NON-CREDIT ELECTIVE TITLE
SPORTS MEDICINE, EXERCISE & NUTRITION

ELECTIVE DIRECTOR(S)
ROB ZACHOW, PhD
JASON WOMACK, MD
KINSHASA MORTON, MD

ELECTIVE FACULTY
ROB ZACHOW, PhD
JASON WOMACK, MD
KINSHASA MORTON, MD
AND OTHER RELATED FACULTY

ELECTIVE CONTACT
Rob Zachow, PhD
Jason Womack, MD
Kinshasa Morton, MD

LOCATION
RWJMS

ELECTIVE NUMBER
MDC 0944

DURATION/WEEKS
MIN: 6  ; MAX: 14

HOURS PER WEEK
1

STUDENTS
NO MAXIMUM – OPEN TO ALL M1/M2

OUTPATIENT
NO

INPATIENT
NO

HOUSESTAFF
NO

LAB
NO

EXAM REQUIRED
NO

OVERALL EDUCATIONAL GOAL:
To increase student awareness of the field of sports medicine and the roles of exercise and nutrition in medicine

OBJECTIVES

I. Patient Care
Students must be prepared to provide patient care that is compassionate, appropriate and effective.
• Make informed decisions about diagnostic and therapeutic interventions based on patient information and preferences, up-to-date scientific evidence, and clinical judgment.
• Work with patients in preventing health problems or maintaining health. 
  Students of this elective will learn to how implementing lifestyle modifications through nutrition and exercise can benefit the health of their future patients.
• Work as members of multi-disciplinary health care teams to provide patient-focused care.
  Students will learn about the role that a sports medicine physician plays in patient care.

II. Medical Knowledge
Students must demonstrate knowledge about established & evolving basic & clinical biomedical sciences, including epidemiological and social/behavioral sciences, & their application of this knowledge to patient care.
• Demonstrate knowledge and application of the basic and clinical sciences relevant and appropriate to the clinical practice of medicine.
  Students will learn and discuss the physiological challenges imposed on the body by sport and how this physicians deal with these unique injuries. Students will also learn and discuss the physiological and biochemical changes that accompany regular exercise and proper nutrition and how these can benefit patients.

III. Practice-Based Learning and Improvement
Students must be able to engage in self-evaluation regarding their academic & clinical performance, develop plans for personal improvement, and recognize how the application of new learning can be used to improve patient care.
• Locate, appraise, and assimilate evidence from scientific & clinical studies related to patients’ health problems.
- Apply knowledge of study designs and statistical methods to the appraisal of clinical studies and other information on diagnostic and therapeutic effectiveness.
- Facilitate the learning of other students and health care professionals. 

  As a group, students of the elective will thoroughly discuss journal articles reflecting the latest research in sports medicine, clinical exercise physiology, and nutrition, and devise strategies to implement these findings in clinical practice.

IV. Interpersonal and Communication Skills
Students must be able to demonstrate interpersonal & communication skills, both verbal and written, that result in effective information exchange with patients, patients’ families, peers, and other health professions colleagues.
- Work effectively with others as members of a health care team, including peers, residents, faculty and other health care professionals.

  Students will engage in group discussions on scientific research in the field. Students will also learn about the individual role of the physician in the sports medicine team as well as how each member of the team contributes to patient care.

VI. Systems-Based Practice
Students will be able to function effectively in teams and within a larger organizational structure. They must demonstrate an awareness of the larger context and system of health care and of the resources available within the system to provide optimal care to individual patients and groups. Finally, students must demonstrate an awareness of current barriers to health care and of the various strategies designed to assist patients in gaining access to care.
- Demonstrate effective involvement in a health care team and be able to recognize how their involvement in patient care may affect other members of the health care profession.

  Students will learn about the different paths to a career in sports medicine and how different specialties can afford them unique experiences with patients and an individual role within the patient care team.

BRIEF DESCRIPTION OF ACTIVITIES
The elective will consist of a series of lunch lectures, examples of which include but are not limited to:
- Sports Medicine in Family Practice
- Sports Medicine in Orthopedic Surgery
- Steroid Use & Abuse
- Geriatric Challenges to Exercise & Nutrition
- Making Sense of Nutritional Supplements
- Health & Wellness of the Medical Student

Other activities include a panel discussion of sports medicine physicians representing different specialties.

METHOD OF EVALUATION
Evaluation will be based on attendance at the lunch lectures and events each semester. Students will have to attend at least 5 of our activities to earn recognition for taking this course.