance forms.  
Prepare and apply protective athletic devices.  
Train and provide work direction to others.  
Understand and follow oral and written directions.

#### Training and Experience:

Any combination of training and experience equivalent to: qualifications for certification by National Athletic Trainers Association (see license, below). Incumbents in this class are also expected to complete continuing education units to fulfill requirements for ongoing maintenance of NATA certification.

#### License:

Valid California driver's license.  
Certification by National Athletic Trainers Association (NATA) which requires first aid and CPR certification, a Bachelor's degree, and completion of an approved internship and certification exams.

### **WORKING CONDITIONS**

#### Physical Requirements:

Category II

#### Environment:

Moderate, some exposure to less desirable conditions.