

In-Practice Certification Route to Certificates of Added Competence (CAC)

Domain-Specific Eligibility Requirements

Sport and Exercise Medicine (SEM)

The eligibility requirements listed below are based on the [Residency Training Profile for Sport and Exercise Medicine](#), which includes the Practice Narrative and the Core Professional Activities (CPAs), and they are further mapped to the [Priority Topics and Key Features for the Assessment of Competence in Sport and Exercise Medicine](#).

The application is built as a portfolio and applicants are required to provide concrete examples to prove that their scope of practice and contribution to sport and exercise medicine (SEM) justifies the awarding of the CAC.

All applicants must have a licence to practise family medicine independently in a province or territory of Canada, hold Certification in the College of Family Physicians of Canada (CCFP), and remain a member in good standing with the CFPC throughout the review of their application.

To qualify for a CAC in SEM, physicians must be regularly engaged in sport and exercise medicine practice and demonstrate they have practised in the domain of care without restriction for the four-year period (approximately 400 hours per year) immediately prior to the application submission date. The most recent two years in practice must be in Canada.

CPA 1: Provide advanced-level sport and exercise medicine assessments and consultations

- To qualify for a CAC in SEM physicians must provide evidence of experience in all of the following:
 - Assessment and management of patients presenting with:
 - Acute musculoskeletal (MSK) conditions
 - Chronic MSK conditions
 - Concussion
 - Arthropathy (mono- and polyarthropathy, particularly osteoarthritis)
 - Counselling on nutrition, supplements, and doping
 - Conducting pre-activity assessment for patients from all age groups, with or without existing injuries or medical conditions
- To qualify for a CAC in SEM, physicians are expected to spend a minimum of 30 per cent of their current practice in this domain of care. If the percentage is below 30 per cent, applicants will be asked to explain why and the Peer Review Committee will make a decision based on an applicant's specific context and circumstances.
- To qualify for a CAC in SEM, physicians are expected to see a minimum of 20 per cent of patients by referral. If the percentage is below 20 per cent, applicants will be asked to

explain why and the Peer Review Committee will make a decision based on an applicant's specific context and circumstances.

CPA 2: Provide care for athletes and teams of all abilities and ages

- To qualify for a CAC in SEM, physicians are expected to provide evidence of present or previous work or experience in the following:
 - Providing sport and exercise medicine expert care for athletes and teams of all ages
 - Providing sporting event or team coverage for non-urgent, urgent, and emergent care at the field of play and while travelling with teams
 - Planning and managing sport events
 - Pre-participation assessments and preparation of athletes for a competitive season
 - Counselling on optimal nutrition and the use of supplements
 - Providing support on issues related to doping in sport and the therapeutic use exemption application process
 - Working with coaches, parents, and teachers
- To qualify for a CAC in SEM, a physician must provide evidence of experience in or exposure to the following age groups and populations:
 - Children and adolescents
 - Adults
 - Pregnant patients
 - Adults ≥ 65 years of age
 - Competitive athletes
 - Competitive or recreational athletes with a disability (physical, developmental, or intellectual)

CPA 3: Prescribe physical activity and exercise for health enhancement, prevention, and the rehabilitation of injury as well as the prevention and treatment of chronic disease

- To qualify for a CAC in SEM, physicians must have experience in the following:
 - Prescribing physical activity and exercise for health enhancement, injury prevention, and/or rehabilitation
 - Prescribing physical activity for prevention and treatment of chronic disease

CPA 4: Collaborate in all levels of care

- To qualify for a CAC in SEM, physicians must provide evidence of being a:
 - Resource to colleagues
 - Consultant and source of referral to colleagues
 - Member of an interprofessional team

CPA 5: Provide administrative, educational, and/or clinical leadership

- To qualify for a CAC in SEM, physicians must provide evidence of:
 - Acting as a leader within an interprofessional team and/or a [Patient's Medical Home](#) (PMH)
 - Teaching in the domain of care or acting in an educational leadership role
 - Providing administrative leadership in sport and exercise medicine, if available

CPA 6: Participate in the scholarly aspects of sport and exercise medicine

- To qualify for a CAC in SEM, physicians must provide evidence of:
 - Involvement in education (e.g., providing continuing professional development (CPD) and/or teaching, which may include undergraduate and/or postgraduate students and interprofessional groups)
 - Involvement in research, if applicable
 - Involvement in quality improvement initiatives (in their practice, institution, and/or region)

CPA 7: Act as a resource to a community

- To qualify for a CAC in SEM, physicians must provide evidence of advocacy at one or more of the following levels: individual patient, community, system

CPA 8: Perform common procedures in sport and exercise medicine

- To qualify for a CAC in SEM, a physician is expected to be able to perform the following procedures:
 - Soft tissue and joint injections
 - Sutures and wound care
 - Joint reductions
 - Immobilization techniques

CPA 9: Manage professional activities

- To qualify for a CAC in SEM, physicians must provide evidence of engaging in SEM-related CPD. They are required to complete a minimum of 75 credits in the five-year cycle.

Referee letters

Letters from four referees are required:

- At least two referees must be family physicians who are members in good standing with the CFPC

- At least two referees must be actively practising and/or teaching in the domain of care for which the CAC application is based
- At least one referee must be an active CAC holder in the domain of care for which the CAC application is based
- One referee must be a colleague with a comprehensive practice to whom the applicant acts as a resource/consultant
- One referee must be an interprofessional team member with whom the applicant works
- All referees must have known the applicant for at least two years in a professional capacity
- Referees cannot be relatives of the applicant or have any conflicting interests with those of the applicant

Referees will be asked to provide evidence about the impact the applicant has on sport and exercise medicine in the following aspects:

- a) As a provider of advanced-level SEM assessments and consultations
- b) As a resource to family medicine colleagues and a member of an interprofessional team
- c) As a clinical, educational, and/or administrative leader
- d) As a leader and participant in scholarly activities, including continuous quality improvement, research, and in the provision of CPD
- e) As a resource to their community, engaged in advocacy on one or multiple levels: for their own patients, for patients in the community, and/or for system-level health
- f) As a continuous learner who is engaged in SEM-related CPD

Please refer to the [IPCR Application instructions package – Sport and Exercise Medicine](#) for instructions and detailed information.