

ACGME Program Requirements for Graduate Medical Education in Sports Medicine

One-year Common Program Requirements are in **BOLD**

Effective: July 1, 2011

Introduction

The educational program in sports medicine must be 12 months in length.

I. Institutions

I.A. Sponsoring Institution

One sponsoring institution must assume ultimate responsibility for the program, as described in the Institutional Requirements, and this responsibility extends to fellow assignments at all participating sites.

The sponsoring institution and the program must ensure that the program director has sufficient protected time and financial support for his or her educational and administrative responsibilities to the program.

I.A.1. The sponsoring institution must also sponsor an Accreditation Council for Graduate Medical Education (ACGME)-accredited residency program in emergency medicine, family medicine, pediatrics, or physical medicine and rehabilitation.

I.A.1.a) The sports medicine program must function as an integral part of an ACGME-accredited residency program in emergency medicine, family medicine, pediatrics, or physical medicine and rehabilitation.

I.B. Participating Sites

I.B.1. There must be a program letter of agreement (PLA) between the program and each participating site providing a required assignment. The PLA must be renewed at least every five years.

The PLA should:

I.B.1.a) identify the faculty who will assume both educational and supervisory responsibilities for fellows;

I.B.1.b) specify their responsibilities for teaching, supervision, and formal evaluation of fellows, as specified later in this document;

I.B.1.c) specify the duration and content of the educational experience; and

I.B.1.d) state the policies and procedures that will govern fellow education during the assignment.

I.B.2. The program director must submit any additions or deletions of participating sites routinely providing an educational experience, required for all fellows, of one month full time equivalent (FTE) or more through the Accreditation Council for Graduate Medical Education (ACGME) Accreditation Data System (ADS).

II. Program Personnel and Resources

II.A. Program Director

There must be a single program director with authority and accountability for the operation of the program. The sponsoring institution's GMEC must approve a change in program director. After approval, the program director must submit this change to the ACGME via the ADS.

II.A.1. Qualifications of the program director must include:

II.A.1.a) requisite specialty expertise and documented educational and administrative experience acceptable to the Review Committee;

II.A.1.b) current certification in the subspecialty by the American Board of Emergency Medicine, Family Medicine, Internal Medicine, Pediatrics, or Physical Medicine and Rehabilitation or subspecialty qualifications that are acceptable to the Review Committee; and

II.A.1.c) current medical licensure and appropriate medical staff appointment.

II.A.2. The program director must administer and maintain an educational environment conducive to educating the fellows in each of the ACGME competency areas. The program director must:

II.A.2.a) prepare and submit all information required and requested by the ACGME;

II.A.2.b) be familiar with and oversee compliance with ACGME and Review Committee policies and procedures as outlined in the ACGME Manual of Policies and Procedures;

II.A.2.c) obtain review and approval of the sponsoring institution's GMEC/DIO before submitting to the ACGME information or requests for the following:

II.A.2.c).(1) all applications for ACGME accreditation of new programs;

- II.A.2.c).(2) changes in fellow complement;
- II.A.2.c).(3) major changes in program structure or length of training;
- II.A.2.c).(4) progress reports requested by the Review Committee;
- II.A.2.c).(5) responses to all proposed adverse actions;
- II.A.2.c).(6) requests for increases or any change to fellow duty hours;
- II.A.2.c).(7) voluntary withdrawals of ACGME-accredited programs;
- II.A.2.c).(8) requests for appeal of an adverse action;
- II.A.2.c).(9) appeal presentations to a Board of Appeal or the ACGME; and
- II.A.2.d) obtain DIO review and co-signature on all program information forms, as well as any correspondence or document submitted to the ACGME that addresses:
 - II.A.2.d).(1) program citations; and/or
 - II.A.2.d).(2) request for changes in the program that would have significant impact, including financial, on the program or institution.
- II.A.2.e) devote at least 10 hours per week, on average, of his or her professional effort to administering the program, and teaching and supervising the sports medicine fellows; and,
- II.A.2.f) delineate fellow responsibilities for patient care and progressive responsibility for patient management and supervision of fellows during all clinical experiences.

II.B. Faculty

- II.B.1. **There must be a sufficient number of faculty with documented qualifications to instruct and supervise all fellows.**
- II.B.2. **The faculty must devote sufficient time to the educational program to fulfill their supervisory and teaching responsibilities and demonstrate a strong interest in the education of fellows.**
- II.B.3. **The physician faculty must have current certification in the subspecialty by the American Board of Emergency Medicine, Family Medicine, Internal Medicine, Pediatrics, or Physical Medicine and Rehabilitation, or possess qualifications acceptable to the Review**

Committee.

- II.B.4. The physician faculty must possess current medical licensure and appropriate medical staff appointment.**
- II.B.5. The faculty must establish and maintain an environment of inquiry and scholarship with an active research component.
- II.B.5.a) The faculty must regularly participate in organized clinical discussions, rounds, journal clubs, and conferences.
- II.B.5.b) Some members of the faculty should also demonstrate scholarship by one or more of the following:
- II.B.5.b).(1) peer-reviewed funding;
- II.B.5.b).(2) publication of original research or review articles in peer-reviewed journals, or chapters in textbooks;
- II.B.5.b).(3) publication or presentation of case reports or clinical series at local, regional, or national professional and scientific society meetings; or
- II.B.5.b).(4) participation in national committees or educational organizations.
- II.B.5.c) Faculty should encourage and support fellows in scholarly activities.
- II.B.6. In addition to the sports medicine program director, there must be at least one sports medicine faculty member with current subspecialty certification in sports medicine by the American Board of Emergency Medicine, Family Medicine, Internal Medicine, Pediatrics, or Physical Medicine and Rehabilitation who devotes at least 10 hours per week, on average, of his or her professional time to teaching and supervising the sports medicine fellows.
- II.B.7. The faculty must include at least one Board-certified orthopaedic surgeon who is engaged in the operative management of sports injuries and other conditions and who is readily available to teach and provide consultation to the fellows.
- II.C. Other Program Personnel**
- The institution and the program must jointly ensure the availability of all necessary professional, technical, and clerical personnel for the effective administration of the program.**
- II.C.1. The sports medicine team must include coaches and certified athletic trainers with whom the fellows interact.

- II.C.2. Qualified staff members in behavioral science, clinical imaging, clinical pharmacology, exercise physiology, nutrition, and physical therapy must be available to provide consultations and to assist with teaching fellows.

II.D. Resources

The institution and the program must jointly ensure the availability of adequate resources for fellow education, as defined in the specialty program requirements.

- II.D.1. There must be a patient population that includes patients of all ages and physical abilities, as well as each gender, and is adequate in number and variety to meet the needs of the educational program.
- II.D.2. There must be an identifiable sports medicine clinic that offers continuing care to patients who seek consultation regarding sports-related or exercise-related health problems.
- II.D.2.a) The sports medicine clinic must have up-to-date diagnostic imaging and functional rehabilitation services available and accessible to clinic patients.
- II.D.2.b) Consultation in medical and surgical specialties and subspecialties must be readily available.
- II.D.3. The program must have access to sporting events, team sports, and mass-participation events.
- II.D.4. There must be an acute care facility that provides access to the full range of services typically found in an acute care general hospital.

II.E. Medical Information Access

Fellows must have ready access to specialty-specific and other appropriate reference material in print or electronic format. Electronic medical literature databases with search capabilities should be available.

III. Fellow Appointments

III.A. Eligibility Criteria

Each fellow must successfully complete an ACGME-accredited specialty program and/or meet other eligibility criteria as specified by the Review Committee. The program must document that each fellow has met the eligibility criteria.

- III.A.1. Prior to appointment in the program, fellows should have completed an ACGME-accredited residency in emergency medicine, family medicine, internal medicine, pediatrics, or physical medicine and rehabilitation.

III.A.2. The program director must inform applicants from non-ACGME-accredited programs in emergency medicine, family medicine, internal medicine, pediatrics, or physical medicine and rehabilitation, prior to appointment and in writing, of the specialty board's policies and procedures that will affect their eligibility for certification.

III.B. Number of Fellows

The program director may not appoint more fellows than approved by the Review Committee, unless otherwise stated in the specialty-specific requirements. The program's educational resources must be adequate to support the number of fellows appointed to the program.

IV. Educational Program

IV.A. The curriculum must contain the following educational components:

IV.A.1. Skills and competencies the fellow will be able to demonstrate at the conclusion of the program. The program must distribute these skills and competencies to fellows and faculty annually, in either written or electronic form. These skills and competencies should be reviewed by the fellow at the start of each rotation;

IV.A.2. ACGME Competencies

The program must integrate the following ACGME competencies into the curriculum:

IV.A.2.a) Patient Care

Fellows must be able to provide patient care that is compassionate, appropriate, and effective for the treatment of health problems and the promotion of health. Fellows:

IV.A.2.a).(1) must demonstrate competence in the diagnosis and non-operative management of medical illnesses and injuries related to sports and exercise, including hematomas, non-surgical sprains and strains, stress fractures, and traumatic fractures and dislocations; and,

IV.A.2.a).(2) must demonstrate competence in the diagnosis, and timely referral for operative treatment of sports-related injuries, including hematomas, stress fractures, surgical sprains and strains, and traumatic fractures and dislocations.

IV.A.2.b) Medical Knowledge

Fellows 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. Fellows:

IV.A.2.b).(1)	must demonstrate a level of expertise in the knowledge of those areas appropriate for a subspecialist in sports medicine, specifically:
IV.A.2.b).(1).(a)	anatomy, physiology, and biomechanics of exercise;
IV.A.2.b).(1).(b)	basic nutritional principles and their application to exercise;
IV.A.2.b).(1).(c)	psychological aspects of exercise, performance, and competition;
IV.A.2.b).(1).(d)	guidelines for appropriate history-taking and physical evaluation prior to participation in exercise and sport;
IV.A.2.b).(1).(e)	physical conditioning requirements for various exercise related activities and sports;
IV.A.2.b).(1).(f)	special considerations related to age, gender, and disability;
IV.A.2.b).(1).(g)	pathology and pathophysiology of illness and injury as they relate to exercise;
IV.A.2.b).(1).(h)	effects of disease on exercise and the use of exercise in the care of medical and musculoskeletal problems;
IV.A.2.b).(1).(i)	prevention, evaluation, management, and rehabilitation of injuries and sports-related illnesses;
IV.A.2.b).(1).(j)	clinical pharmacology relevant to sports medicine and the effects of therapeutic, performance-enhancing, and mood-altering drugs;
IV.A.2.b).(1).(k)	promotion of physical fitness and healthy lifestyles;
IV.A.2.b).(1).(l)	ethical principles as applied to exercise and sports;
IV.A.2.b).(1).(m)	medicolegal aspects of exercise and sports;
IV.A.2.b).(1).(n)	environmental effects on exercise;
IV.A.2.b).(1).(o)	growth and development related to exercise;
IV.A.2.b).(1).(p)	the role of exercise in maintaining the health and function of the elderly; and,

IV.A.2.b).(1).(q) exercise programs in school-age children.

IV.A.2.c) Practice-based Learning and Improvement

Fellows are expected to develop skills and habits to be able to meet the following goals:

IV.A.2.c).(1) systematically analyze practice using quality improvement methods, and implement changes with the goal of practice improvement;

IV.A.2.c).(2) locate, appraise, and assimilate evidence from scientific studies related to their patients' health problems;

IV.A.2.c).(3) educate patients, members of patients' families, medical students, coaches, athletes, other professionals, and other health care professionals (including nurses and allied health personnel) residents regarding issues related to sports and exercise; and,

IV.A.2.c).(4) function as a team physician.

IV.A.2.d) Interpersonal and Communication Skills

Fellows must demonstrate interpersonal and communication skills that result in the effective exchange of information and collaboration with patients, their families, and health professionals.

IV.A.2.e) Professionalism

Fellows must demonstrate a commitment to carrying out professional responsibilities and an adherence to ethical principles.

IV.A.2.f) Systems-based Practice

Fellows must demonstrate an awareness of and responsiveness to the larger context and system of health care, as well as the ability to call effectively on other resources in the system to provide optimal health care.

IV.A.3. Curriculum Organization

IV.A.3.a) There must be conferences, seminars, and/or workshops in sports medicine specifically designed to augment fellows' clinical experiences.

- IV.A.3.b) Clinical activities in sports medicine must represent a minimum of 60% of fellows' time in the program. The remainder of the time should be spent in didactic and scholarly activities, and in the practice of the fellow's primary specialty.
- IV.A.3.c) Fellows must spend at least one half-day per week maintaining their skills in their primary specialty areas.
- IV.A.4. Fellow Experiences
- IV.A.4.a) Fellows must participate in conducting pre-participation physical evaluations of athletes.
- IV.A.4.b) Fellows must have experience with procedures relevant to the practice of sports medicine. Fellows must:
- IV.A.4.b).(1) assist with, observe, and perform outpatient non-operative interventional procedures clinically relevant to the practice of sports medicine; and,
- IV.A.4.b).(2) assist with, and/or observe, inpatient and outpatient operative musculoskeletal procedures clinically relevant to the practice of sports medicine.
- IV.A.4.c) Fellows must have a sports medicine clinic experience.
- IV.A.4.c).(1) Fellows must provide sports medicine clinic patients with continuing, comprehensive care and provide consultation for health problems related to sports and exercise.
- IV.A.4.c).(2) Each fellow must spend at least one day per week for 10 months in a single sports medicine clinic providing care to patients.
- IV.A.4.c).(3) If a fellow's sports medicine clinic patients are hospitalized, the fellow must either follow them during their inpatient stay and resume outpatient care following the hospitalization, or remain in active communication with the inpatient care team regarding management and treatment decisions and resume outpatient care following the hospitalization.
- IV.A.4.d) Fellows must have experience providing on-site sports care.
- IV.A.4.d).(1) Fellows must plan and implement all aspects of medical care at various sporting events.
- IV.A.4.d).(2) Fellows must participate in providing comprehensive and continuing care to a single sports team where medical care can be provided across seasons, or, to several sports teams across seasons.

- IV.A.4.d).(3) Fellows must have clinical experiences that provide exposure to, and facilitate skill development in, the appropriate recognition, on-field management, and medical transportation of sports medicine urgencies and emergencies.
- IV.A.4.e) Fellows must participate in mass-participation events.
- IV.A.4.e).(1) Fellows must plan and implement all aspects of medical care for at least one mass-participation sports event.
- IV.A.4.e).(2) Fellows must have experience providing medical consultation, direct care-planning, event planning, protection of participants, and coordination with local EMS systems.
- IV.A.4.f) Fellows must have experience working in a community sports medicine network involving parents, coaches, athletic trainers, allied health personnel, residents, and physicians.

IV.B. Fellows' Scholarly Activities

- IV.B.1. Each fellow should complete a scholarly or quality improvement project during the program.
- IV.B.1.a) Evidence of scholarly activity should include at least one of the following:
 - IV.B.1.a).(1) peer-reviewed funding and research;
 - IV.B.1.a).(2) publication of original research or review articles; or,
 - IV.B.1.a).(3) presentations at local, regional, or national professional and scientific society meetings.

V. Evaluation

V.A. Fellow Evaluation

V.A.1. Formative Evaluation

- V.A.1.a) The faculty must evaluate fellow performance in a timely manner.**
- V.A.1.b) The program must:**
 - V.A.1.b).(1) provide objective assessments of competence in patient care, medical knowledge, practice-based learning and improvement, interpersonal and communication skills, professionalism, and systems-**

based practice;

V.A.1.b).(2) use multiple evaluators (e.g., faculty, peers, patients, self, and other professional staff); and

V.A.1.b).(3) provide each fellow with documented semiannual evaluation of performance with feedback.

V.A.1.c) The evaluations of fellow performance must be accessible for review by the fellow, in accordance with institutional policy.

V.A.2. Summative Evaluation

The program director must provide a summative evaluation for each fellow upon completion of the program. This evaluation must become part of the fellow's permanent record maintained by the institution, and must be accessible for review by the fellow in accordance with institutional policy. This evaluation must:

V.A.2.a) document the fellow's performance during their education, and

V.A.2.b) verify that the fellow has demonstrated sufficient competence to enter practice without direct supervision.

V.B. Faculty Evaluation

V.B.1. At least annually, the program must evaluate faculty performance as it relates to the educational program.

V.B.2. These evaluations should include a review of the faculty's clinical teaching abilities, commitment to the educational program, clinical knowledge, professionalism, and scholarly activities.

V.C. Program Evaluation and Improvement

V.C.1. The program must document formal, systematic evaluation of the curriculum at least annually. The program must monitor and track each of the following areas:

V.C.1.a) fellow performance;

V.C.1.b) faculty development;

V.C.1.c) performance of program graduates on the certification examination; and,

V.C.1.c).(1) At least 75% of fellows who completed the program in the preceding five years, and were eligible, must have taken the certifying examination.

V.C.1.c).(2) At least 75% of a program's graduates from the preceding five years who took the certifying examination for sports medicine for the first time must have passed.

V.C.1.d) program quality. Specifically:

V.C.1.d).(1) fellows and faculty must have the opportunity to evaluate the program.

V.C.2. If deficiencies are found, the program should prepare a written plan of action to document initiatives to improve performance in the areas listed in section V.C.1. The action plan should be reviewed and approved by the teaching faculty and documented in meeting minutes.

VI. Fellow Duty Hours in the Learning and Working Environment

VI.A. Principles

VI.A.1. The program must be committed to and be responsible for promoting patient safety and fellow well-being and to providing a supportive educational environment.

VI.A.2. Duty hour assignments must recognize that faculty and fellows collectively have responsibility for the safety and welfare of patients.

VI.A.3. The learning objectives of the program must not be compromised by excessive reliance on fellows to fulfill service obligations.

VI.B. Supervision of Fellows

The program must ensure that qualified faculty provide appropriate supervision of fellows in patient care activities.

VI.C. Duty Hours (the terms in this section are defined in the ACGME Glossary and apply to all programs)

Duty hours are defined as all clinical and academic activities related to the program; i.e., patient care (both inpatient and outpatient), administrative duties relative to patient care, the provision for transfer of patient care, time spent in-house during call activities, and scheduled activities, such as conferences. Duty hours do *not* include reading and preparation time spent away from the duty site.

VI.C.1. Duty hours must be limited to 80 hours per week, averaged over a four-week period, inclusive of all in-house call activities.

VI.C.2. Fellows must be provided with one day in seven free from all educational and clinical responsibilities, averaged over a four-week period, inclusive of call.

- VI.C.3. Adequate time for rest and personal activities must be provided. This should consist of a 10-hour time period provided between all daily duty periods and after in-house call.**
- VI.C.3.a) The Review Committee will not consider requests for a rest period of fewer than 10 hours.
- VI.D. On-call Activities**
- VI.D.1. In-house call must occur no more frequently than every third night, averaged over a four-week period.**
- VI.D.2. Continuous on-site duty, including in-house call, must not exceed 24 consecutive hours. Fellows may remain on duty for up to six additional hours to participate in didactic activities, transfer care of patients, conduct outpatient clinics, and maintain continuity of medical and surgical care.**
- VI.D.3. No new patients may be accepted after 24 hours of continuous duty.**
- VI.D.3.a) A new patient is defined as any patient for whom the fellow has not previously provided care.
- VI.D.4. At-home call (or pager call)**
- VI.D.4.a) The frequency of at-home call is not subject to the every third night, or 24+6 limitation. However at-home call must not be so frequent as to preclude rest and reasonable personal time for each fellow.**
- VI.D.4.b) Fellows taking at-home call must be provided with one day in seven completely free from all educational and clinical responsibilities, averaged over a four-week period.**
- VI.D.4.c) When fellows are called into the hospital from home, the hours fellows spend in-house are counted toward the 80-hour limit.**
- VI.E. Moonlighting**
- Internal moonlighting must be considered part of the 80-hour weekly limit on duty hours.**
- VI.E.1. Moonlighting must not interfere with a fellow's ability to achieve the goals and objectives of the educational program.

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