

Thanks for your interest the Cahaba-UAB Sports and Exercise Medicine Fellowship Program! This unique two-year fellowship offers individuals plenty of time to gain a hands-on, comprehensive, state-of-the-art sports and exercise medicine experience, while also obtaining a Master's in Exercise and Nutrition.

Trainees will gain expertise in managing musculoskeletal and non-musculoskeletal disorders for athletes and active individuals in a variety of settings. In addition, they will master musculoskeletal ultrasound, develop expertise in exercise prescription and testing, receive mentorship in completing scholarly activity, and ultimately develop the skills needed to become a leader in sports medicine. Each fellow assumes a principal role in caring for athletes of all ages, including organized sports at the professional, collegiate, and high school settings.

MINIMUM REQUIREMENTS

- ERAS application
- Three letters of recommendation (including one from residency program director)
- Curriculum vitae
- Personal statement
- Copy of USMLE/COMLEX transcript
- Copy of medical school diploma and transcript
- Copy of current state medical license
- Copy of first page for all publications

ACCEPTING CANDIDATES FROM ALL BACKGROUNDS

Our program participates in the NRMP Fellowship Match Program and considers applicants with training in Family Medicine, Emergency Medicine, Pediatrics, Internal Medicine, and Physical Medicine & Rehabilitation.

MASTER OF SCIENCE IN EXERCISE AND NUTRITION

FALL: FELLOW YEAR 1

NTR 632. Nutrition Counseling and Education. [4 Credits]

SPRING: FELLOW YEAR 1

NTR 631. Community Interventions for Healthy Lifestyles. [3 Credits]

SUMMER: FELLOW YEAR 1

NTR 618. Nutritional Biochemistry. [6 Credits]

FALL: FELLOW YEAR 2

NTR 609. Applied Nutrition for Physical Activity and Disease Prevention. [3 Credits]

KIN 644. Application of Exercise Physiology to Fitness and Performance. [3 Credits online]

SPRING: FELLOW YEAR 2

(Pick 2 of 3)

KIN 639. Exercise Prescription for High Risk Populations. [3 Credits]

KIN 640. Advanced Techniques in Conditioning the Athlete. [3 Credits]

KIN 585. Advanced Exercise Testing and Prescription. [3 Credits]

LONGITUDINAL

KIN 697. Advanced Field Experience in Kinesiology. [6 Credits]

SPORTS AND EXERCISE MEDICINE FELLOWSHIP PROGRAM

A COLLABORATIVE COMMUNITY

IT TAKES A TEAM.



COMPREHENSIVE TRAINING

BROAD-BASED TRAINING IN
MEDICAL AND MUSCULOSKELETAL
CONDITIONS IN ATHLETES AND
ACTIVE INDIVIDUALS

ACADEMIC LEADERS

AWARD-WINNING CLINICIANS,
EDUCATORS, AND RESEARCHERS



ATHLETES OF ALL TYPES

TEAM COVERAGE FOR
HIGH SCHOOL, NCAA DIVISION I ATHLETES,
OLYMPIC LEVEL AND PROFESSIONAL SPORTS

UAB CENTER FOR EXERCISE MEDICINE

The UAB Center for Exercise Medicine promotes the health and well-being of children and adults of all ages through: interdisciplinary research; training and education; and exercise-based research programs. We bring together more than 190 members and trainees, 35 departments, and 10 schools.

LAKESHORE FOUNDATION

The Lakeshore Foundation mission is to enable people with physical disability and chronic conditions to lead healthy, active, and independent lifestyles through physical activity, sport recreation, advocacy policy, and research. This facility is also a training site for the US Olympics & Paralympic teams.

OUR EXPERTS

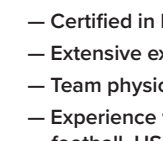
IN THE FIELD. AND ON THE FIELD.



IRFAN M. ASIF, M.D.
PROFESSOR AND CHAIR

Department of Family
and Community Medicine

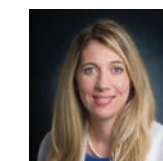
- Certified in Family Medicine and Sports Medicine
- Leader in sports medicine (AMSSM Board of Directors 2015-2019; Associate Editor for Sports Health and BJSM)
- Team physician for UAB Athletics and the Birmingham Legion FC



IAN D. MCKEAG, M.D., M.S.
ASSISTANT PROFESSOR,
FELLOWSHIP DIRECTOR

Department of Family
and Community Medicine

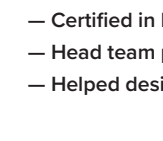
- Certified in Family Medicine and Sports Medicine
- Extensive experience in diagnostic and procedural ultrasound
- Team physician for UAB Athletics, Birmingham Legion FC soccer
- Experience with collegiate athletics, the NBA G League, arena football, USA gymnastics and USA basketball events



SARA GOULD, M.D., MPH
ASSISTANT PROFESSOR

Departments of Orthopaedic Surgery
and Emergency Medicine

- Certified in Emergency Medicine and nonoperative Sports Medicine
- Ambulatory clinical director of Orthopedics at UAB Hospital-Highlands



M. HEATH HALE, M.D., MPH
ASSOCIATE PROFESSOR

Department of Family
and Community Medicine

- Certified in Family Medicine and Sports Medicine
- Head team physician for UAB Athletics
- Helped design a number of protocols to improve athlete health care



KENNIETH C. MCCOLLOUGH JR., M.D.
ASSISTANT PROFESSOR

Department of
Orthopaedic Surgery

- Certified in Internal Medicine and Sports Medicine
- Primarily sees musculoskeletal and concussion patients
- Team physician for UAB Athletics, Birmingham Legion FC soccer, and local high schools

BIRMINGHAM, ALABAMA

AN **ATHLETIC** COMMUNITY

UAB is one of 14 institutions in Conference USA and participates in NCAA Division I sports with 19 teams. In 2018, the UAB Blazers football team won their conference championship and the Boca Raton Bowl. Fellows will have the opportunity to work directly with our Division I athletes. UAB is also home to 24 Club Sports and a robust High School Athletic Training Network from which fellows will have the opportunity to work with and gain more sports medicine experience.

BIRMINGHAM

Birmingham Legion FC

A professional soccer club that competes in the USL Championship—the second division of American soccer. In their inaugural year (2019), Legion FC succeeded in getting into the playoffs and winning the first round.

The World Games 2021

A major international multisport event that includes martial arts, ball sports, strength sports and more, scheduled for 2021. The event will occur July 15-25, 2021 and will include 3,600 international athletes from 100+ countries, who will compete in 33 sports across 30 venues. UAB Sports Medicine is the official medical provider for these Games.

UAB DIVISION 1 ATHLETICS

Men's Sports

Baseball
Basketball
Football
Rifle
Soccer
Tennis

Women's Sports

Basketball
Beach Volleyball
Bowling
Cross Country
Golf
Rifle
Soccer
Softball
Tennis
Track
Volleyball

UAB DEPARTMENT OF FAMILY
AND COMMUNITY MEDICINE
UAB.EDU/FAMILYMEDICINE

CONTACT

Clifford Kennon

Education Administrator
Family and Community Medicine
ckennon@uab.edu

CAHABA MEDICAL CARE
CAHABAMEDICALCARE.COM

UAB
SCHOOL OF MEDICINE
The University of Alabama at Birmingham

SPORTS & EXERCISE MEDICINE

FELLOWSHIP PROGRAM

 **Cahaba**
Medical Care

The **will** to do
more leads to
amazing things.

At UAB that will drives everything we do, from research to innovation to entrepreneurship. Because before we can change the world, we must first have the passion to challenge it. So who will stand up, lead us, and have the will to see it through? Who will be a part of the next generation of great thinkers? **You will.**

Ranked #1 young U.S. university

Nearly \$300 million in NIH funding

Ranked #23 in NIH funding

3rd largest public hospital in the U.S.

10 specialties ranked in top 50 by U.S. News & World Report

\$7.15 billion annual economic impact

Largest single employer in Alabama, with 23,000 employees

UAB. Powered by will.

