

In the Name of God

Islamic Republic of Iran Ministry of Health and Medical Education Deputy for Education

Sport Medicine

Degree: Specialty

Program Description

Considering the young population of the country and sport development policy (both professional and public), the number of people involved in professional sports has drastically increased over the past decade. Based on the needs assessment and special attention of the officials of Islamic republic of Iran Physical Education Organization and National Olympics Committee to the necessity of specialized training to manage medical problems of professional athletes; the need to set up an academic Program for sports medicine in the country had been confirmed. Furthermore, one of the major challenges of the present century is to slow down or reverse the trend of immobility in communities. Medical disorders such as obesity, diabetes, hyperlipidemia, osteoporosis, cardiovascular diseases and mental illnesses are all related to less active lifestyle. It is well established that exercising is beneficial in the treatment of these disorders. Studies show that people with regular physical activity contribute to forming a healthy and vibrant community. Education in the field of sports medicine trains physicians with specific skills and enables them to prevent and treat diseases and disorders resulting from sports. It encourages and helps people to follow a more active lifestyle. Knowing about health benefits of physical activity and desirable exercise regimes for certain subgroups allows the experts in sport medicine to encourage an active lifestyle for groups that get the highest benefit from exercise.

Definition & Duration of the program:

Sports medicine is a clinical specialty that deals with prevention, treatment, and rehabilitation of sport related injuries and sport-related diseases in professional and amateur athletes. It is also concerned with promotion of the level of the athletes' performance and use of sports in prevention, treatment and rehabilitation of diseases and health promotion.

Duration of program is four years.

Admission Requirements

- Holding an MD degree
- Having passed the National Entrance Exam

Expected Competencies at the End of the Program General Competencies* Specific Competencies and Skills

At the end of the program learners will be competent in the following skills:

- Cardiopulmonary resuscitation (CPR) (Basic Life Support, Advanced Life support)
- Primary care of soft-tissue / muscle injuries, fractures and dislocations
- Stitches and small outpatient surgical procedures
- Primary management of head and neck trauma in sports

- Local injections
- Bandage and splinting of fractures caused by exercise
- Performing and interpreting spirometry
- Performing manual medical techniques in sports and soft-tissue injuries
- Using tools and equipment for measuring physical fitness

Educational Strategies, Methods and Techniques*

Student Assessment (Methods and Types)

Assessment Methods

1. It is necessary to regularly evaluate the theoretical knowledge, skills and clinical judgment and personal and professional characteristics of the residents (at least twice a year) through a written multiple-choice exam, written essay, oral or practical tests at patient's bedside. Also it is necessary that clinical treatment processes and the procedures done by residents be recorded and evaluated regularly.
2. It is necessary to evaluate the theoretical knowledge through written or oral tests which are held during the year by academic staff of the programs. Also it is necessary to predict the required measures for individual assessment of each resident via evaluating the log book.
3. It is necessary that the residents participate in the annual promotion test, developed by the Secretariat of the Council of Graduate Medical Education on the basis of regulations and approved procedures.
4. In order to examine the skills of resident in clinical evaluation, it is necessary to hold at least one test in the framework of OSCE.
5. It is necessary to carry out a complete planning in order to fully resolve the cases where residents did not achieve the necessary abilities, and a reassessment should be done at least every 3 months.

Periods of Assessment

1. Multiple-choice written exam or written essay exam for each theoretical unit of the first years
2. Multiple choice written exams, written essay, oral or practical tests at the patient's: at least two annually from the second year.
3. Clinical skills assessment exam (within OSCE): at least once a year
4. Resident promotion exam: once a year (with the exception of the residents of the first year)
5. Certification test and specialized diploma at the end of the course on the basis of rules and regulations.

Ethical Considerations*

*Note: The related document(s) can be found at <http://hcmeq.behdasht.gov.ir/>.

The overall structure of the course:

Years of residency	Department, unit or setting of education	Content	Duration
First	Emergency shifts- Workshops and classes	Public and athletic emergencies, anatomy, biomechanic, psychology, nutrition, physiology, basics of physical education and exercise science, environmental factors and traveling, sports and medicines, exercising in particular groups, introduction to basic principles of physical exercise, medical problems in athletes, familiarity with the structure and rules of sport, research methodology and study	12 months
	Cardiology ward and exercise therapy center	Cardiovascular evaluation of athletes, cardiac rehabilitation, exercise test, cardiovascular emergencies	4 months
Second	Sports Physiotherapy Clinic	Athletic rehabilitation	4 months
	Orthopedic ward	Orthopedic and sports	4 months
Third	Classroom	Sports radiology	2 units (24 hours)
	Department of endocrinology, pulmonary and rheumatology	Internal diseases	3
	Neurology ward	Neurology	1 month
Fourth	Sports orthopedic clinic (4)	Sport and soft-tissue injuries	2 months
	Clinic and sports therapy center (4)	Sports therapy	3 months
	Clinic of prevention and health promotion (5)	Growth and development nutrition- obesityquit smoking	1 month
	Sports settings	Medical team- Number of matches (10 matches)	2 months
	Clinic and sports therapy center (4)	Sports therapy	3 months
Fifth	Sports orthopedic clinic (4)	Sport and soft-tissue injuries	3 months
	Sports environments	Medical team- Number of matches (10 matches)	2
Sixth	Areas outside the center	One-month resident program	1 month

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