

Sports Medicine

"Sports medicine" is an umbrella term that refers to several professions involved in the clinical and scientific aspects of sports and exercise. Dr. David Lamb of the American College of Sports Medicine defines it as "the scientific and clinical testing, manipulation, and care of those who exercise, especially athletes." Individuals working in this area may be involved in research on the physiological, biochemical, biomechanical, or behavioral facets of exercise. They may also work directly with athletes and the general population to diagnose, treat, and prevent physical injuries or improve performance.

The careers listed below fall under the general category of sports medicine. Other careers in which an individual can become involved in sports and exercise include physical therapist, physician, chiropractor, osteopath, podiatrist, dietitian, and psychologist. Practitioners in these areas receive their general education outside of sports, but choose elective courses in exercise health and try to obtain clinical training in a sports/exercise setting. Refer to separate listings in this volume for more information on these occupations.

For more information about the general area of sports medicine, contact:

American College of Sports Medicine
P.O. Box 1440
401 W. Michigan Street
Indianapolis, IN 46206-1440
Phone: 317.637.9200
<http://www.acsm.org>