



Sports Medicine Exam

April 7, 1995

Application Period: July 1, 1994 - December 1, 1994

The Certificate of Added Qualifications 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.

The ABFP certificate will bear a date limiting the duration of its validity to ten years. Reassessment will be required for renewal of the certificate.

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 diseases 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 \$550 if the application is postmarked prior to November 1, 1994, or \$750 with a postmark by December 1, 1994. Applications received after December 1, 1994, 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 an illness and injury as they relate 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 the pharmacology and effects of therapeutic, performance enhancing, and recreational drugs
- Promotion of physical fitness and

continued

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

Plan I (Fellowship Pathway)

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

Plan II (Practice Pathway)*

**Available only through the 1999 examination. After the 1999 examination, this "practice" plan will expire and only those 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 residency or any other training cannot be equated as practice.

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

Application Materials

Requests for application materials should be made by contacting:

The American Board of Family Practice
Sports Medicine Department
2228 Young Drive
Lexington, Kentucky 40505-4294
(606) 269-5626 ext. 238 FAX: (606) 266-9699