

# CAREER BRIEF

## (Grades 9-12)

### SPORTS MEDICINE DOCTOR



#### WHAT IS A SPORTS MEDICINE DOCTOR?

- A sports medicine physician is a doctor who specializes in taking care of people who have sports injuries. Sports injuries are injuries that people acquire from playing sports, exercising, or from being physically active.

#### WHAT DO SPORTS MEDICINE DOCTORS DO?

- Take care of people who have sports injuries or an injury from a physical activity
- Treat injuries of muscles, bones, and joints, such as sprains, strains, fractures, eating disorders, sports-induced asthma, concussions, tendonitis
- Handle chronic (long-term) illnesses
- Educate patients about injury prevention
- Diagnose an injury accurately
- Identify the root cause of an injury to prevent a recurrence
- Prescribe rehabilitation and prescriptions as necessary to help heal
- Minimize time away from a sport or physical activity
- Maximize long term performance

**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

- A bachelor’s degree in any subject. Most sports medicine doctors major in fields like exercise science, biology, chemistry, and physics.
- Take the Medical College Admission Test (MCAT)
- Attend and complete a medical school program (usually 4 years)
- Complete an internship and residency (usually 2-4 years)

#### SKILLS

- Communication Skills: must communicate effectively with patients and other medical professionals
- Reading Skills: be able to read and understand medical documents that pertain to their profession
- Critical Thinking: must use logic and reasoning to determine solutions and alternative solutions for their patient’s injuries
- Learn New Things: be able to read new research and information related to sports medicine and apply it to their practice
- Problem-Solving Skills: evaluate patients’ symptoms, injuries and needs, and choose the appropriate treatments

#### EXPLORING THIS CAREER

- <https://www.careerexplorer.com/careers/sports-medicine-physician/how-to-become/>
- [https://learn.org/articles/Sports\\_Medicine\\_How\\_to\\_Become\\_a\\_Sports\\_Medicine\\_Doctor\\_in\\_5\\_Steps.html](https://learn.org/articles/Sports_Medicine_How_to_Become_a_Sports_Medicine_Doctor_in_5_Steps.html)
- <https://www.bestcolleges.com/careers/healthcare/sports-medicine/>

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

- Jonas Salk

# CAREER BRIEF

## (Grades 9-12)

### DENTIST



#### WHAT IS A DENTIST?

- Dentists are doctors who practice dentistry. Dentists help patients keep their teeth, gums, and mouth healthy. Dentists can also specialize in different fields of oral healthcare: orthodontics and dentofacial orthopedics, pediatric dentistry, prosthodontics, oral and maxillofacial surgery, oral and maxillofacial pathology, endodontics, public health dentistry, and oral and maxillofacial radiology.

#### WHAT DO DENTISTS DO?

- Dentists perform routine preventative care such as: cleaning teeth and taking x-rays of teeth
- Remove decay from teeth and fill cavities
- Repair cracked or fractured teeth and remove teeth
- Place sealants or whitening agents on teeth
- Administer anesthetics to keep patients from feeling pain during procedures
- Prescribe antibiotics or other medications

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

#### EDUCATION

- A bachelor's degree in any subject, but preferably in science or biology.
- Take the Dental Admission Test (DAT)
- Attend Dental School: which includes coursework in subjects such as local anesthesia, anatomy, periodontics (the study of oral disease and health), and radiology.
- Obtain a state license: Most states require a dentist to have a degree from an accredited dental school and to pass the written and practical National Board Dental Examinations.

#### TRAINING

- In dental school, you must work directly with patients under the supervision of a licensed dentist.
- All nine dental specialties require dentists to complete additional training before practicing that specialty. This training is usually a 2- to 4-year residency in a program related to the specialty. General dentists do not need additional training after dental school
- Dentists who want to teach or do research full time usually spend an additional 2 to 5 years in advanced dental training. Many practicing dentists also teach part time, including supervising students in dental school clinics.

#### SKILLS

- Communication Skills: must communicate effectively with patients, dental hygienists, dental assistants, and receptionists
- Detail Oriented: must pay attention to the shape and color of teeth and to the space between them. For example, they may need to closely match a false tooth with a patient's other teeth
- Dexterity: must be good at working with their hands. They must work carefully with tools in a small space and ensure the safety of their patients
- Leadership Skills: manage and lead staff in their own dental practices
- Patience: work for long periods with patients who need special attention. Children and patients with a fear of dental work may require a lot of patience.
- Physical Stamina: physically bend over patients for long periods
- Problem-Solving Skills: evaluate a patient's symptoms and choose the appropriate treatments

#### EXPLORING THIS CAREER

- <https://collegegrad.com/careers/dentists>
- <https://www.britannica.com/science/dentistry/Dental-specialties-and-subspecialties>
- <https://www.shemmassianconsulting.com/blog/how-to-become-a-dentist>

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### NURSE



#### WHAT IS A NURSE?

- A nurse takes care of patients and helps to manage physical needs, prevent illness, and treat health conditions. There are a variety of different specialties in nursing. Check out this link to learn more about the different specialties in nursing: <https://nurse.org/education/types-of-nurses/>



#### WHAT DO NURSES DO?

- Record medical history and symptoms
- Collaborate with teams to plan for patient care
- Advocate for the health and wellbeing of patients
- Monitor patient health and pain management
- Administer medications and treatments
- Operate medical equipment
- Perform diagnostic tests
- Educate patients about management of illnesses
- Provide support and advice to patients

**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
- Complete a residency program (usually 6-12 months)
- Take the NCLEX-RN exam
- Apply for a state license to practice nursing
- You may need to do more coursework depending on your specialty. Many nurses choose a specialty and obtain advanced degrees

#### SKILLS

- Compassion: must be able to empathize with patients that are not feeling well or facing difficult circumstances
- Critical Thinking: have the ability to assess a situation quickly and take the proper steps to solve the problem at hand
- Data Entry/Analysis: be able to enter patient data accurately and look for patterns and trends within a patient's medical information
- Collaboration: be able to work closely with both doctors and patients. Work together with doctors to come up with solutions and ensure best health practices for patients
- Multi-task: be able to pivot quickly between multiple patients, and maintain medical care for several patients at a time

#### EXPLORING THIS CAREER

- <https://www.learnhowtobecome.org/nurse/registered-nurse/>
- [https://explorehealthcareers.org/field/nursing/#:~:text=Nursing%20offers%20a%20wide%20range,practitioner%20to%20doctoral%2Dlevel%20researcher.&text=Although%20an%20entry%2Dlevel%20nurse,in%20Nursing%20\(BSN\)%20degree.](https://explorehealthcareers.org/field/nursing/#:~:text=Nursing%20offers%20a%20wide%20range,practitioner%20to%20doctoral%2Dlevel%20researcher.&text=Although%20an%20entry%2Dlevel%20nurse,in%20Nursing%20(BSN)%20degree.)
- <https://www.registerednursing.org/nursing-careers/>