

SPORTS MEDICINE SPECIALIST

KIND OF WORK

Advanced professional athletic training work in a state corrections facility.

NATURE AND PURPOSE

Under limited supervision, the Sports Medicine Specialist (working title: Athletic Trainer (AT)) provides comprehensive athletic training services to eligible offenders in state correctional facilities, including pre-screening of candidates for participation in the Challenge Incarceration Program (CIP), oversight of the physical training component of CIP, evaluation and treatment of musculoskeletal injuries, and 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.)

Provides assessment, treatment, and follow-up of musculoskeletal injuries. This includes developing and implementing treatment plans, including work and exercise modifications, which allow injured offenders to enter and continue participation in CIP.

Develops and provides pre-participation musculoskeletal/functional assessment and cardiovascular fitness screening to identify appropriate participants for CIP.

In conjunction with the medical team, modifies pre-participation fitness screening to accommodate offenders with chronic injuries, illnesses, or disabilities such as amputees, paraplegics, diabetics, and individuals with significant cardiovascular history.

Recommends, monitors, and modifies accommodations for offenders participating in CIP.

Collaborates with the medical team so that offenders are given the best possible medical treatment by referring ill or injured offenders to the appropriate medical specialist.

Acts as first responder to CIP participants' injuries and illnesses, applying medical devices and first aid, analyzing and identifying probable diagnoses and treatment recommendations to the medical team.

Records all pertinent medical information in each offender's medical file.

Organizes physical training activities for offenders to meet the statutory physical requirements of CIP.

Develops conditioning/strengthening programs to address specific offender needs and goals.

Monitors offender progress in physical training by developing and utilizing methods of

tracking participation and measuring physical improvement.

Makes recommendation for acceptance or denial in the assessment of offender progress within the CIP program and whether they advance within the program and ultimately graduate to CIP Phase II, as a member of the CIP program review team

Monitors the level of offender participation, observes behavior and interactions, confronts and mediates conflict to ensure security and safety.

Provides education to offenders related to fitness, nutrition, safety, etc.

KNOWLEDGE, SKILLS, AND ABILITIES REQUIRED

Knowledge of:

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

Rehabilitation process of all injured and post-operative offenders sufficient to design conditioning programs.

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

Security procedures sufficient to maintain the security of the facility and public.

Skills in:

Computer use sufficient to develop and utilize spreadsheets, databases, or other software necessary to collect and analyze information and generate reports.

Oral and written communication sufficient to provide training and document results.

Human relations and interpersonal communication sufficient to influence and motivate offenders, including adversarial or resistant individuals, and to work collaboratively with facility staff.

Ability to:

Apply preventative and protective taping, wrapping, bracing, padding, orthotics, etc.

Manage workload with minimal guidance and supervision.

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

Confront negative offender behavior and intervene in the appropriate manner.

Provide emergency response according to Incident Command System protocols.

Licensure: Licensed as an Athletic Trainer by the Minnesota Board of Medical Practice.

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