Board News

Paul R. Young, M.D.

The Board of Directors held its annual meeting 8–11 April 1992 in Houston, Texas. Among other business, the Board elected their new Directors to replace those whose terms expired. Also, the Board elected new officers for the 1992–1993 term.

Elected to a 5-year term were Donald M. Keith, M.D., Joseph W. Tollison, M.D., and Jack Pickleman, M.D. Dr. Keith was nominated by the American Academy of Family Physicians. He is a family physician in private practice in Seattle, Washington. He has recently served on the Board of Directors of the AAFP. Dr. Keith replaces Dr. Joe Johnston of Mississippi.

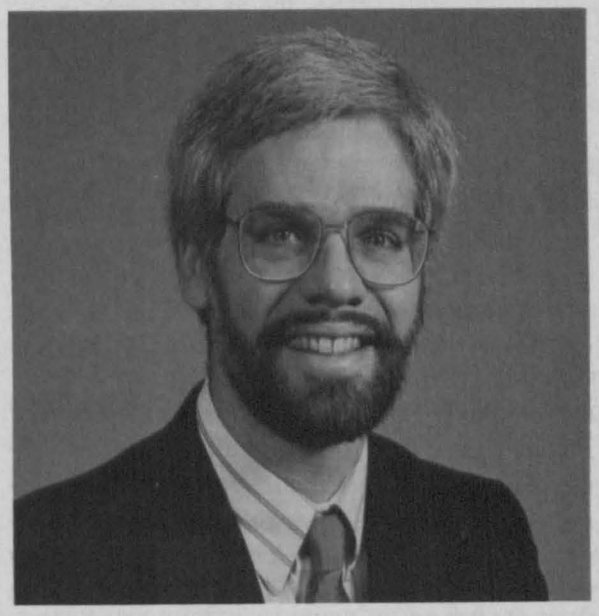
Dr. Tollison was nominated as an at-large member of the Board. He currently serves as Chairman of the Department of Family Practice at the Medical College of Georgia in Augusta. He has served on the Board of Directors of the Society of Teachers of Family Medicine as well as the Association of Departments of Family Medicine. Dr. Tollison replaces Dr. Charles Smith, Jr., of Little Rock, Arkansas.

Dr. Pickleman was nominated by the American Board of Surgery. He is Professor and Chief, Division of General Surgery, at Loyola University Stritch School of Medicine in Chicago. Dr. Pickleman replaces Dr. Arlie Mansberger of Augusta, Georgia.

Dr. Howard Rabinowitz was elected President of the Board of Directors for the 1992–1993 term. He is the Associate Chairman for the Department of Family Medicine at the Thomas Jefferson Medical College in Philadelphia. Dr. Rabinowitz is serving his 5th year on the Board of Directors. The Vice-President is Dr. Kenneth Frederick of the University of Cincinnati Department of Family Practice. Dr. Lanny Copeland, a family physician in private practice in Moultrie, Georgia, is the Treasurer. The at-large member of the Executive Committee is Dr. James Puffer of the UCLA Center for Health Sciences.

Certificate of Added Qualifications in Sports Medicine

In other business, the Board of Directors approved the definition, content, and requirements for certification in Sports Medicine.



Howard Rabinowitz, M.D.

Definition

Sports Medicine is a body of knowledge and a broad area of health care that 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.

Content

The practice of Sports Medicine is the application of the physician's knowledge, skills, and attitudes to all persons engaged in sports and exercise.

The content of the examination will include:

1. Physiology and biomechanics of exercise
2. Basic nutritional principles and their application to exercise
3. Psychological aspects of exercise, performance, and competition
4. Guidelines for evaluation prior to participation in exercise
5. Physical conditioning requirements for various activities
6. Pathology and pathophysiology of illness and injury as it relates to exercise

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7. Effects of disease on exercise and the use of exercise in the care of medical problems
8. Prevention, evaluation, management, and rehabilitation of injuries
9. Understanding pharmacology and effects of therapeutic, performance-enhancing, and recreational drugs
10. Promotion of physical fitness and healthy lifestyles
11. Functioning as a team physician
12. Ethical principles as applied to exercise and sports
13. Medical-legal aspects of exercise and sports
14. Anatomy related to exercise
15. Growth and development related to exercise

Requirements for Certification in Sports Medicine

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.

Diplomates may apply through one of the two plans described below.

Fellowship Pathway

A candidate must have completed a minimum of one year in a Sports Medicine fellowship program associated with an accredited residency in Family Practice, Internal Medicine, Pediatrics, or Emergency Medicine.

Practice Pathway

This pathway will be available through the 1999 examination. After 1999, a one-year Sports Medicine fellowship will be required for a candidate to be eligible for this examination.

The purpose of practice eligibility is to provide the opportunity to achieve certification for those physicians who could not avail themselves of a fellowship, but who, through study and experience, have developed added qualifications in Sports Medicine.

Practice eligibility consists of several elements:

A. All candidates must have 5 years of practice experience consisting of at least 20 percent 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
   6. Exercise as treatment

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

Description of the Examination

The proctored, written examination will be a half-day examination administered in several major cities across the United States biennially in odd-numbered years beginning with 1993. A list of testing centers will be distributed as part of the formal application.

The first examination is scheduled to be administered 30 September 1993. The registration period will be from September 1992 to 15 January 1993.

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