SPORTS MEDICINE AND ADULT FITNESS
FCH 845

Course Department, Number & Title:  FCH 845, Sport Medicine and Adult Fitness

Course credit or length: 2 Weeks (Arranged during specified times within the first half of the fourth year- late August through the end of November)

Course director and contact information (office phone and e-mail):  David Rupp, M.D., 304.691.1191, rupp2@marshall.edu

Course Coordinator and contact information:  Glenna Michael, 304.691.1191, michael@marshall.edu

LOCATION:  Marshall University Family Medicine Center and various athletic sites.

GRADE MODE:  This is a Pass/Fail course.

COURSE DESCRIPTION:  Offered only during late summer and autumn. Activity in sports blossoms in this area of West Virginia for two of the largest high schools in the state, several smaller rural high schools and Marshall University. Opportunities for pre-participation examinations, the assessment of acute injuries, and interactions with athletic training personnel, physical therapist, and orthopedists are increased during this time of year. The role of exercise in fitness and health is also explored with exercise physiologists and literature review.

RESPONSIBILITIES OF STUDENT.  A schedule of interactions will be developed for a broad range of experience. These include attendance at the Sports Medicine Clinic in the Family Medicine Center, training room and field assessment of athletes with athletic trainers and physicians, observation of physical therapist and adult fitness trainers in a busy physical therapy and sports rehabilitation setting and review of physiologic changes of the body to exercise in the HIT Center. Sideline experience with the supervision of a Team Physician and participation in a Saturday morning injury clinic are also included. Journal Club, Sports Medicine Topics and Grand Rounds attendance are expected if available during the two weeks. A research paper utilizing approved sports medicine literature is required.

COURSE GOAL:  To introduce foundational concepts in the area of sports medicine with practical experience and literature review.

Institutional Objective
Patient Care - Students must demonstrate the ability to provide patient care that is compassionate, appropriate, and effective for the treatment of health problems and the promotion of health.

Course Objective
The student will be able to perform a preparticipation sports medicine examination and make appropriate recommendations for participation.

Outcome Measure
The student will be observed by faculty performing at least two preparticipation sports medicine examinations. The student will make level of participation recommendations to the faculty member.

**Course Objective**
The student will demonstrate the ability to perform sports-specific musculoskeletal examinations.

**Outcome Measure**
The student will be observed by faculty performing at least two sports-specific musculoskeletal examinations.

**Course Objective**
The student will be able to evaluate and treat acute sports medicine injuries and conditions.

**Outcome Measure**
The student will demonstrate to the faculty the ability to evaluate and treat acute sports medicine injuries and conditions.

**Institutional Objective**

*Medical Knowledge*: Students must demonstrate knowledge of established and evolving biomedical, clinical, epidemiological and social-behavioral sciences, as well as the application of this knowledge to patient care.

**Course Objective**
The student will understand the role of exercise in chronic disease states.

**Outcome Measure**
The student will discuss with faculty the role of exercise in chronic disease states.

**Course Objective**
The student will recommend limitations to exercise in response to acute and chronic illnesses and conditions.

**Outcome Measure**
The student will discuss with faculty the exercise limitations in response to acute and chronic illnesses and conditions.

**Course Objective**
The student will be able to recognize age and gender-specific sports medicine issues.

**Outcome Measure**
The student will be able to recognize and discuss with faculty age and gender-specific sports medicine issues.

**Course Objective**
The student will interact with trainers and coaches as part of the sports medicine team.

**Outcome Measure**
The faculty will observe the student’s ability to interact with trainers and coaches as part of the sports medicine team.

**Institutional Objective**

**Practice-based Learning and Improvement** - *Students must demonstrate the ability to investigate and evaluate their care of patients, to appraise and assimilate scientific evidence, and to continuously improve patient care based on constant self-evaluation and life-long learning.*

**Course Objective**
The student will demonstrate the ability to investigate and evaluate the care of patients, to appraise and assimilate scientific evidence to improve patient care.

**Outcome Measure**
The student will use the current peer-reviewed sports medicine literature to research and write an approved sports medicine topic paper consisting of at least 5 pages and 4 valid references.

**Course Objective**
The student will understand the concept of non-operative and operative sports medicine.

**Outcome Measure**
The student will explain to faculty the concept of non-operative and operative sports medicine.

**Institutional Objective**

**Interpersonal and Communication Skills** - *Students must demonstrate interpersonal and communication skills that result in the effective exchange of information and collaboration with patients, their families, and health professionals.*

**Course Objective**
The student will communicate effectively with athletes, trainers, coaches, and parents of athletes.

**Outcome Measure**
The faculty will observe the student communicating effectively with athletes, trainers, coaches, and parents of athletes.

**Course Objective**
The student will communicate with patients about the benefits of exercise.

**Outcome Measure**
The faculty will observe the student communicating with patients about the benefits of exercise.

**Institutional Objective**

**Professionalism** - *Students must demonstrate a commitment to carrying out professional responsibilities and an adherence to ethical principles.*

**Course Objective**
The student will understand the HIPPA regulations in relationship to sports medicine.
**Outcome Measure**
The student will discuss with faculty the HIPPA regulations in relationship to sports medicine.

**Institutional Objective**

**Systems-based Practice** - Students will be able to recognize and better understand the role of other health care professionals in the overall care of the patient.

**Course Objective**
The student will function as a team physician in evaluation and treatment of conditions and injuries arising as a part of athletic participation.

**Outcome Measure**
The faculty will observe the student’s ability to function as a team physician in evaluation and treatment of conditions and injuries arising as a part of athletic participation.

**Course Objective**
The student will be able to define the term “sports medicine.”

**Outcome Measure**
The student will be able to orally define to faculty and residents the term “sports medicine.”

**BASIC SCIENCE OBJECTIVE**

**Basic Science Objective**
The student will develop and refine their abilities to apply an understanding of epidemiology, study design, pathophysiology, anatomy, and clinical pharmacology, where appropriate.

**Outcome Measure**
When appropriate, the faculty will assess the student’s knowledge and ability.

**Self-Directed Learning**
As a medical student, you are encouraged to use any unstructured time as a time to read about your patients, research questions that arise during the day, prepare for case conferences, and prepare for student-faculty rounds. Preceptors have been specifically asked to look for evidence that you have read articles and books between clinic sessions. Use this time to build your knowledge of medicine and learn from your patients.

**ASSESSMENT METHODS**

**Mid Point Evaluation**
In accordance with LCME standard ED-30, the Course Director will evaluate student performance at mid-point to review the student’s professional, clinical and academic performance up to that point. The formative evaluation must be reviewed with the student and the student will have an opportunity to discuss with the Course Director. The form must be signed by the student and returned to the Course Director. The Course Director shall then forward a copy of the form to the Office of Academic Affairs. The form will NOT however
be included in the student’s official academic record. For two week electives, oral feedback shall be provided at the end of the first week.

**Preceptor Evaluation of criteria below – 100% possible, must receive 90% to receive Honors**

The preceptors’ evaluation will be based, but are not limited to, upon the following factors:

- Clinic Attendance and participation in assigned activities
- Conference/ Athletic event attendance
- Demonstration of knowledge and skills outline in course objectives
- Maturity and Professionalism
- Oral Case presentation/patient workup
- And all course requirements as deemed appropriate by course director

**Sports Medicine Paper Topic**

The student must use the current peer-reviewed sports medicine literature to research and write an approved sports medicine topic paper consisting of at least 5 pages and 4 valid references. Failure to complete the sports medicine topic paper will result in a failing grade.

Each of the above components (preceptor evaluation and sports medicine paper) must be passed in order to successfully complete the course. Remediation is at the discretion of the course director.

**MUJCESOM Policies:** All medical students taking this course will comply with School of Medicine policies given at http://musom.marshall.edu/students/policies. Individual policies can be found at the following websites:

- **Student Infectious Material Exposure:**
  http://musom.marshall.edu/ups/postexposure.asp

- **MS-IV Attendance:**
  https://musom.marshall.edu/students/documents/policies/Yr4attendance.pdf

- **Academic Dishonesty Policy:**

- **Academic Standards Policy:**
  https://musom.marshall.edu/students/documents/Policies/ASC-FINAL-POLICY.pdf

- **Policy for Students with Disabilities:**
  https://musom.marshall.edu/students/documents/Guidelines.pdf

- **University Computing Services’ Acceptable Use Policy:**
  http://www.marshall.edu/ucs/CS/accptuse.asp

- **Affirmative Action Policy:**
  pp. 16-17
  http://www.marshall.edu/catalog/Graduate/S2008/gr_sp08.pdf

- **Inclement Weather Policy:**
Notification of delays and cancellations of classes are posted on the Medical Education Home Page when Marshall University Main Campus is not in session https://musom.marshall.edu/weather

**Required Reading/Other Material:**
As assigned and provided by the Course Director.