

## **Sports Medicine Goals and Objectives**

### **Medical Knowledge**

The resident should be able to:

1. Explain the benefits of exercise.
2. Counsel patients regarding the safety of involvement in exercise.
3. Describe the role of exercise in mental and physical health promotion.
4. Write an Exercise Prescription for geriatric athletes, pregnant athletes, patients with chronic illness, and physically challenged athletes.
5. Recognize indications for consultation and referral to orthopedic surgery and other appropriate specialties.
6. Discuss the role of sports physical therapy and rehabilitation.

### **Patient Care**

The resident should be able to:

1. Give oral and written presentations to attendings in an organized, concise, accurate manner that include differential diagnoses and management plans.
2. Demonstrate principles of patient autonomy, confidentiality, and informed consent.
3. Develop and demonstrate ability to work in an organized, efficient manner in assessing and triaging patients according to urgency.
4. Perform an appropriate pre-participation evaluation of an athlete.
5. Function as a team or sporting event physician.
6. Demonstrate appropriate taping, casting, and immobilization techniques.
7. Manage common sports related injuries including closed head injuries, sprains and strains, fractures/dislocations, spine injuries, and overuse/chronic injuries.

### **Interpersonal Communication Skills**

The resident should be able to:

1. Effectively communicate with attendings and other healthcare members as a team in coordinating comprehensive healthcare.
2. Effectively communicate medical decisions and recommendations to athletes, coaches and parents.
3. Demonstrate strategies to discuss sensitive subjects with athletes including exercise addiction, abuse of anabolic and performance-enhancing agents, and pressures to perform with injuries.

### **Systems-based Practice**

The resident should be able to:

1. Demonstrate effective, compassionate and empathetic communication with patients and families while considering psychosocial, economic, and cultural issues of care.
2. Discuss medicolegal issues of functioning as a team physician.

### **Practice-based Learning and Improvement**

The resident should be able to:

1. Appraise and assimilate scientific evidence to guide improvement in patient care.
2. Incorporate formative evaluation feedback into daily practice.

3. Use information technology to optimize learning.

**Professionalism**

The resident should be able to:

1. Present themselves professionally in regards to dress, punctuality, and interactions with patients, families, and all medical care providers.
2. Demonstrate compassion, integrity, and respect for others.
3. Demonstrate respect for patient privacy and autonomy.

---

Resident

---

Faculty

---

Date