

What is a Sport and Exercise Medicine Physician?

Sport and Exercise Medicine (SEM) physicians have specialized training and skills to provide medical expertise which includes:

- Diagnosing and managing acute, wear-and-tear and overuse joint and muscular problems
- Prescribing exercise and physical activity for maintaining general health and to prevent and treat chronic medical conditions like high blood pressure, heart disease, diabetes, osteoarthritis and depression
- Treating exercise-related medical problems such as concussion and asthma
- Providing care for people of all ages in recreational, amateur, elite, and professional sports including pre-participation medical assessments, sporting event medical coverage, anti-doping, environmental issues, mental health, and treating athletes with disabilities
- Injury and illness prevention

Who is a SEM physician?

SEM physicians are family physicians, orthopaedic surgeons, paediatricians, physiatrists (physical medicine and rehabilitation) and other specialists who have unique training in SEM. Their credentials may include:

- The Canadian Academy of Sport and Exercise Medicine diploma of SEM (Dip. Sport Med.)
- A CCFP Certificate of Added Competency in SEM (CCFP(SEM))
- A FRCP or FRCS Area of Focused Competence (AFC) Diploma in SEM

What else do SEM physicians do?

Education

• SEM physicians are involved in teaching in medical training programs, providing peer instruction, and participate in general public education events

Advocacy

• SEM physicians are involved in advocacy at all levels of government and with different organizations promoting issues such as for the promotion of physical activity, sport safety, and injury prevention

Clinical Research

• Many SEM physicians have extra academic training and are involved in clinical research

How to find a SEM physician

The Canadian Academy of Sport and Exercise Medicine (CASEM) is an organization of physicians committed to excellence in the practice of medicine as it applies to all aspects of physical activity. CASEM's mission is to forge a strong, collective voice for sport and exercise medicine; to be a leader in advancing the art and science of sport medicine; including health promotion and disease prevention, for the benefit of all Canadians through advocacy, education, research and service.



For more information about CASEM or to find a SEM Physician in your community, please contact:

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