Exercise and Strength and Conditioning Specialty
Clinical Athletic Trainer
Job Description

The athletic trainer will develop strength and conditioning programs and assist the physical/occupational therapist with exercise programs. This position reports to the clinic director.

To perform this job successfully, an individual must be able to execute each essential duty. The requirements listed below are representative of the knowledge, skills and/or abilities required. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

The athletic trainer must be certified by the Board of Certification, Inc. with a minimum of two years experience in clinical and/or collegiate level care.

Basic skill requirements
The clinical athletic trainer must have the ability to:

- Read and comprehend simple instructions, short correspondence and memos.
- Write simple correspondence.
- Effectively present information in one-on-one and small group situations to customers, patients and other employees of the organization.
- Add, subtract, multiply and divide in all units of measure, using whole numbers, common fractions and decimals.
- Compute rates and percentages.
- Carry out detailed written and/or oral instructions.
- Deal with problems involving multiple variables in standardized situations.

Duties and responsibilities
Primary responsibilities:

- Assist physical therapist with exercise programs and patient evaluations.
- Perform physical therapy modalities under physical therapist's supervision.
- Develop strength training and/or conditioning programs.
- Instruct and counsel patients regarding compliance with prescribed therapeutic regimens and health maintenance.
- Coordinate and supervise fitness members in the gym.

Other responsibilities:

- Maintain a clean clinical environment.
- Assist clinic director in the development and presentation of lectures, clinics and athletic screening programs.
- Coordinate maintenance and upkeep of gym equipment.
- Analyze and organize office operations and procedures such as typing, bookkeeping, correspondence, filing, requisition of supplies and other clerical services.

Marginal duties and responsibilities:

- Assist clinic director with supervision of technical staff.
- Speak at area gyms, clubs and civic organizations.
- Participate in quality assurance programs.
- Prepare scientific articles.
- Other duties as assigned.

Physical demands

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential duties of this job.

While performing the duties of this job, the employee is regularly required to stand, walk, talk and hear. The employee is frequently required to use hands/fingers to handle objects, tools or controls and to reach with hands and arms. The employee is occasionally required to sit, climb or balance; and stoop, kneel, crouch or crawl. Employee must have sufficient endurance to sustain the physical demands of the job.

The employee must frequently be able to generate the force to maneuver up to100 pounds. Assistance with lifting patients will be provided. Employee must be able to lift up to 50 pounds from floor to waist and 10-15 pounds from waist to overhead with safe body mechanics. Specific vision abilities required by this job include close vision and the ability to adjust focus.

Work environment

The work environment characteristics described here are representative of those an employee encounters while performing the essential duties of this job.

- While performing the duties of this job, the employee may work near moving mechanical parts.
- The noise level in the work environment is usually moderate.
- There is possible exposure to airborne, bloodborne and fluid borne pathogens.
- The athletic trainer may be required to work in a space without windows.

This is not necessarily an exhaustive list of all responsibilities, skills, duties, requirements, efforts or working conditions associated with the job. While this is intended to be an accurate reflection of the current job, management reserves the right to revise the position or to require that other or different tasks be performed when circumstances change (e.g., emergencies, personnel changes, increased/decreased workload, rush jobs or technological developments).

Job Description courtesy of The National Athletic Trainers Association, www.NATA.org; info@nata.org; 214.637.6282. 2004