

CONCEPTS OF THE SPORTS PHYSICIAN

1. Sports Psychology
 - a. Overview of psychology of the athlete
 - b. Psychological evaluation of the athlete
 - c. Psychological preparation of the athlete
 - d. Clinical applications

2. Exercise & Fitness Concepts
 - a. Introduction to health and fitness programs
 - b. Implementation of health and fitness programs
 - c. Management of health and fitness programs

3. The Sports Practice
 - a. How develop a sports practice
 - b. The role of the chiropractic sports physician in the sports medicine team
 - c. Philosophical considerations of treating athletes

4. Pre-participation Exams
 - a. Establishing a complete exam protocol (office or school)
 - b. Evaluation of the young athlete
 - c. Evaluation of the mature athlete
 - d. Setting up multi-station/multi-disciplinary exams
 - e. Medical legal aspects of the pre-participation exam

5. Coaching Principles
 - a. Motivation
 - b. Skill development
 - c. Coaching techniques

6. Athletic Training Principles
 - a. Fundamentals of physical training
 - b. Speed, agility, neuromuscular coordination
 - c. Cardiovascular endurance
 - d. Strength and conditioning
 - e. Detraining over training
 - f. Off season training
 - g. Specific Adaption to Imposed Demand (SAID)Principle

MIDICO-LEGAL ASPECTS

1. Ethics
 - a. Athletes, teams, and the media
 - b. Confidentiality
 - c. Misconduct
 - d. Sovereign immunity
2. Negligence
 - a. Definition and elements
 - b. Legal duty
 - c. Degrees of and contributory

- d. Waivers, releases, and statute of limitations
- e. Assumption of risk
- 3. Malpractice
 - a. Definition
 - b. Variation in state laws
- 4. Miscellaneous
 - a. Civil vs. Criminal
 - b. Elements of tort actions
 - c. Contract liability
 - d. Respondent superior – ultra vires acts