

**SAN DIEGO SPORTS MEDICINE AND
FAMILY HEALTH CENTER**

FAMILY PRACTICE SPORTS MEDICINE FELLOWSHIP

I. SCOPE

The practice of sports medicine is the application of the physician's knowledge, skills and attitudes to those engaged in sports and exercise. The program provides training in the development of the clinical competencies needed to diagnose and manage medical illnesses and injuries related to sport and exercise.

Clinical experience includes prevention, pre-participation evaluation, management of acute and chronic illness or injury and rehabilitation as applied to a broad spectrum of undifferentiated patients. We provide experience functioning as a team physician and in the promotion of physical fitness and lifestyles.

The Program curriculum will include, but not be limited to the following content and skill areas:

- ♦ Anatomy, physiology and biomechanics of exercise
- ♦ Basic nutritional principles and their application to exercise
- ♦ Psychological aspects of exercise, performance and competition
- ♦ Guidelines for evaluation prior to participation in sport and exercise
- ♦ Physical conditioning requirements for various activities
- ♦ Special considerations related to age, gender and disability
- ♦ Pathology and pathophysiology of illness and injury as it relates to exercise
- ♦ Effects of disease on exercise and the use of exercise in the care of medical problems
- ♦ Prevention, evaluation, management and rehabilitation of injuries
- ♦ Understanding pharmacology and effects of therapeutic, performance-enhancing and recreational drugs
- ♦ Promotion of physical fitness and healthy lifestyles
- ♦ Functioning as a team physician
- ♦ Ethical principles as applied to exercise and sports
- ♦ Medical-legal aspects of exercise and sports
- ♦ Environmental effects on exercise
- ♦ Anatomy related to exercise

- ◆ Growth and development related to exercise
- ◆ Aspiration and injection of joints or soft tissues
- ◆ External fixation
- ◆ Demonstrate competence in patient education regarding sport and exercise

II. MAJOR ROTATIONS AND/OR PROGRAM ASSIGNMENTS

- ◆ San Diego Sports Medicine and Family Health Center
- ◆ Alvarado Orthopedic Medical Group
- ◆ San Diego Orthopaedic Associates Medical Group, Inc.
- ◆ San Diego State University Athletic Medicine Clinics
- ◆ Didactics, Conferences, Seminars/Workshops in Sports Medicine
- ◆ San Diego Sports Medicine Physical Therapy
- ◆ Children's Hospital Pediatric Orthopedics
- ◆ Alvarado Medical Group – William Ceretto, MD
- ◆ V.A. Medical Center, Department of Radiology, Donald Resnick, MD
- ◆ Life Wellness Institute – Clinical Nutrition, Lee Rice, DO
- ◆ Ski Trauma, Michael Karch, MD
- ◆ Research Project
- ◆ Medical coverage/management of at least one High School Athletics Program
- ◆ Planning and implementation of medical coverage for at least one mass participation event
- ◆ Presentation(s) at one of the Annual Conferences for AOASM/AMSSM

The faculty meets once yearly to discuss and implement program changes in the upcoming year. These meetings are attended by the Program Director and key faculty for each affiliated program. Implementation of program changes are the responsibility of the Program Director.

III. GOALS:

1. Provide educational experiences for the resident to develop clinical competence in the overall field of sports medicine.
2. Development of the basic knowledge content of Sports Medicine as it relates to Primary Care Medicine.

San Diego Sports Medicine Center
Family Practice Sports Medicine Fellowship
Page Three

3. To understand the role of exercise in health promotion and be able to prescribe an individualized exercise program for each patient.
4. To emphasize injury prevention, management and rehabilitation of common exercise and sports-related acute and chronic injuries.
5. To acquire the knowledge and skills necessary to perform the functions of a team physician.
6. To acquire the knowledge and skills necessary to perform scholarly research in the area of sports and exercise medicine and science.

