



What can I do with my Major?

ATHLETIC TRAINING

SAMPLE JOB TITLES

Visit [O*Net](#) and conduct an *Occupation Quick Search* of each job title to learn more about that career path.

[Athletic Trainer](#)
[Recreation and Fitness Studies Teachers, Postsecondary](#)
[Coaches and Scouts](#)
[Health Specialties Teacher, Postsecondary](#)
[Agents and Business Managers of Athletes](#)
[Sports Medicine Physician](#)
[Athletic Training Lab Technician](#)
[Hospital Sports Medicine Director](#)

UCONN RESOURCES

[Department of Kinesiology](#)
[Athletic Training Society](#)
[UConn Sport Business Association](#)
[Sports Society](#)
[Student American Physical Therapy Association](#)

OTHER RESOURCES

[National Athletic Trainers Association](#)

OVERVIEW OF MAJOR

Athletic Training majors enjoy working within the physical fitness field or working out and helping others do so. The fitness area is expanding and as such offers an increasing number of career opportunities. The Athletic Training program at the University of Connecticut prepares students to become certified athletic trainers by the National Athletic Trainers Association and thus allows them to work at schools, with professional sports teams, at sports medicine clinics, or at colleges and universities. Athletic trainers help their clients recover from injuries and thereby allow them to return to training and competition. Athletic trainers also assist athletes and recreational enthusiasts with health problems. Students majoring in Athletic Training learn to provide and create rehabilitation programs for athletes who have been injured and need reconditioning.

NATURE OF WORK

Athletic trainers prepare athletes for play by knowing how to brace, tape, wrap, and bandage an athlete's troubled or weak spots. An athletic trainer works closely with teams to prevent and to treat injuries for team members and to facilitate the rehabilitation of athletes. Furthermore, athletic trainers attend to the needs of their athletes; as such, part of their job is to make sure all necessary equipment and gear is available to the athlete. Finally, athletic trainers design workout regimens for players on an individual basis to ensure that each player maintains proper conditioning for his or her respective sport.

