

Mugberia Gangadhar Mahavidyalaya

Dept. of Physical Education

Sub: Sports Medicine (Unit-1.3)

By

Biswajit Dhali



Sports Medicine as a Profession



Sports Medicine generally refers to treatment of athletes by team of professionals with varying level of education.

Sports medicine is a broad field containing multiple career path. Those interested in sports medicine might explore a career as a physician, physical therapist, athletic trainer. The lowest educational requirement for any of these paths is a bachelor's degree, and the highest is a doctorate degree.

Professional Area of Sports Medicine



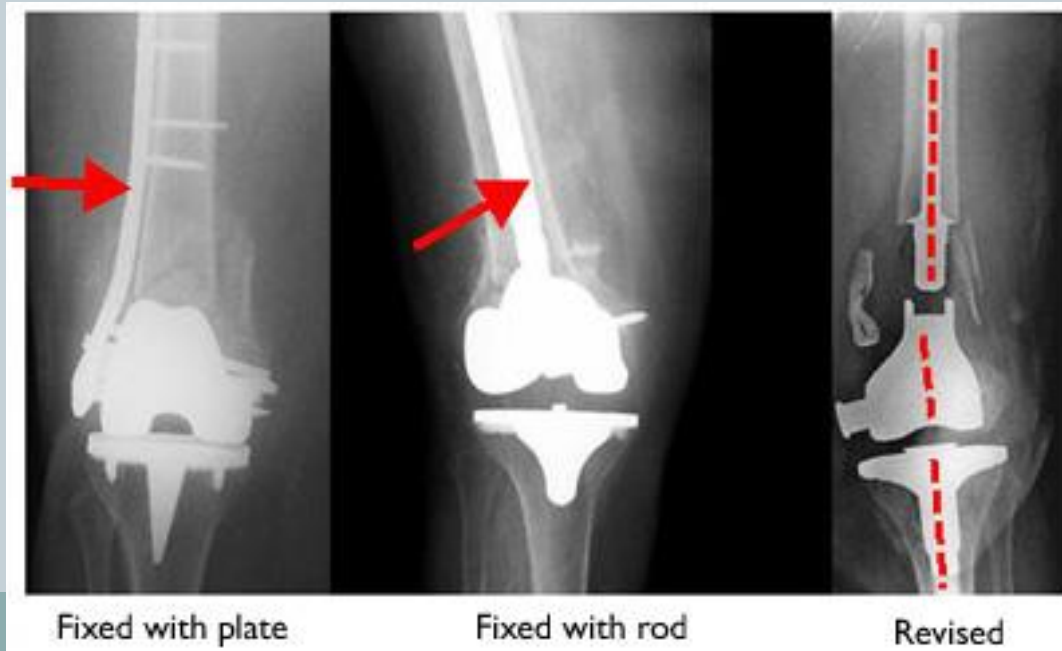
Sports Medicine is provided by an Interdisciplinary Team of Professionals including ----

- **ORTHOPEDIC SURGEON**
- **PHYSICIANS ASSISTANT**
- **PHYSICAL THERAPIST**
- **ATHLETIC TRAINER**
- **EXERCISE PHYSIOLOGIST**
- **STRENGTH AND CONDITIONING SPECIALIST**
- **DIETITIAN OR NUTRITIONIST**
- **PSYCHOLOGISTS**

Orthopedic Surgeon



A medical specialty that focuses on the diagnosis, care, and treatment of patients with disorders of bones, joints, muscles, ligaments, tendons, nerves, and skin.



Orthopedic Surgeon



Common injuries seen by O.S. :

- Fractures and dislocations
- Sprains and strains
- Back or disks injuries
- Arthritis and osteoporosis
- Bone tumors, unequal leg length
- Abnormalities of fingers, and toes

Physician Assistant



Provide diagnostic, therapeutic, and preventive healthcare services, as delegated by a physician.



Physician Assistant



Common work seen by PA.:

- Take medical histories
- Examine and treat patients
- Order and interpret lab test, x – rays, and make diagnoses
- Suturing, splinting, and casting
- Prescribe medications

United States Department of Labor, 2010



Physical Therapist



Healthcare professionals who diagnose and treat individuals of all ages, from newborn to geriatrics, who have medical problems or health related conditions, illnesses, or injuries that limits their ability to perform functional activities in their daily lives.



United States Department of Labor, 2010

Physical Therapist



Common injuries seen by PT.:

- Back and neck injuries
- Sprains and strains
- Fractures
- Arthritis
- Burns
- Amputations
- Stroke, multiple sclerosis
- Cerebral palsy,
- Injuries related to work or sports

Athletic Trainer



- Allied healthcare professional who specializes in the prevention, diagnosis, assessment, treatment, and rehabilitation of muscle and bone injuries.



United States Department of Labor, 2010

Athletic Trainer



- Common action seen by AT.:
- First healthcare provider on the scene of an injury
- Must be able to recognize the injury
- Evaluate the injury
- Provide immediate care when needed
- Provide rehabilitation programs
- Administer rehabilitation treatments
- Provide injury prevention education



Exercise Physiologist



Improve patient's quality of life, general health and fitness levels through the creation of individual wellness programs based upon their specific needs.



American Society of Exercise Physiologists, 2004

Exercise Physiologists



Common action taken by EP.:

- Instructors / directors of sports and wellness programs
- Researchers in sports medicine and fitness programs
- Exercise specialists in cardiopulmonary rehabilitation programs
- Fitness instructors in resorts, and fitness centers

American Society of Exercise Physiologists, 2004



Strength and Conditioning Specialists



- Professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance.



National Strength and Conditioning Association

Strength and Conditioning Specialists



Common action taken by SCS's:

- Conduct sports – specific testing sessions
- Design and implement strength training programs
- Provide guidance regarding nutrition
- Educate on injury prevention

National Strength and Conditioning Association



Dietitians and Nutritionists



- Dietitians and nutritionists plan food and nutrition programs, supervise meal preparation, and oversee the serving of meals. They prevent and treat illnesses by promoting healthy eating habits and recommending dietary modifications.



Unites States Department of Labor, 2010

Dietitians and Nutritionists



Common action taken by D,N.:

- Assess patient's nutritional needs
- Develop and implement nutritional programs
- Evaluate and report the results
- Manage patients with renal / kidney, diabetic, or critically ill.
- Manage healthcare facility, company, or school nutritional departments

Psychologists



- Mental processes and human behavior by observing, interpreting, and recording the people relate to one another and the environment.
- Sports Psychologists work directly with athletes to increase motivation and enhance performance.



United States Department of Labor, 2010

Psychologists



Common action taken by Psychologist.:

- Athletic guiding
- Athletic consulting
- Depression
- Confusion
- Worrying

United States Department of Labor, 2010



THANK YOU