Canadian Academy of Sport and Exercise Medicine

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

- **Diagnosing and managing** acute, degenerative, and overuse joint and muscular problems
- **Prescribing** exercise and physical activity for maintaining good 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
- **Prevention** of injury and medical illness related to physical activity and sport

**What else do SEM physicians do?**

**Education**
They are involved in teaching in medical training programs, providing peer instruction, teaching and participating in general public education events

**Advocacy**
They are involved in advocacy at all levels of government and with different organizations promoting issues such as 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

**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

For more information on CASEM visit [www.casem-acmse.org](http://www.casem-acmse.org) or call 613-748-5851 or 1-877-585-2394 (toll free).