

# CAREER BRIEF

## (Grades K-2)

### SPORTS MEDICINE DOCTOR



#### WHAT IS A SPORTS MEDICINE DOCTOR?

- A sports medicine physician is a doctor that helps people when they get hurt during sports or exercise.

#### WHAT DO SPORTS MEDICINE DOCTORS DO?

- Take care of people who have sports injuries or injuries from exercising.
- Treat injuries that occur on our body
- Teach people about how to eat healthy and take care of their bodies
- Teach people how to be safe and not get hurt when they are playing sports or doing physical activities
- Help patients heal the injuries on their body
- Teach patients about how to care for their injury, so that they can get better

**Fun Fact:** *Herodicus is given credit for being the “father of sports medicine” and the first physician to recommend exercise for the treatment of disease.*

#### EDUCATION AND TRAINING

- Go to college and get a bachelor's degree in any subject. Most sports medicine doctors major in fields like exercise science, biology, chemistry, and physics
- Go to medical school and study with other doctors

#### SKILLS

- Be able to communicate with patients, so that they understand how to take care of themselves
- Be able to read articles and information about sports medicine, so that they can learn more to help others
- Use critical thinking to figure out what caused an injury, how to help it heal and how to avoid it happening again
- Be able to read new information about sports medicine and use it when they help patients

“I’ve had dreams and I’ve had nightmares, but I have conquered my nightmares because of my dreams.”

- Jonas Salk

# CAREER BRIEF

## (Grades K - 2)

### DENTIST



#### WHAT IS A DENTIST?

A dentist works on teeth. They help others learn about their teeth and help fix any problems people have with their teeth.

#### WHAT DO DENTISTS DO?

- Dentists clean your teeth and take x-rays of your teeth
- Dentists help to repair cavities and other problems with your teeth

**Fun Fact:** The average human spends 38.5 days of their life brushing their teeth.

#### EDUCATION

- A bachelor's degree
- Attend dental school

#### TRAINING

- Work with patients while an experienced dentist supervises you
- If you decide to pursue a specialty in dentistry, you need to have 2-4 years more of training in that specialty field

#### SKILLS

- Work well with other dentists and those that work in your office
- Pay attention to small details
- Work well with your hands, including being able to use tools
- Help lead your dental office
- Be patient with those that are scared of the dentist
- Perform a task for a long period of time

# CAREER BRIEF

## (Grades K-2)

### NURSE



#### WHAT IS A NURSE?

- A nurse takes care of patients and helps them to feel better. There are many different types of nurses.

#### WHAT DO NURSES DO?

- Works with doctors to help them take care of patients
- Give patients their medicine
- Give patients medical tests
- Help patients that are sick
- Type a patient's information into a computer

**Fun Fact:** *The first record of nurses dates all the way back to 300 A.D. in the Roman Empire.*

#### EDUCATION AND TRAINING

- A bachelor's degree in nursing. There are also associate's degrees in nursing

#### SKILLS

- Understand that patients are not feeling well
- Think quickly to figure out what is wrong with a patient and how they can help them
- Be organized and keep track of a patient's medical information
- Be able to use teamwork and work with doctors, other nurses and patients

"Where the needs of the world and your talents cross, there lies your vocation." – Aristotle