Thanks for your interest the Cahaba-UAB Sports and Exercise Medicine Fellowship Program! This unique two-year fellowship offers individuals a plenty of hands on, comprehensive training in all aspects of sports and exercise medicine experience, while also obtaining a Master’s in Exercise and Nutrition. The program will gain expertise in managing musculoskeletal and non-musculoskeletal injuries for athletes and active individuals in a variety of settings. In addition, they will master rehabilitation 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
- A bachelor’s degree
- Three letters of recommendation (including one from residency program director)
- Certified in Family Medicine
- Personal statement
- Copy of URDSO/CMSA transcript
- Copy of medical school diploma and transcript
- Copy of USMLE/COMLEX transcript
- Personal statement
- Curriculum vitae
- Three letters of recommendation (including one from residency program director)
- ERAS application

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.

MATT RUSSELL, M.D.
FELLOWSHIP DIRECTOR

AAA FELLOWSHIP YEAR 1
VPAF B.S. Exercise Science and Kinesiology (3 Credits)

AAAM FELLOWSHIP YEAR 2
NTR/uni00A0585. Advanced Exercise Testing and Prescription. [3 Credits]

SPORTS FELLOW YEAR 2
KIN/uni00A0644. Application of Exercise Physiology to Fitness and Performance. [3 Credits online]

SPRING: FELLOW YEAR 2
KIN/uni00A0697. Advanced Field Experience. [6 Credits]

FALL: FELLOW YEAR 2
NTR/uni00A0632. Nutrition Counseling and Education. [4 Credits]

SUMMER: FELLOW YEAR 1
NTR/uni00A0609. Applied Nutrition for Healthy Lifestyles. [3 Credits]

SPRING: FELLOW YEAR 1
NTR/uni00A0631. Community Interventions and Education. [4 Credits]

FALL: FELLOW YEAR 1
NTR/uni00A0618. Nutritional Biochemistry. [3 Credits]

IT TAKES A TEAM.

An interdisciplinary team of clinical specialists, educational experts, and researchers—all dedicated to being the best in their fields—works together toward a common goal: achieving academic and professional success in the world of sports medicine. This collaborative effort is supported by our excellent faculty, state-of-the-art facility, and robust program. We bring together professionals from various departments and schools to create a comprehensive and dynamic training environment.

Our faculty includes distinguished experts in the fields of sports medicine, orthopedics, rehabilitation, exercise science, and nutrition. They have extensive experience in the field and are dedicated to preparing future leaders in sports medicine and exercise science.

Our schedule is designed to provide hands-on experience with a variety of sports and training environments, including Olympic-level and professional sports, NCAA Division I athletics, high school sports, and other athletic organizations. We offer a wide range of patient care opportunities, including injury prevention, sports performance optimization, and patient education.

The Lakeshore Foundation Foundation promotes the mission of enabling people with physical disability and chronic conditions to lead healthy, active and independent lifestyles through physical activity, sport recreation, advocacy and research. This program is made possible through a competitive grant from the National Institute of Disability, Independent Living, and Rehabilitation Research (IDRR). The Lakeshore Foundation is an independent, non-profit organization and one of the nations leading organizations in physical disabilities and rehabilitation. We train athletes of all ages through:

- Olympic Level and Professional Sports
- High School, NCAA Division I Athletes, Team Coverage for athletes of all types
- Paralympic teams
- USA Olympic and Paralympic teams
- Birmingham Legion FC soccer, and local high schools

We offer a variety of educational opportunities, including coursework, seminars, and workshops that are designed to enhance the knowledge and skills of our fellows. These educational experiences are tailored to the needs of our fellows and cover a wide range of topics, including injury prevention, sports performance optimization, patient education, and research.

We are committed to preparing our fellows to be leaders in sports medicine and exercise science. Our fellows are exposed to cutting-edge research and have the opportunity to contribute to the field through their own research projects.

We are proud to offer a unique and comprehensive fellowship program that is designed to provide our fellows with the skills and knowledge needed to succeed in the field of sports medicine and exercise science. We are committed to providing our fellows with the best possible training and support, and we look forward to welcoming new fellows to our program in the future.
The will to do more leads to amazing things. At UAB, the will to do more comes from a passion to challenge the world. We believe in empowering the next generation to make a difference. It is our goal to foster a culture of innovation and entrepreneurship. 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 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, ALABAMA

SPORTS & EXERCISE MEDICINE FELLOWSHIP PROGRAM

ANKING LIBRARY

UAB SCHOOL OF MEDICINE

The University of Alabama at Birmingham

UAB PARTNERSHIP FOR SPORTS & EXERCISE MEDICINE

UAB DEPARTMENT OF FAMILY & COMMUNITY MEDICINE

UAB MEDICAL CENTER

Contact Clifford Kennon
Clifford Kennon
Education Administrator
Family and Community Medicine
ckennon@uab.edu