**FAMILY MEDICINE - SPORTS MEDICINE**  
**EDUCATIONAL GOALS AND OBJECTIVES**

**Basic Knowledge** – The Family Medicine Resident must develop basic knowledge in the following areas:

<table>
<thead>
<tr>
<th>Competency</th>
<th>Description</th>
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<tbody>
<tr>
<td>Medical Knowledge and Systems-Based Practice</td>
<td>Role of exercise in health promotion</td>
</tr>
<tr>
<td>Medical Knowledge</td>
<td>Pre-participation evaluations</td>
</tr>
<tr>
<td>Medical Knowledge and Systems-Based Practice</td>
<td>Injury prevention (equipment, taping techniques, coaching techniques, environment)</td>
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<tr>
<td>Medical Knowledge and Systems-Based Practice</td>
<td>Conditioning and training techniques</td>
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<tr>
<td>Medical Knowledge and Systems-Based Practice</td>
<td>Exercise prescription</td>
</tr>
<tr>
<td>Patient Care and Interpersonal and Communication Skills</td>
<td>Role of family physician as a team physician (including on-site supervision)</td>
</tr>
<tr>
<td>Medical Knowledge and Patient Care</td>
<td>Assessment and care of acutely injured athlete</td>
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<tr>
<td>Medical Knowledge and Patient Care</td>
<td>Medical management of the athlete, including sports specific injuries</td>
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<tr>
<td>Medical Knowledge and Patient Care</td>
<td>Rehabilitation of ill and injured athletes</td>
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<tr>
<td>Medical Knowledge and Patient Care</td>
<td>Exercise as a treatment</td>
</tr>
<tr>
<td>Medical Knowledge and Systems-Based Practice</td>
<td>Medical equipment and supplies</td>
</tr>
<tr>
<td>Medical Knowledge, Interpersonal and Communication Skills, and Systems-Based Practice</td>
<td>Medical decision-making (interaction with the athlete, coach, parents, and consultants)</td>
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Skills – The Family Medicine Resident must develop skills and demonstrate the following:

<table>
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<tr>
<th>Competency</th>
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<tbody>
<tr>
<td>Patient Care</td>
<td>Perform history and physical</td>
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<tr>
<td>Patient Care</td>
<td>Promote preventive techniques including physical training and safety</td>
</tr>
<tr>
<td>Patient Care and Systems-Based Practice</td>
<td>Manage athletic event</td>
</tr>
<tr>
<td>Medical Knowledge and Patient Care</td>
<td>Assess and care for acutely injured</td>
</tr>
<tr>
<td>Medical Knowledge and Patient Care</td>
<td>Assess and care for the ill athlete</td>
</tr>
<tr>
<td>Medical Knowledge and Patient Care</td>
<td>Assess and care for specific sports injuries</td>
</tr>
<tr>
<td>Medical Knowledge, Patient Care, and Systems-Based Practice</td>
<td>Rehabilitation</td>
</tr>
<tr>
<td>Medical Knowledge and Patient Care</td>
<td>Prescribe appropriate exercises based on pre-participation evaluation</td>
</tr>
<tr>
<td>Patient Care and Systems-Based Practice</td>
<td>Use medical equipment and supplies such as taping and strapping techniques</td>
</tr>
</tbody>
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