**New Application: Sports Medicine**

**Review Committee for Emergency Medicine, Family Medicine, Pediatrics,   
or Physical Medicine and Rehabilitation**

**ACGME**

**Sponsoring Institution**

1. Does the Sponsoring Institution also sponsor ACGME-accredited residency programs in: [PR I.A.1.]

a) Emergency medicine  YES  NO

b) Family medicine  YES  NO

c) Internal medicine  YES  NO

d) Pediatrics  YES  NO

e) Physical medicine and rehabilitation  YES  NO

2. Does the program function as an integral part of an ACGME-accredited residency program in emergency medicine, family medicine, internal medicine, pediatrics, or physical medicine and rehabilitation? [PR I.A.1.a)]  YES  NO

3. Is the program an integral part of the associated specialty program in at least one of the following ways: [PR I.A.1.a)]

a) Will fellows and/or fellowship faculty members supervise residents in the sponsoring program?  
  YES  NO

b) Will fellows and/or fellowship faculty members share a clinical practice site with residents in the core program for at least one month during the fellowship year?  YES  NO

c) Will fellows and/or fellowship faculty members serve as consultants for providers in the sponsoring program?  YES  NO

**Program Personnel and Resources**

**Program Director**

Describe how the program director will delineate fellow responsibilities for patient care and progressive responsibility for patient management and supervision of fellows in the following clinical experiences [PR II.A.3.f)]. (Limit response to 250 words)

1. Sports medicine clinic

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2. On-site sports care

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3. Non-sports ambulatory care

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4. Inpatient care

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**Faculty**

1. Briefly describe the involvement of the members of the faculty in clinical discussions, rounds, journal clubs, and conferences. [PR II.B.5.a)]

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2. Briefly describe how the members of the faculty will encourage and support fellow participation in scholarly activities*.* [PR II.B.5.c)]

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**Other Program Personnel**

List the other members of the teaching staff, including nutritionists, clinical pharmacologists, exercise physiologists, physical therapists, coaches, and behavioral scientists. Describe their contribution to the program, including at participating sites, and their role in the education of fellows. If fellows will not physically attend a site but participate via videoconferencing or consulting, indicate this in the “Site #” column. [PR II.C.1.-2.]

|  | Name | **Education (including Degree and Date Obtained)** | **Site #** | **Role in the Educating the Sports Medicine Fellows** |
| --- | --- | --- | --- | --- |
| Coaches | 1. Name | Education | Site # | Role |
| 2. Name | Education | Site # | Role |
| Certified Athletic Trainers | 1. Name | Education | Site # | Role |
| 2. Name | Education | Site # | Role |
| Behavioral Scientists | 1. Name | Education | Site # | Role |
| 2. Name | Education | Site # | Role |
| Clinical Imaging Staff | 1. Name | Education | Site # | Role |
| 2. Name | Education | Site # | Role |
| Doctor of Pharmacy or PhD pharmacologist | 1. Name | Education | Site # | Role |
| 2. Name | Education | Site # | Role |
| Exercise Physiologists | 1. Name | Education | Site # | Role |
| 2. Name | Education | Site # | Role |
| Nutritionists | 1. Name | Education | Site # | Role |
| 2. Name | Education | Site # | Role |
| Physical Therapists | 1. Name | Education | Site # | Role |
| 2. Name | Education | Site # | Role |

**Resources**

1. Provide an estimate of the demographic data for patients to be seen by the fellows at the sports medicine clinic(s) above. [PR II.D.1.]

| **Age** | **Number and Percentage of Total Visits** | | **Number and Percentage of Female Visits** | | **Number and Percentage of Male Visits** | |
| --- | --- | --- | --- | --- | --- | --- |
| **#** | **%** | **#** | **%** | **#** | **%** |
| 0-10 | # | # % | # | # % | # | # % |
| 11-18 | # | # % | # | # % | # | # % |
| 19-30 | # | # % | # | # % | # | # % |
| 31-50 | # | # % | # | # % | # | # % |
| >51 | # | # % | # | # % | # | # % |
| **TOTAL** | **#** | **100%** | **#** | **100%** | **#** | **100%** |

2. If the estimated percentage of visits for patients 18 years of age or younger totals less than 10% of total patient visits, provide an explanation in the space below as to how fellows will gain experience with this population of patients. [PR II.D.1.] (Limit response to 250 words)

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3. If the estimated percentage of visits for patients aged 51 or older is less than 10% of total patient visits, provide an explanation in the space below as to how fellows will gain experience with this population of patients. [PR II.D.1.] (Limit response to 250 words)

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4. List the sports medicine clinic(s) where fellows will be trained. [PR II.D.2.]

|  | **Clinic #1** | **Clinic #2** | **Clinic #3** |
| --- | --- | --- | --- |
| **Name of Clinic** | Name of Clinic | Name of Clinic | Name of Clinic |
| Director: | Director | Director | Director |
| Distance and time to primary hospital: | Distance | Distance | Distance |
| How many days per week will each fellow be assigned to the clinic? | Days per week | Days per week | Days per week |
| How many months per year? | # of months | # of months | # of months |

5. Indicate with an ‘X’ the diagnostic imaging and functional rehabilitation services that are available and accessible for the sports medicine clinic patients. [PR II.D.2.a)]

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| --- | --- |
| **Diagnostic Imaging** | |
| MRI |  |
| CT |  |
| Plain imaging (digital or silver) |  |
| Other: specify |  |
| Other: specify |  |
| Other: specify |  |
| **Functional rehabilitation** **services** | |
| Physical and occupational therapists |  |
| Athletic trainers |  |
| Coaches |  |
| Other: specify |  |
| Other: specify |  |
| Other: specify |  |

6. Indicate with an ‘X’ the medical and surgical consultative services that are readily available to the sports medicine clinic patients. [PR II.D.2.b)]

| **Consultative Services** | |
| --- | --- |
| Cardiology |  |
| Dental |  |
| Emergency medicine |  |
| General surgery |  |
| Neurology |  |
| Ophthalmology |  |
| Orthopaedic surgery |  |
| Otolaryngology |  |
| Urology |  |

7. Briefly describe the type of access fellows will have to (a) sporting events; (b) team sports; and, (c) mass-participation events. [PR II.D.3.]

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8. Does the program use an acute care facility that provides access to the full range of services typically found in an acute care general hospital? [PR II.D.4.]  YES  NO

**Educational Program**

**Patient Care**

1. Indicate the settings and activities in which fellows demonstrate competence in each of the following areas of patient care. Also indicate the method(s) used to assess competence.

| **Competency Area** | **Settings/Activities** | **Assessment Method(s)** |
| --- | --- | --- |
| Diagnosis and non-operative management of medical illnesses and injuries related to sports and exercise, including hematomas, non-surgical sprains and strains, stress fractures, and traumatic fractures and dislocations  [PR IV.A.2.a).(1).(a)] | Click here to enter text. | Click here to enter text. |
| Evaluating sports-related injuries using diagnostic ultrasound [PR IV.A.2.a).(1).(b)] | Click here to enter text. | Click here to enter text. |
| Diagnosis and timely referral for operative treatment of sports-related injuries, including hematomas, stress fractures, surgical sprains and strains, and traumatic fractures and dislocations  [PR IV.A.2.a).(2).(a)] | Click here to enter text. | Click here to enter text. |
| Performing ultrasound-guided procedures for the treatment of sports injuries [PR IV.A.2.a).(2).(b)] | Click here to enter text. | Click here to enter text. |

2. Will fellow experience evaluating sports-related injuries using diagnostic ultrasound include each of the following? [PR IV.A.2.a).(1).(b).(1)]

a) Ultrasound of the shoulder  YES  NO

b) Ultrasound of the elbow  YES  NO

c) Ultrasound of the wrist  YES  NO

d) Ultrasound of the hand  YES  NO

e) Ultrasound of the hip  YES  NO

f) Ultrasound of the knee  YES  NO

g) Ultrasound of the ankle  YES  NO

h) Ultrasound of the foot  YES  NO

Explain any “NO” responses.

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3. Will fellow experience in the performance of ultrasound-guided procedures for the treatment of sports-related injuries include the following? [PR IV.A.2.a).(2).(b).(i)]

a) Injuries to the shoulder  YES  NO

b) Injuries to the elbow  YES  NO

c) Injuries to the wrist  YES  NO

d) Injuries to the hand  YES  NO

e) Injuries to the hip  YES  NO

f) Injuries to the knee  YES  NO

g) Injuries to the ankle  YES  NO

h) Injuries to the foot  YES  NO

Explain any “NO” responses.

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| Click here to enter text. |

**Medical Knowledge**

Indicate the settings and activities in which fellows will demonstrate expertise in their knowledge of the areas listed below. Also list the method(s) that will be used to assess knowledge in each area.

| **Knowledge Area** | **Settings/Activities** | **Assessment Method(s)** |
| --- | --- | --- |
| Anatomy, physiology, and biomechanics of exercise  [PR IV.A.2.b).(1).(a)] | Click here to enter text. | Click here to enter text. |
| Basic nutritional principles and their application to exercise  [PR IV.A.2.b).(1).(b)] | Click here to enter text. | Click here to enter text. |
| Psychological aspects of exercise, performance, and competition  [PR IV.A.2.b).(1).(c)] | Click here to enter text. | Click here to enter text. |
| Guidelines for appropriate history-taking and physical evaluation prior to participation in exercise and sport  [PR IV.A.2.b).(1).(d)] | Click here to enter text. | Click here to enter text. |
| Physical conditioning requirements for various exercise related activities and sports  [PR IV.A.2.b).(1).(e)] | Click here to enter text. | Click here to enter text. |
| Special considerations related to age, gender, and disability  [PR IV.A.2.b).(1).(f)] | Click here to enter text. | Click here to enter text. |
| Pathology and pathophysiology of illness and injury as they relate to exercise  [PR IV.A.2.b).(1).(g)] | Click here to enter text. | Click here to enter text. |
| Effects of disease on exercise and the use of exercise in the care of medical and musculoskeletal problems  [PR IV.A.2.b).(1).(h)] | Click here to enter text. | Click here to enter text. |
| Prevention, evaluation, and management, and rehabilitation of injuries and sports-related illnesses  [PR IV.A.2.b).(1).(i)] | Click here to enter text. | Click here to enter text. |
| Clinical pharmacology relevant to sports medicine and the effects of therapeutic, performance-enhancing, and mood-altering drugs  [PR IV.A.2.b).(1).(j)] | Click here to enter text. | Click here to enter text. |
| Promotion of physical fitness and healthy lifestyles  [PR IV.A.2.b).(1).(k)] | Click here to enter text. | Click here to enter text. |
| Ethical principles as applied to exercise and sports  [PR IV.A.2.b).(1).(l)] | Click here to enter text. | Click here to enter text. |
| Medicolegal aspects of exercise and sports  [PR IV.A.2.b).(i).(m)] | Click here to enter text. | Click here to enter text. |
| Environmental aspects of exercise and sports  [PR IV.A.2.b).(1).(n)] | Click here to enter text. | Click here to enter text. |
| Growth and development related to exercise  [PR IV.A.2.b).(1).(o)] | Click here to enter text. | Click here to enter text. |
| The role of exercise in maintaining the health and function of the elderly  [PR IV.A.2.b).(1).(p)] | Click here to enter text. | Click here to enter text. |
| Exercise programs in school-age children  [PR IV.A.2.b).(1).(q)] | Click here to enter text. | Click here to enter text. |
| Basic principles of sports ultrasound, and the sonographic appearance of normal and pathologic adipose, fascia, muscle, tendon, bone, cartilage, joint, vasculature, and nerves [PR IV.A.2.b).(2)] | Click here to enter text. | Click here to enter text. |

**Practice-based Learning and Improvement**

1. Briefly describe one planned quality improvement activity or project that will allow fellows to demonstrate an ability to analyze, improve, and change practice or patient care. Describe planning, implementation, evaluation, and provisions of faculty member support and supervision that will guide this process. [PR IV.A.2.c).(1)] (Limit response to 400 words)

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2. Briefly describe one example of a learning activity in which fellows engage to develop the skills needed to locate, appraise, and assimilate evidence from scientific studies and apply it to their patients' health problems. [PR IV.A.2.c).(2)] (Limit response to 400 words)

The description should include:

* Locating information
* Appraising information
* Assimilating evidence information (from scientific studies)
* Applying information to patient care

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3. Briefly describe one example of a learning activity in which fellows will educate patients, members of patients’ families, medical students, coaches, athletes, other professionals, other health care professionals (including nurses and allied health personnel), and residents regarding issues related to sports and exercise. [PR IV.A.2.c).(3)] (Limit response to 400 words)

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4. Briefly describe one example of a learning activity in which fellows will function as a team physician. [PR IV.A.2.c).(4)] (Limit response to 400 words)

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**Interpersonal and Communication Skills**

Briefly describe one learning activity in which fellows demonstrate interpersonal and communication skills that result in the effective exchange of information and collaboration with patients, their families, and health professionals. [PR IV.A.2.d)] (Limit response to 400 words)

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**Professionalism**

Briefly describe the learning activity(ies), other than lecture, by which fellows demonstrate a commitment to carrying out professional responsibilities and an adherence to ethical principles. [PR IV.A.2.e)] (Limit response to 400 words)

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**Systems-based Practice**

Briefly describe the learning activity(ies) through which fellows demonstrate an awareness of and responsiveness to the larger context and system of health care, as well as the ability to call effectively on other resources in the system to provide optimal health care. [PR IV.A.2.f)] (Limit response to 400 words)

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**Curriculum Organization**

1. List the required conferences, seminars, and/or workshops that will augment fellows’ clinical experiences. Add rows as necessary.   
[PR IV.A.3.a)]

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| --- | --- | --- | --- |
| **Topic** | **Presenter(s)** | **Presenter discipline(s)** | **Frequency, length of session and total number of sessions (e.g., weekly, 1 hr, 8 sessions)** |
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2. List the clinical rotations or experiences in which fellows will participate over the academic year. Add rows as necessary. [PR IV.A.3.b); IV.A.4.c).(2)]

| **Name of Rotation or Experience** | **Setting(s)**  **(check all that apply)** | | | **Site #** | **Frequency (# half-days/ week or month)** | **Number of Weeks** | **Patient Age Range** | **Supervising Faculty Names** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Acute Inpatient** | **Ambulatory Care** | **On-site Sports Care** |
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3. Indicate the relative proportion of time allotted to these experiences throughout the year.   
[PR IV.A.3.b)-IV.A.3.c); IV.A.4.a)-e).(2)]

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| **Curricular Experiences** | **Percentage of Time** |
| **Clinical Experiences** | |
| Pre-participation physical evaluations | # % |
| Sports medicine procedures: outpatient non-operative interventional procedures | # % |
| Sports medicine procedures: inpatient operative musculoskeletal procedures | # % |
| Sports medicine procedures: outpatient operative musculoskeletal procedures | # % |
| Sports medicine clinic: ambulatory | # % |
| Sports medicine clinic: hospitalized sports medicine clinic patients | # % |
| On-site sports care | # % |
| Mass-participation events | # % |
| Other: (describe) | # % |
| Other: (describe) | # % |
| **Subtotal** | # % |
| **Other Experiences** | |
| Conferences, seminars, and workshops related to sports medicine | # % |
| Research and scholarly activity related to sports medicine | # % |
| Other: (describe) | # % |
| Other: (describe) | # % |
| **Subtotal** | # % |
| **TOTAL** | **100%** |

If any of the specified categories of experiences are not available, explain below:

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| Click here to enter text. |

4. List the number of half-days per week and the setting(s) in which fellows will maintain their skills in their primary specialty. Add rows as necessary. [PR IV.A.3.c)]

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| --- | --- |
| **Half day(s)** | **Setting(s)** |
|  |  |

**Fellow Experiences**

1. Briefly describe the planned fellow experience with procedures relevant to the practice of primary care sports medicine. Be specific regarding the types of procedures included in this experience, and the role of the fellow in each. [PR IV.A.4.b).(1)-(2)]

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| Click here to enter text. |

2. Briefly describe how fellows will attend to patients in acontinuing, comprehensive manner, providing consultation for health problems related to sports and exercise, during their experience in the primary sports medicine clinic.[PR IV.A.4.c).(1)]

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| Click here to enter text. |

3. Briefly describe how fellows will remain involved in the care of their sports medicine patients who are hospitalized. [PR IV.A.4.c).(3)]

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4. Briefly describe the planned experience providing fellows with on-site sports care, including the planning and provision of medical care at various sporting events. [PR IV.A.4.d)-d).(1)]

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5. List the sports team(s) for which fellows will participate in providing comprehensive and continuing care, and include the sport, and league, if applicable. [PR IV.A.4.d).(2)]

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| Click here to enter text. |

6. Briefly describe the planned experience that provides fellows with exposure to on-field management and medical transportation of urgent and emergent sports medicine problems. [PR IV.A.4.d).(3)]

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7*.* Briefly describe the participation of fellows in the planning and implementation of the provision of medical coverage for a mass participation event. The response should include a description of how the program will ensure that each fellow has this experience, and indicate whether the experience includes: (a) providing medical consultation; (b) direct-care planning; (c) event planning; (d) protection of participants; and (e) coordination with local EMS systems. [PR IV.A.4.e).(1)-(2)]

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| Click here to enter text. |

8. Briefly describe the community sports medicine network where fellows will interact with coaches, athletic trainers, allied health personnel, and parents of athletes. [PR IV.A.4.f)]

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| Click here to enter text. |