

## Lesson One – Career as an Athletic Trainer

# REVIEW: Walking in an Athletic Trainer's Shoes...

**30-60 minutes**

**Purpose:**

The purpose of this activity is to have participants walk in the shoes of an athletic trainer through role play.

**Materials:**

- *Act It Out* handout
- *Career Skit Rubric*
- Props for skits
- Timer

**Facilitation Steps:**

1. Divide the class into six small groups. Give each group one of the *Act It Out* handouts. Explain to participants that they should use the information on the handout and their own research to create a short skit about A Day in the Life of an Athletic Trainer. Have participants access the *Career Skit Rubric* so they understand what they will be held accountable for.
2. Supervise participants as they prepare their skits. Provide help with finding research online if they have additional questions that are not detailed on the *Act It Out* handout. Encourage them to outline scenarios in the skit that show a true reflection of the job.
3. After participants have finished preparing their skits, have each group act it out.
4. Following each skit, discuss that group's specific scenario. Allow participants to ask questions about that career scenario to those group members.

# Act It Out

## **Athletic Trainer**

Major responsibilities:

- Apply protective or injury-preventive devices, such as tape, bandages, and braces
- Recognize and evaluate injuries
- Provide first aid or emergency care
- Develop and carry out rehabilitation programs for injured athletes
- Plan and implement comprehensive programs to prevent injury and illness among athletes
- Perform administrative tasks, such as keeping records and writing reports on injuries and treatment programs

Add more in the space below:

# Career Skit Rubric

	Excellent 4 points	Good 3 points	Average 2 points	Needs Improvement 1 point	Total
Accuracy	All information is accurate	Almost all information is accurate	Most information accurate	Very little information is accurate	
Role	Excellent teamwork in skit presentation – responsibility is evenly shared	Good teamwork in presentation but one person had a bit more responsibility	Fair teamwork with one member responsible for a majority of the presentation	Little or no teamwork exhibited	
Knowledge	The skit shows a thorough understanding of all job responsibilities	The skit shows a fairly clear understanding of job responsibilities	The skit shows only a partial understanding of the job responsibilities	The skit does not reflect knowledge of the job responsibilities	
Creativity	Used several props and added several visuals like photos or animations	Used one prop and one visual effect	Used a prop or visual effect	Used no props or visual effects	
Required Elements	The scenario in the skit is appropriate for the job	The scenario for the skit is mostly appropriate for the job	Half of the skit scenario does not apply to the job	The scenario is off the mark entirely	

20 points 100%

15 points 75%

10 points 50%

Total \_\_\_\_\_