



# Sports Medicine Examination

Friday, April 11, 1997

***Application Period: July 1, 1996 – December 1, 1996***

The Certificate of Added Qualifications (CAQ) in Sports Medicine is being offered by the American Board of Family Practice in conjunction with the American Board of Emergency Medicine, the American Board of Internal Medicine, and the American Board of Pediatrics. The requirements for all Boards will be similar. The examination will be administered to candidates from all four Boards at the same time in the same testing centers. The standard for passing the examination will be identical for all Boards.

## **Definition**

Sports Medicine is a body of knowledge and a broad area of health care which includes 1) exercise as an essential component of health throughout life; 2) medical management and supervision of recreational and competitive athletes and all others who exercise; and 3) exercise for prevention and treatment of disease and injury.

## **Description of the Examination**

The proctored, written examination will be a half-day examination administered in several major cities across the United States. A list of the testing centers will be provided as part of the formal application. The examination fee is \$750 if the application is postmarked prior to November 1, 1996, or \$950 if postmarked by December 1, 1996. Applications received after December 1, 1996, might not be accepted for the examination.

The content of the examination will include:

- Physiology and biomechanics of exercise
- Basic and nutritional principles and their application to exercise
- Psychological aspects of exercise, performance, and competition
- Guidelines for evaluation prior to participation in exercise
- Physical conditioning requirements for various activities
- 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
- Anatomy related to exercise
- Growth and development related to exercise

## **Requirements**

Family physicians must be certified by the American Board of Family Practice and must be Diplomates in good standing at the time of the examination. The Diplomate must hold a currently valid and unrestricted license to practice medicine in the United States or Canada. ABFP Diplomates may apply through one of two plans:

### **Plan I (Fellowship Pathway)**

A candidate must have completed a minimum of one year in a sports medicine fellowship program associated with an ACGME-accredited residency in Emergency Medicine, Family Practice,\* Internal Medicine, or Pediatrics.

*\*Effective July 1, 1998, family practice sports medicine fellowship training must be accredited by the Accreditation Council for Graduate Medical Education (ACGME) to be used toward training requirements for admission to the examination.*

### **Plan II (Practice Pathway)\***

*\*Qualifying Plan II will be available only through the 1999 examination. After the 1999 examination, this "practice" plan will expire, and only those ABFP Diplomates who satisfactorily complete a one-year sports medicine fellowship will be eligible to apply for the CAQ in Sports Medicine.*

All candidates must have five years of practice experience consisting of at least 20% professional time devoted to sports medicine, defined as one or more of the following: (1) field supervision of athletes; (2) emergency assessment and care of acutely injured athletes; (3) diagnosis, treatment, management, and disposition of common sports injuries and illness; (4) management of medical problems in the athlete; (5) rehabilitation of ill and injured athletes; and (6) exercise as treatment.

Time spent in any type of training cannot be equated as practice.

All candidates must show evidence of participation in 30 hours of AMA Category I (or its equivalent) in sports-medicine-related continuing medical education during the past 5 years.

## **Application Material**

Requests for application materials should be made by contacting:

**Sports Medicine Examination  
The American Board of Family Practice  
2228 Young Drive  
Lexington, KY 40505-4294  
(606) 269-5626, ext. 250  
fax (606) 266-4089**