



Additional experience adds to the ability of Sport and Exercise Medicine physicians to provide quality medical services for athletes at all levels, and all active Canadians.

- Involvement with various medical, sport and sport medicine organizations at local, provincial, national and/or international levels
- Involvement with other organizations in the larger sport community such as: Canadian Center for Ethics in Sport (CCES), Canadian Coaching Association, Canadian Olympic Committee (COC), Canadian Paralympic Committee (CPC), Commonwealth Games Canada (CGC), Jeux de la Francophonie, Canada Games, etc.
- Experience in providing leadership in personal practice or employment situations on a day-to-day basis
- Experience in working in a multidisciplinary setting with other medical and para-medical professionals
- Involvement in teaching or academic capacities related to sport medicine; administrative experience
- Experience in providing event medical coverage at local, provincial, national and/or international levels
- Advanced Trauma Life Support and/or Advanced Cardiac Life Support
- Other specialized training as needed

Due to their expertise in musculoskeletal medicine, Sport and Exercise Medicine Physicians may also be asked to work with "Industrial Athletes" helping prevent injuries and getting employees back to work sooner with less chance of injury reoccurrence. The sport medicine physician must therefore also be knowledgeable in the areas of medical/legal, disability and workers' compensation issues.

The Canadian Academy of Sport and Exercise Medicine (CASEM) is an organization of physicians that is committed to excellence in the practice of medicine as it applies to all aspects of physical activity.

CASEM's mission is to forge a strong, collective voice for sport and exercise medicine in Canada; to be a leader in advancing the art and science of sport and exercise medicine, including health promotion and disease prevention, for the benefit of all Canadians through programs of advocacy, education, research and service.

Sport and exercise medicine continues to evolve to meet the demands of the active individual as well as the changing roles of physicians in the health community.

For more information about CASEM, to join the Academy, or to find a Sport and Exercise Medicine physician in your community, please contact:

CASEM-ACMSE
180 rue Elgin Street, Suite 1400
Ottawa ON K2P 2K3
T. 613-748-5851 – 1-877-585-2394
F. 613-231-3739
www.casem-acmse.org



WHAT IS A SPORT AND EXERCISE MEDICINE PHYSICIAN?



WHAT IS A SPORT AND EXERCISE MEDICINE PHYSICIAN?

Sport and Exercise Medicine physicians have specialized training and skills that position them to be caregivers for active patients of all ages. They have an interest in the promotion of lifelong wellness and fitness, as well as in prevention, diagnosis and management of illness and injury. Many have completed further professional training, in the form of a Sport Medicine Fellowship and/or an additional university degree (Master's or PhD level) in a related discipline such as sport medicine, exercise science etc.

The Canadian Academy of Sport and Exercise Medicine (CASEM) has developed a standardized and specific certification examination – the CASEM Diploma in Sport and Exercise Medicine. This is an objectively judged examination to assess competency to practice Sport and Exercise Medicine. Within Canada this is a necessary credential to call oneself a Sport and Exercise Medicine physician. CASEM has also developed a curriculum, outlining the knowledge base that such a physician should have.

Sport and Exercise Medicine Physicians can provide for the specific requirements of the Active Patient:

- Diagnosis and comprehensive management of injury or illness in acute, sub-acute or chronic states
- Review and recommendation of exercise prescription for both individuals and teams; including pre-screening for exercise, activity or sport-specific needs, and counselling about strength and conditioning
- Pre-participation physical assessments to determine ability to participate in specific sport related activities
- Counselling regarding medications and supplements in terms of health, doping control, and legal implications
- Management of rehabilitation goals and plan for return to sport or activity in coordination and cooperation with other medical and rehabilitation professionals
- Advice and counselling regarding psychological issues and mental preparation for sport
- Communication of their knowledge to coaches, athletes, teachers, parents, officials, administrators etc.



The Sport and Exercise Medicine Physician is knowledgeable about:

- Diagnosis and treatment of injuries and/or illnesses, including the ability to set minor fractures and reduce dislocated joints
- Interpretation of laboratory results, special tests and imaging studies (X-rays, MRI, ultrasounds, etc.)
- Triage of multiple injuries or illnesses
- Issues for athletes of all ages and gender (i.e. gender verification, the female athlete triad, pregnancy, issues for the paediatric or geriatric population etc.)
- Issues for athletes and persons with disabilities
- Sport specific issues related to injury/illnesses (i.e. rules and regulations, HIV /AIDS etc.)
- Specific acute and /or chronic disease states (diabetes, asthma, cardiac conditions, osteoarthritis, etc.) in terms of participation in sport and exercise, and the role of physical activity in prevention
- Appropriate use of orthotics, bracing, taping and splinting for overuse and traumatic injuries
- Environmental and travel issues, immunizations and vaccinations for athletes
- Nutritional factors that can affect performance and training, including fluid and electrolyte replacement
- Current guidelines for management of traumatic brain injury (concussion) and other head injuries
- Sport safety research and associated recommendations



These two photos courtesy of CAAWS (Canadian Association for Advancement of Women in Sport)

