

“Reporting for Duty: ATs in the Military”

Domain I – Risk Reduction, Wellness, and Health Literacy

Domain IV – Therapeutic Intervention

Domain V – Healthcare Administration and Professional Responsibility

Skill Level – Essential

The Holistic Health and Fitness (H2F) (Field Manual 7-22) was published October of 2020. This program codified the role of Athletic Trainers in the US Army as part of an effort to deploy a sports medicine team to support soldier wellness. The H2F doctrine directs leaders and Soldiers to use unit-level experts, facilities, and equipment to develop the physical and nonphysical components of Soldier readiness. The H2F program focuses on five different domains of readiness: Physical, Nutritional, Mental, Sleep and Spiritual. Athletic Trainers serve within the Physical Readiness domain with Physical Therapists and Strength Coaches. Athletic Trainers have two main employment opportunities: Department of Defense Civilian employee and contract employee. As the H2F program continues to buildout its initial phase, Athletic Trainers have the opportunity to illuminate their capacity to lead interdisciplinary teams like H2F. This presentation will provide insights into how Athletic Trainers who are interested in a career working within the Armed Forces can locate opportunities, understand what to expect out of this type of position, and what Athletic Trainers can do to best position themselves for leadership roles within this growing area.

Learning Objectives

1. Discuss the employment categories for the H2F Program.
2. Interpret the H2F position announcements and use the military vernacular to determine if that position is right for them.
3. Compare and contrast the differences in the US Army H2F positions with other traditional employment opportunities.
4. Critique military opportunities and determine how they can advance the profession of athletic training within that role.