



# 2010 Resident Interest Group

AMSSM 19<sup>th</sup> Annual Meeting  
Cancun, Mexico

# [ Objectives ]

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- The Road to Fellowship...
  - Intern Year
  - Second Year
  - Third Year
  - Encouraged Activities
- The Application
- Important Dates
- The Interview
- The Fellowship

# [ The Intern Year ]

- Build a strong foundation in your specialty
- Make contacts in Sports Medicine
  - AMSSM website-local docs, mentorship program, etc.
  - Word of mouth
- Obtain the AMSSM fellowship application
  - Use as a guide toward fellowship
- Attend a national/regional meeting
- Get involved locally:
  - Event coverage!
  - High School Coverage
  - Talks to community groups
  - Participate in coverage of mass par events

# [ The Second Year ]

- Take on more responsibility with local sports medicine involvement:
  - Continue event coverage
  - Residency education
- Case presentation/Journal article
- National/Regional Meetings
- Electives
  - Away or not?
  - Spring
- Begin to look/research programs
  - What are you looking for in a program?
- Fall/Winter: AMSSM Resident Scholarship
- Spring: Begin Application
  - Start PS & CV, Collection of LofR

# [ The Third Year ]

- Stay Involved
- August: Submit the application
- Summer/Fall – Away Elective
  - (Finish application for the program before the time of rotation - interview during rotation)
- October-Dec: Prepare for the interview
- Enjoy

# Encouraged Activities

- National Organization Membership:
  - AMSSM, ACSM
- AMSSM Resident Scholarship
- Event Coverage & Shadowing
- Residency Projects:
  - High school, Lectures, Curriculum
- Longitudinal Sports Coverage
- Primary Care Activities
- Away Electives:
  - Spring 2nd yr/Fall 3rd yr
  - Contact programs early

# [ The Application ]

- Begin early and Be organized
  - Submit by end of August 3rd year
- Universal application found on AMSSM website (no ERAS)
- CV:
  - Keep it updated from the beginning
  - Start work spring of 2nd year
- Letters of Recommendation:
  - Three: Program Director, AMSSM member, faculty on rotation
  - Start spring of 2nd year
- Personal statement
- Miscellaneous:
  - Medical school diploma/transcript, state licensures, certificate of training, USMLE scores, etc.

# [ The Application ]

SPORTS MEDICINE ROTATION (Dates, Type, Location, Instructor):

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SPORTS MEDICINE COVERAGE (Games, Events, Training Room, Other):

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SPORTS MEDICINE CONFERENCES:

Attended:

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Presented: PLEASE INCLUDE A COPY OF THE PROGRAM OF ANY LISTED PRESENTATION

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PUBLICATIONS (author, title, publication, date - use additional sheets if necessary): PLEASE INCLUDE A COPY OF THE TITLE PAGE OF ANY LISTED PUBLICATION.

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# [ Important Dates ]

- September 1, 2010
  - Match open
  - Register with NRMP at [www.nrmp.org](http://www.nrmp.org)
- Application Deadline
  - Varies from program to program
  - Late September to mid-November
- November 3, 2010
  - Rank order list opens
- December 15, 2010
  - Rank order list closes
- January 5, 2011
  - Match Day

# [ The Interview ]

- Be courteous
- Dress appropriately
- Be interested
- Be honest
- Know you - What you want
- Know your application
- Ask questions:
  - Program consistent
  - Keep set of important longitudinal questions
- Research programs/Know the program

# Statistics for 2010 Match

## 2010 Primary Care Sports Medicine Match Results

### Programs

<u>Category</u>	<u>Number</u>	<u>Percentage</u>
# of Programs	108	
Programs Filled	99	92%
Programs Unfilled	9	8%

### Positions

<u>Category</u>	<u>Number</u>	<u>Percentage</u>
Positions Offered	164	
Positions Filled	155	95%
Positions Unfilled	9	5%

### Applicants

<u>Category</u>	<u>Number</u>	<u>Percentage</u>
Number Applicants	212	
Number Matched	155	73%
Number Unmatched	57	27%

### ■ 2009 Stats:

- # Programs - 92
- Fill Rate - 95%
- # Positions - 138
- # Applicants - 183

### ■ Other 2010 Stats:

<u>Specialty</u>	<u># Positions</u>	<u>Filled</u>
Peds	11	11
EM	7	6
FM	146	138
IM	0	0

# Overview of Fellowship

- A day in the life of a Fellow
  - Clinical responsibilities (Office, training room, etc.)
  - School coverage & responsibilities
    - HS, college, & professional
  - Other coverage
    - Marathons, tournaments, etc.
  - Didactics/Journal club
  - National/Regional meetings
  - Presentations
- *Fellowship Field Manual*

# Websites - Resources

- [www.amssm.org](http://www.amssm.org)

Resident/Student

- This presentation
- FAQ
- Membership App
- Resident Scholarship

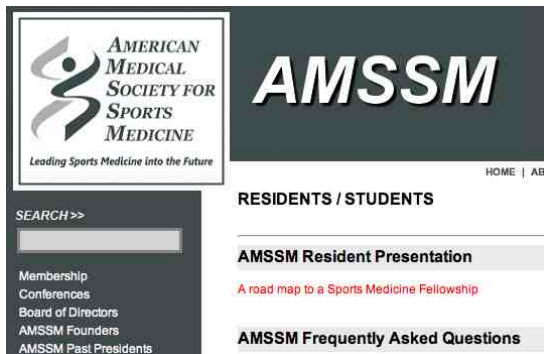
- [www.aoasm.org](http://www.aoasm.org)

- [www.acsm.org](http://www.acsm.org)

- [www.nrmp.org](http://www.nrmp.org)

- [www.aafp.org](http://www.aafp.org)

- [www.aap.org](http://www.aap.org)



# AMSSM Website - Resident/Student



Leading Sports Medicine into the Future

# AMSSM



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SEARCH >>

Membership  
Conferences  
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AMSSM Founders  
AMSSM Past Presidents  
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AMSSM Brochures  
Find-A-Doc  
Sports Medicine Positions  
Fellowships  
Residents/Students  
Case of the Month  
Case Studies  
Press Releases  
Publications/Statements  
AMSSM Forums/Listservs  
Research  
AMSSM Awards  
Abstract Submissions  
AMSSM Store  
Injury Prevention

## RESIDENTS / STUDENTS

### AMSSM Resident Presentation

[A road map to a Sports Medicine Fellowship](#)

### AMSSM Frequently Asked Questions

#### 1) What type of residency should I choose to be eligible for primary care sports medicine fellowships?

An applicant should evaluate their interests and goals for the future when they choose a residency. A person interested in sports medicine can do a residency in family medicine, pediatrics, internal medicine, emergency medicine, and physical medicine and rehabilitation. Most primary care sport medicine physicians choose a residency in family medicine due to the larger amount of fellowship openings for family medicine trained individuals.

#### 2) How do I research individual fellowships?

A listing of fellowships can be found on the AMSSM (<http://www.amssm.org/>), AAFP (<http://www.aafp.org/>), AOASM (<http://www.aoasm.org/>), and individual fellowship websites. Attending the AMSSM annual meeting and networking with people from the various fellowship programs can give information that is not found on the websites.

#### 3) How do I decide which programs to apply?

You should decide: what area of the country you would like to train in, do you want a community or university setting, which sports do you want included in the fellowship, are you interested in doing research, what credentials do the faculty have, and what benefits does the program offer.

#### 4) Does accreditation matter? How do I find out about accreditation?

It is important to attend an accredited fellowship; otherwise, you will not be qualified to take the certificate of added qualification examination in sports medicine. The Accreditation Council for Graduate Medical Education (ACGME) website (<http://www.acgme.org/>) lists programs that are accredited.