

St. Luke's Sports Medicine Residency Content Areas	Practice Expectations of a Sports Certified Specialist	Curricular Components of the SLER Sports Residency Program	
	Foundational Knowledge	Didactic	Clinical
1. Foundational and Clinical Sciences:	<p style="text-align: center;"><u>Anatomy & Physiology</u></p> <ul style="list-style-type: none"> • Musculoskeletal • Neuromuscular • Cardiovascular and Pulmonary • Integumentary • Other systems • Histology • Physiology of exercise and sports specific physiological demands 	<p style="text-align: center;"><u>In-Service Presentations</u></p> <ul style="list-style-type: none"> • Musculoskeletal • Neuromuscular • Cardiovascular & Pulmonary • Sports Physiology 	<ul style="list-style-type: none"> • Mentored clinical practice • Mentored physician shadowing • Surgical observations • Mentored event coverage
	<p style="text-align: center;"><u>Movement Science</u></p> <ul style="list-style-type: none"> • Biomechanics & Kinesiology • Motor learning and control • Gait and locomotion 	<ul style="list-style-type: none"> • Boise State University Biomechanics Research Lab Experience 	<ul style="list-style-type: none"> • Mentored clinical practice
	<p style="text-align: center;"><u>Pathology & Pathophysiology</u></p> <ul style="list-style-type: none"> • Signs & symptoms of injury/disease • Disease epidemiology • Inflammation, tissue healing, and repair • Pathomechanics 		<ul style="list-style-type: none"> • Mentored clinical practice • Mentored physician shadowing
	<p style="text-align: center;"><u>Medical & Surgical Interventions</u></p> <ul style="list-style-type: none"> • Imaging studies • Ancillary tests • Pharmacology • Surgical procedures 	<ul style="list-style-type: none"> • Sports Medicine Rounds • Orthopedic Rounds • MD Fellow / Resident Conferences 	<ul style="list-style-type: none"> • Participation in health and wellness fair • Participation in pre-athletic competition screening
	<p style="text-align: center;"><u>Health & Wellness</u></p> <ul style="list-style-type: none"> • Nutrition • Psychological issues relating to performance and injury • Basic parameters of fitness 	<ul style="list-style-type: none"> • MD Fellow / Resident Conferences 	<ul style="list-style-type: none"> • Participation in health and wellness fair • Participation in pre-athletic competition screening
2. Critical Inquiry / Evidence Based Practice	<p style="text-align: center;"><u>Critical Inquiry</u></p> <ul style="list-style-type: none"> • Research design and methods to include statistical concepts • Research findings specific to sports physical therapy practice 	<ul style="list-style-type: none"> • Journal Club • Literature review of clinical practice guideline • Biomechanics lab experience 	<ul style="list-style-type: none"> • Mentored clinical practice

Rehabilitation / Return to activity

<p>3. Advanced Clinical Skills 4. Education / Consultation</p>	<ul style="list-style-type: none"> Examination, Evaluation and Diagnosis Prognosis, Intervention and Outcomes 	<ul style="list-style-type: none"> Mentored teaching In-services Develop or update clinical practice guidelines 	<ul style="list-style-type: none"> Mentored clinical practice Mentored physician shadowing Sports Specific Modules
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Acute Injury / Illness Management

<p>3. Advanced Clinical Skills</p>	<ul style="list-style-type: none"> Examination, Evaluation and Diagnosis Prognosis, Intervention and Outcomes 	<ul style="list-style-type: none"> Continuing Education Faculty Instruction 	<ul style="list-style-type: none"> Clinical coverage in training room Coverage of athletic events and practices Sports Specific Modules
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Sports Science

<p>3. Advanced Clinical Skills 4. Education / Consultation</p>	<ul style="list-style-type: none"> Examination, Evaluation and Diagnosis Prognosis, Intervention and Outcomes 	<ul style="list-style-type: none"> Develop or update Clinical Practice Guideline (to include return to sport) 	<ul style="list-style-type: none"> Mentored Clinical Practice Clinical Coverage in Training Room Coverage of Athletic practices and events Participation in pre-athletic competition screening Sports Specific Modules
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Medical / Surgical Considerations

<p>4. Education / Consultation 1. Foundational and Clinical Sciences</p>	<ul style="list-style-type: none"> Examination, Evaluation and Diagnosis Prognosis, Intervention and Outcomes 		<ul style="list-style-type: none"> Mentored Clinical Practice Mentored Physician shadowing Surgery Observation
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Injury Prevention

<p>3. Advanced Clinical Skills 5. Health Promotions</p>	<ul style="list-style-type: none"> Examination, Evaluation and Diagnosis 		<ul style="list-style-type: none"> Participation in pre-athletic competition screening Mentored Clinical Practice Clinical coverage of training room Coverage of Athletic practices and events Sports specific modules
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Critical Inquiry / Evidence Based Practice

2. Critical Inquiry / Evidence Based Practice	<ul style="list-style-type: none">• Maintain state-of-the-art knowledge• Apply principles of evidence based practice• Contribute to the body of knowledge, including dissemination of research findings	<ul style="list-style-type: none">• MD fellow / resident conferences• Literature review: clinical practice guideline• Case Studies:<ul style="list-style-type: none">Upper QuadrantLower quadrant• Monthly Sports Medicine Conferences	<ul style="list-style-type: none">• Mentored Clinical Practice
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