



SALEM STATE UNIVERSITY
CAREER SERVICES

ATHLETIC TRAINING

MAJOR CAREER GUIDE

TABLE OF CONTENTS

ACADEMIC INFORMATION	3
WHAT CAN I DO WITH MY MAJOR?	3
PROFESSIONAL ASSOCIATIONS	3
INFORMATIONAL INTERVIEWING	3
JOB SHADOWING	3
VOLUNTEERING	3
ADDITIONAL RESOURCES	3
SAMPLE RESUME	4
SAMPLE COVER LETTER	5
SAMPLE COMPANY LIST	6

ACADEMIC INFORMATION

Follow this link to the Salem State University Sport and Movement Science department home page. Here you will find program information, degree options, course listings, licensure information, events information and much more:

<https://www.salemstate.edu/academics/college-arts-and-sciences/sport-and-movement-science/bachelor-science-athletic-training>

WHAT CAN I DO WITH MY MAJOR?

Are you an Athletic Training major or are you considering Athletic Training as a major? Follow the link below to the “What Can I Do With My Major?” resource on the Salem State University Career Services web site:

<https://elearning.salemstate.edu/courses/939337/pages/what-can-you-do-with-your-major>

PROFESSIONAL ASSOCIATIONS

As in any profession, staying connected to professionals in your field is vital. Below are links to professional associations for Athletic Training professionals. Stay up to date with industry trends, connect with fellow Athletic Training professionals and utilize resources for job searching:

[National Athletic Trainers’ Association](#)

[Eastern Athletic Trainers’ Association](#)

[Athletic Trainers of Massachusetts](#)

[Association for Applied Sports Psychology](#)

[Federation of Professional Trainers](#)

INFORMATIONAL INTERVIEWING

Informational interviewing is a method of gathering information about career options, industries and employers. It is an opportunity to learn about a particular job from someone already in the field. It is *not* a job interview, but it can help you learn about job opportunities and build your network for when the job search comes. This is an ideal chance to help you gain a more thorough understanding of a particular industry or job. It’s also a great way to determine “is this what I want to do?” and to learn about different paths others have taken to get where they are.

JOB SHADOWING

An additional option you may want to consider to obtain information about your industry of choice is job shadowing. Job shadowing is an opportunity to step into the life of a professional in your field while they are working. Typically, job shadow experiences will last anywhere from one day to one week. Much like an informational interview, this is your opportunity to see firsthand what a “day in the life” of a professional is like.

VOLUNTEERING

Volunteering is another great way to learn about what to expect when working in your industry. Similar to a job shadow, you will be able to see a “day in the life” of a professional while also contributing some of your own skills or services. Volunteering can give you a chance to gain new expertise and help you narrow down your specific interests in the field. Follow the links below to help you identify current volunteer opportunities:

<http://volunteer.nsuw.org/>

ADDITIONAL RESOURCES

Athletic Trainer Certification Information

- <http://www.bocatc.org/>

SAMPLE RESUME

ANNA ATHLETA

52 Broadway, Salem, MA 01970 | a_athleta@salemstate.edu | 111-222-3333

EDUCATION

Salem State University, Salem, MA

Bachelor of Science – Athletic Training

May 20XX

Overall GPA: 3.5

RELATED COURSEWORK

- Anatomy & Physiology I & II
- Kinesiology
- Nutrition & Physical Performance
- Prevention and Care of Athletic Injuries
- Strength and Conditioning
- Injury Evaluation

RELATED EXPERIENCE

Latitude Sports Club, Salem, MA

Personal Fitness Trainer

9/20XX - Present

- Plan and implement diet plans and works out for 10+ clients per week
- Show adaptation techniques to gym members who are unable to perform workouts as designed due to obesity, injuries or other physical limitations
- Teach five group exercise classes per week including: Zumba, Total Body Conditioning, Spinning, Piloxing, and Cardio Kickboxing.

Camp Encore Coda, Sweden, ME

Camp Counselor

5/20XX-8/20XX

- Designed age appropriate art activities for 8 children from 7-13 years old.
- Provided supervision for a cabin of 8 girls ranging in age from 7-10.
- Documented individual child progress
- Wrote evaluations
- Communicated information to parents.

Red's Restaurant, Salem, MA

Waitress

4/20XX-05/20XX

- Provide efficient service to customers.
- Answer questions and resolve problems.
- Work effectively as a team member in a busy, fast paced environment.

CERTIFICATIONS

Training and Conditioning for Sport Performance, Personal Trainer Practical Training Program

COMPUTER SKILLS

Macintosh, IBM, Microsoft Excel, PowerPoint, Word, HTML

SAMPLE COVER LETTER

ANNA ATHLETA

52 Broadway, Salem, MA 01970 | a_athleta@salemstate.edu | 111-222-3333

Date (i.e. January 1, 20XX)

Bob Harper
Salem Athletic Club
22 Wonderland Street
Salem, MA 01970

Dear Mr. Harper:

I am applying for the position of Assistant Athletic Trainer recently advertised on your web site. As my resume indicates, I am presently employed as a Personal Fitness Trainer at Latitude Sports Club. I have completed my Bachelor of Science in Athletic Training from Salem State University and believe that my skills and experiences make me a qualified candidate for the Assistant Athletic Trainer position.

Your advertisement specified a need for someone with experience working with members with physical limitations. For the past three years, my work as a Personal Fitness Trainer has provided me the opportunity to work with members with sports injuries and limitations due to obesity. As a result of my work at Camp Coda as a Camp Counselor, I have developed the level of patience needed to succeed in this type of role. My strong organizational and communication skills will be a benefit while working in the Assistant Athletic Trainer position at Salem Athletic Club.

I appreciate your time and look forward to talking with you further about the position of Assistant Athletic Trainer. I welcome the opportunity to further discuss my qualifications and thank you for your consideration.

Sincerely,

Anna Athleta

Enc: Resume

SAMPLE COMPANIES

ARCHBISHOP WILLIAMS HIGH SCHOOL
ATHLETE'S EDGE
ATHLETIC EVOLUTION
BAYSTATE MEDICAL CENTER
BOSTON CELTICS
BOSTON COLLEGE
BOSTON RED SOX
BOSTON UNIVERSITY
BURLINGTON HIGH SCHOOL
COOPER AEROBIC INSTITUTE
EQUINOX
FITCORP
HEALTHTRAX

MARATHON PHYSICAL THERAPY AND SPORTS
MEDICINE
MASSMUTUAL
METROWEST FRAMINGHAM UNION HOSPITAL
NEW ENGLAND PATRIOTS
NORTHEAST SPORTS TRAINING & REHABILITATION
OFF-SEASON SPORTS & PHYSICAL THERAPY
QUINCY MEDICAL CENTER
SOUTHCOST HEALTH
SOUTHCOST PHYSICIANS GROUP
TUFTS MEDICAL CENTER
YMCA