

Career Peek! ATHLETIC TRAINER



Professions: Athletic Trainer

Grade Level: K-2

All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss the occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.

Purpose: To introduce students to the athletic training career field.

Materials needed: Attached coloring page and crayons or colored pencils

Duration: 30 minutes

Instructions:

1. Discuss what an athletic trainer does and where one works.
 - **Athletic trainers work with athletes to care for them and keep them from getting hurt. They care for scrapes, broken bones, and sprains. They use athletic tape and other equipment to care for injuries. Athletic trainers help people to stay fit by teaching them how to exercise. They also teach athletes ways to play and perform better. They could work at fitness centers, hospitals, colleges, with professional sports, or other schools.**
2. Give students the coloring page and have them follow and color the numbered areas. Discuss the objects on the coloring page and how they are associated to athletic training.

1-Orange

3-Black

5-Gray

7-Blue

9-Yellow

2-Brown

4-Light Green

6-Purple

8-Red

10-White

