

## SPORTS MEDICINE SPECIALIST

### KIND OF WORK

Professional sports medicine work.

### NATURE AND PURPOSE

Under limited supervision, provides comprehensive athletics training services to men's and women's sports, including the supervision of student athletic trainers in the prevention, treatment and rehabilitation of athletic injuries; performs related work as required.

EXAMPLES OF WORK (A position may not include all the work examples given, nor does the list include all that may be assigned.)

Arranges multi-sport coverage, at home and away, so that all athletic injuries can be assessed and properly handled. This is done by assigning qualified student athlete trainers to attend sports event or by attending the events, traveling with the teams, giving first aid and emergency care to injured athletes when necessary, or arranging for a first aid kit to be with the team if no trainer coverage can be obtained.

Instructs students in the student assistant athletic training internship program so that they receive the proper training to receive NATA Certification. This is done by recruiting students, developing ongoing instructional meetings, instructing students in the proper use of the athletic training handbook, using checklists to determine the level of knowledge of student interns.

Records all pertinent medical information on all athletes so that it can be used to provide specific information. This is done by keeping careful records of all serious injuries and medical exams on file and up to date; preparing weekly summaries of injuries reported; submitting summary data to national injury registries.

Develops conditioning/strength programs along with the coaching staff so that the athlete can gain and maintain maximum physical conditioning. This is done by designing and implementing post-season, off-season, pre-season and in-season conditioning programs.

Collaborates with the medical community so that athletes are given the best possible medical treatment by scheduling physical examinations; referring ill or injured athletes to the appropriate medical specialist; and deciding when, with the assistance of the team physician, athletes should be disqualified from participation and when they may be permitted to re-enter competition.

Applies devices such as strapping, bandaging, or protective braces to athletes so that injuries are prevented or protected.

Under the direction of the team physician, oversees all treatments in the training room so that each athlete receives the proper care. This is done by devising conditioning programs for each athlete specifically related to his/her injury, implementing pre-operative and post-operative programs for athletes having surgery, monitoring each athlete to ensure he/she follows the prescribed treatment, recording all treatments given to each athlete.

KNOWLEDGE, SKILLS AND ABILITIES REQUIRED

Knowledge of:

Anatomy, physiology, kinesiology and nutrition sufficient to carry out procedures designed to prevent, treat and rehabilitate athletic injuries.

The rehabilitation process of all injured and post-operative athletes sufficient to design conditioning programs.

First aid measures sufficient to give immediate attention to injured athletes.

Ability to:

Apply preventative and protective strapping, padding and bandaging.

Apply emergency protective devices such as spine boards, cervical collars, bandages and dressings, and oversee transportation of injured athletes.

Make prompt, appropriate medical referrals.

Est.: 6/15/87  
Rev.: 4/92

T.C.:  
Former Title(s):