



UNIVERSITY OF NEVADA SCHOOL OF MEDICINE

SPORTS MEDICINE

What is sports medicine?

There are various definitions for “sports medicine” and thus, it has become an umbrella term encompassing both clinical and scientific aspects of exercise and sport. Athletic medicine is the evaluation, conditioning, prevention, and treatment of injuries. In addition, the prevention and rehabilitation of chronic and degenerative disease associated with sports and athletics is an aspect of sports medicine. Research also plays a role in the evaluation of the physiological, biochemical, biomechanical, and behavioral facets of athletics.

What does a career in sports medicine involve?

With the growing involvement in sports activities, a new emphasis has been placed on sports medicine and related careers from injury rehabilitation to injury prevention and maximizing optimum athletic performance. One of the attractions of sports medicine is the wide range of opportunities. Within the field, one can work as a sports physical therapist, a sports psychologist, or for a team as a physician. Other potential specialties include:

Acupuncture Therapist	Exercise Physiologist	Optometrist	Physical Therapy
Athletic Trainer	Health/Fitness Director	Orthotist	Podiatrist
Dentist	Massage Therapist	Osteopath	Psychologist

What type of education is required?

Individuals in the various sports medicine professions work as a team to achieve the goals of sports medicine. Except for the athletic trainers, they all have their education outside of sports. The **University of Nevada, Las Vegas** offers a bachelor’s degree in Sports Injury Management as well as Fitness Management.

Where can I get more information?

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