








Canadian Academy of Sport and Exercise Medicine

Sport and Exercise Medicine (SEM) physicians have specialized training and skills to provide medical expertise which includes:

-  **Diagnosing and managing** acute, degenerative, and overuse joint and muscular problems
-  **Prescribing** exercise and physical activity for maintaining good health and to prevent and treat chronic medical conditions like high blood pressure, heart disease, diabetes, osteoarthritis and depression
-  **Treating** exercise-related medical problems such as concussion and asthma
-  **Providing care** for people of all ages in recreational, amateur, elite, and professional sports including pre-participation medical assessments, sporting event medical coverage, anti-doping, environmental issues, mental health, and treating athletes with disabilities
-  **Prevention** of injury and medical illness related to physical activity and sport



What else do SEM physicians do?



Education

They are involved in teaching in medical training programs, providing peer instruction, teaching and participating in general public education events



Advocacy

They are involved in advocacy at all levels of government and with different organizations promoting issues such as the promotion of physical activity, sport safety, and injury prevention



Clinical Research

Many SEM physicians have extra academic training and are involved in clinical research

Who is a SEM physician?

SEM physicians are family physicians, orthopaedic surgeons, paediatricians, physiatrists (physical medicine and rehabilitation) and other specialists who have unique training in SEM. Their credentials may include:

- The Canadian Academy of Sport and Exercise Medicine diploma of SEM (Dip. Sport Med.)
- A CCFP Certificate of Added Competency in SEM (CCFP(SEM))
- A FRCP or FRCS Area of Focused Competence (AFC) Diploma in SEM

For more information on CASEM visit www.casem-acmse.org

or

call 613-748-5851 or 1-877-585-2394 (toll free).

