



## **FREQUENTLY ASKED QUESTIONS ABOUT THE CASEM DIPLOMA OF SPORT AND EXERCISE MEDICINE EXAM**

### **Q: How do I prepare for this examination?**

**A:** Since the examination is a practical examination, and testing focuses on the more common, more important skills and competencies necessary for the practice of sports and exercise medicine, there should be no need to go out and learn a whole new set of skills.

### **Q: What will I receive as a result of passing this examination?**

**A:** The Canadian Academy of Sport and Exercise Medicine will issue a diploma indicating that you have achieved a satisfactory level of expertise in the area of sport and exercise medicine. Possession of this diploma may be important for the accreditation of sport medicine clinics, and as a criterion for assignment to national teams, multi-sport games, etc. most importantly, the diploma will signal to colleagues and the public that you have interest and demonstrated expertise in sport and exercise medicine. The privilege of using the nominal DIP. SPORT MED. is related to on-going active membership with the Academy.

### **Q: Who is eligible to sit the exam?**

**A:** Candidates for the CASEM Diploma Examination in Sport and Exercise Medicine must be meeting the following criteria:

#### **Eligibility Criteria to Sit the CASEM Exam**

1. All candidates must be members in good standing of (the) CASEM at the time they apply to sit the examination.
2. All candidates must have a license to practice medicine. Physicians practicing outside Canada must be licensed to practice in their country of residence.
3. The candidate must also have one of the following:
  - a. A minimum of 2 years of independent MEDICAL practice, which must include attendance at one provincial, or national sport medicine conference and documented participation of 50 hours of team/sport/event coverage (see application form for details).



OR

- b. The candidate must be a Fellow of the Royal College of Physicians and Surgeons or College of Family Physicians of Canada and have completed a one-year Sport Medicine fellowship recognized by a University Faculty of Medicine Program. The program must include documented participation of 50 hours of team/sport/event coverage (see application form for details).\*

(\* For candidates taking a one year Sport Medicine Fellowship and who take the exam before the full completion of that year, the Diploma will be sent upon successful completion of the fellowship year.)

The Sport Medicine Fellowship is recognized by the following criteria:

- A letter signed by a University affiliated CASEM Dip Sport Medicine physician which states that the candidate was under their supervision and is expected to meet the core competencies in the sport and exercise medicine (as outlined by the CASEM Fellowship Committee)
- The fellowship has to be one uninterrupted year

**Q: How long is the examination?**

**A:** The examination will typically take 6 to 7 hours to complete. The exam will start approximately at 8am and finish around 1:30 or 2pm.

**Q: What will the examination look like? How will it be organized?**

**A:** Each candidate will be asked to rotate through 18 stations. At each station the candidate will be asked to carry out a specific task or series of tasks e.g. take a history and examine a patient with a specific problem, counsel an athlete, carry out an examination appropriate to the clinical situation, etc. All candidates will be tested on the same or very similar clinical material using pre-set standards as the basis for an objective evaluation of performance.

**Q: Is this examination just for family physicians?**

**A:** Very definitely NOT! It is understood that physicians from a variety of disciplines practice sport medicine and have developed skills and sensitivities unique to sport medicine and their own area of practice. It is appreciated that sport medicine practitioners may not be equally adept in every area of sport medicine and the examination and



marking scheme is designed to assess knowledge, skills and attitudes in a wide scope sport medicine settings and situations. The successful candidates will have demonstrated the breadth of knowledge and skills required to care for a team of group of athletes at multi-sport games, as well as practice sport medicine in their own discipline.

**Q: How often is the examination administered?**

**A:** The CASEM Credentials Committee endeavors to conduct an examination each year. However the examination requires a certain amount of candidates (typically 40 candidates) to make the process financially feasible. If there are an inadequate number of candidates as determined by the Chair of the Credentials Committee then it may be necessary to delay the examination until there are a sufficient number of candidates. At this point no more than one examination will be conducted during one year.

**Q: What if I want to do the examination in French?**

**A:** Every second year, accommodations will be made for candidates to write the exam in French. Francophone candidates will be given priority that year, if a minimum number (12 candidates or more) of francophone candidates qualify to sit the examination. The examination will be offered in French at least every fourth exam.

**Q: Who sets the examination?**

**A:** The examination consists of a variety of stations drawn from a bank of such stations prepared by the CASEM Credentials Committee. The CASEM committee is composed of physicians with a variety of skills and backgrounds applicable to the practice of sport medicine. The examination is carefully reviewed to ensure that the stations are realistic, relevant and reflective of the scope of sport medicine.

**Q: What standard of expertise are candidates expected to demonstrate in the examination setting?**

**A:** When addressing the questions at each station, candidates should behave as though they were consulted as primary care sport medicine physicians. The exam is predominantly conducted using OSCE situations but other forms of examination can be used as well i.e. multiple choice or short answer questions. These are designed to stimulate, accurately as possible situations that are likely to arise in the context of the practice of clinical sport medicine. They are designed to evaluate and assess not only knowledge, but also clinical skills and behavior. Applicants who have been involved in the clinical practice of sport medicine, are familiar with the current literature, have participated in ongoing CME activities in the sport medicine area, and who are aware of



contemporary issues in sport and exercise medicine are ideal candidates for the examination.

**Q: When will payment be processed?**

**A:** When the candidate applies for the exam CASEM a \$200 non-reimbursable exam administration fee will be applied. The balance of the exam fee will be charged when the Executive Director of CASEM can confirm that there is a position available to sit the examination after the examination deadline has passed. The candidate will receive the confirmation letter in the mail. The letter contains the receipt for the exam fee and further instructions for the examination.

**Q: How do I register for the Diploma in Sport and Exercise Medicine?**

**A:** All medical physicians who are interested in sitting the examination must submit a completed application form by mail, e-mail or fax. Applications are accepted throughout the year on a first come – first serve basis. Applications will not be considered unless the candidate is a member in good standing with the Canadian Academy of Sport and Exercise Medicine, the applications is filled in complete and a method of payment is provided.

Candidates who are unsuccessful in passing the examination are encouraged to repeat the examination in a subsequent year. Such candidates need not to resubmit an application from but must submit a letter of intent to sit the examination no later than the specified application deadline for that year. The application fee should be sent with the letter of intent. Candidates who failed the exam have priority to sit the two next exams.

**Q: As a successful candidate how do I use the DIP. SPORT MED. nominal?**

**A:** All members who have successfully completed the examination of the Diploma of Sport and Exercise Medicine may use the Dip. Sport Med. as a nominal. **The continued use of this designation requires ongoing membership adherence to the Canadian Academy of Sport and Exercise Medicine.**

**Q: Who do I contact if I need more information?**

**A:** General information about CASEM and Diploma applications can be obtain by e-mailing to Dawn Haworth, ED, [dhaworth@casem-acmse.org](mailto:dhaworth@casem-acmse.org)

Or



Dr. Janice Harvey, Chair of Credentials Committee, [jaharvey@mcmaster.ca](mailto:jaharvey@mcmaster.ca)