

Sports & Exercise Medicine

Goals:

The PGY-3 Sport and Exercise Medicine Program at McMaster University offers candidates a focused and comprehensive educational year to prepare candidates for a career that includes Sport and Exercise Medicine as part of their practice. The program offers a wide range of educational experiences that include a large focus on Sport and Exercise Medicine clinics, field and event coverage opportunities, elective opportunities in disciplines relating to SEM, support for interest in research and scholarly pursuits, teaching of fellow residents and learners, and skills development in educational presentations. The goals and objective of the Program align with the CFPC Priority Topics and Key Features for assessment of competence in Sport and Exercise Medicine. The Program curriculum is competence based and designed to allow residents a significant broad exposure to as much of of the Priority topics as possible. For areas that are difficult to gain exposure to, the Program complements these areas through additional learning opportunities, such as Sport Medicine Rounds topics and presentations. Resident are expected to present and participate in local and National educational rounds and also to be involved in teaching of family medicine residents when possible. Residents also are expected to participate in event and field coverage of some of the varsity athletics at McMaster University as part of the curriculum. Other event and field coverage opportunities are also available throughout the year for added learning experiences.

Upon successful completion of the 12 month Program, residents will qualify to be awarded a Certificate of Added Competence (CAC) from the CFPC. In addition, successful completion will qualify candidates to sit the Canadian Academy of Sport and Exercise Medicine “Diploma in Sport & Exercise Medicine” examination.

Further information regarding the CAC from the CFPC can be found at <https://www.cfpc.ca/en/education-professional-development/examinations-and-certification/certificates-of-added-competence-in-family-medicin> and information on the Diploma in Sport Medicine can be found at the CASEM website at www.casem-acmse.org.

Sample 6- month Schedule:

BLOCK 1	BLOCK 2	BLOCK 3	BLOCK 4	BLOCK 5	BLOCK 6
Sports Medicine	Sports Medicine	Orthopedic Surgery	Physiatry	Sports Medicine	Sports Medicine
Burlington	Grand River Hospital - KW	McMaster University Medical Centre	Hamilton	David Braley Sports Medicine	Burlington

Please note: these are sample schedules. Communities and Academic centres as well as rotation type can be modified.

Pre-requisites:

Candidates must have completed post-graduate training in Family Medicine prior to commencing the program. In addition, it is recommended that applicants possess current certification in ACLS and ATLS.

TYPICAL CORE CURRICULUM:

Primary Care Sports Medicine Clinics

- Ten (10) months full- time experience in an approved sports medicine clinic
- Candidates will be supervised by a Dip. Sport Med physician during these rotations

Orthopedic Surgery

- One (1) month clinical rotation in orthopedic surgery
- Radiology
 - Candidates will be expected to participate in a horizontal elective in radiology

Elective

- One (1) month opportunity for elective rotation in approved clinical setting (ie. Rheumatology, physiatry, cardiac rehabilitation, etc)
- Field Coverage
 - Candidates will be expected to provide field coverage for at least one varsity team at McMaster University during their training. Opportunities to participate in coverage of other sport teams and events will also be available

Education Involvement Expected of Residents:

Monthly Sports Medicine Grand Rounds

- Candidates are expected to participate at all rounds
- Family Medicine / Medical Student Teaching
 - Candidates are expected to provide teaching to medical students and family medicine residents on a formal or informal basis

Research

- candidates are encouraged to participate in a relevant research project during the year however it is not mandatory

Resident spot per year: 1-2

Program Director: Dr. Wade Elliott esmmd@outlook.com

For further program details please contact: fmpgy3@mcmaster.ca