

ATHLETIC TRAINING

What can I do with this Major?

AREAS

Chiropractic Medicine

Some Areas of Specialization:

Sports Injuries
Neurology
Orthopedics
Pediatrics
Nutrition
Internal Disorders
Diagnostic Imaging
Ergonomics

EMPLOYERS

Solo and group practices
Hospitals or health clinics

STRATEGIES

-Test Required: GRE or MCAT
-Schooling Required: After earning at least 90 hours of undergraduate course work, the Doctor of Chiropractic (DC) requires 4 academic years at a chiropractic school.
-For more information about salary, job outlook and general descriptions: <http://www.bls.gov/ooh/>

Exercise Science

Research
Teaching
Assessment and Evaluation
Program Development
Athletic Training
Personal Training
Rehabilitation
Strength and Conditioning
Health Club Management
Group Fitness Instruction

Colleges and universities
Public and private schools
Sport medicine centers
Hospitals and rehabilitation clinics
Health clubs and fitness centers
Professional teams
Corporate health centers
Professional fitness organizations, such as:
American College of Sports Medicine
National Strength and Conditioning Association
Olympic training centers
Competitive youth training centers
Nutritional supplement manufacturers

-Major in exercise science, exercise physiology, kinesiology, or sports medicine.
-Supplement curriculum with nutrition and hard science courses.
-Consider professional or graduate school in physical therapy, athletic training, or medicine.
-Obtain necessary certification such as Certified Group Fitness Instructor, Certified Personal Trainer, or National Athletic Trainer Certification.
-Develop computer skills
-Work in a physical therapy clinic, health club, or gym to gain experience and make contacts.
-Volunteer to work with college or high school sport teams.
-Volunteer to run exercise programs for local, nonprofit organizations.
-Consider working with manufacturers of exercise equipment or nutritional supplements to learn more about the field and to make contacts.
-Develop excellent interpersonal skills for working with clients, coaches, and team physicians.
-Maintain excellent personal fitness and athletic proficiency. Obtain certifications from the American College of Sports Medicine or the National Strength and Conditioning Association.
-For more information about salary, job outlook and general descriptions: <http://www.bls.gov/ooh/>

GENERAL INFORMATION

- Be willing to work with sport teams in any capacity, realizing that most people start in low-level positions. Careers in sport and athletics are extremely competitive. Get as much experience as possible while in school.-
- Join professional associations. Read their publications and attend their meetings, seminars, and conventions to learn more about the field, as well as to make important contacts.
- Look for jobs in the minor leagues as a way to enter the sport industry.
- Earn a graduate or professional degree for increased opportunities.
- Maintain excellent personal fitness and athletic proficiency.
- Learn to relate well to a variety of people from various backgrounds.
- Develop a desire to help people of all backgrounds and ages including various races and socioeconomic groups.
- Gain an understanding of the rigorous education and training required in the medical professions to ascertain your willingness to complete the required experiences.
- Study the demands required by each of the medical fields. Many physicians work very long, irregular hours. Consider your tolerance for such a schedule.
- All fields require licensure that is generally regulated by the state of residency.
- Plan for a lifetime of learning to stay abreast of new trends in the field and to fulfill continuing education requirements for licensure.
- In some medical fields, additional training is necessary for advanced research and administrative positions, university teaching, and independent research.
- Some medical fields offer the opportunity for post doctoral experiences which can allow one to gain additional training or specialize in a particular area.
- For more information on your major visit: <http://www.onetonline.org/>