

CAREER BRIEF

(Grades 3-5)

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?

- Sports medicine physicians take care of people who have sports injuries or injuries from physical activity
- Treat injuries of muscles, bones, and joints, such as sprains, strains, fractures, eating disorders, sports-induced asthma, concussions, tendonitis
- Help people with proper nutrition
- Educate people about how to avoid injuries
- Diagnose injuries in patients
- Identify the cause of the injury
- Make a plan with patients on how to heal from an injury
- Help people heal and take care of their injury, so that they can exercise or play sports again

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)
- Sports Medicine Doctors must become board certified after medical school

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

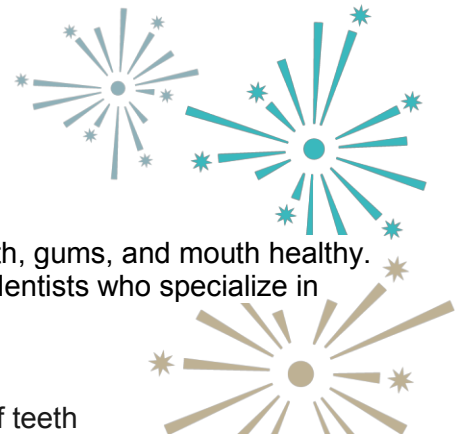
“I’ve had dreams and I’ve had nightmares, but I have conquered my nightmares because of my dreams.”

- Jonas Salk

CAREER BRIEF

(Grades 3 - 5)

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. There are also dentists who specialize in surgery.

WHAT DO DENTISTS DO?

- Dentists perform routine 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
- Prescribe antibiotics or other medications
- Dental Specialists can perform oral surgery

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

TRAINING

- Work with patients while a veteran 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

- Communication skills: be sure you can work with other dentists and staff
- Pay attention to small details
- Work well with your hands and dental tools
- Leadership: help lead a dental office and the entire staff
- Be patient with those that are scared of the dentist
- Perform a task for a long period of time
- Problem-solving skills: investigate a patient's symptoms and identify the problem

"A life lived for others is a life worth living."-Albert Einstein

CAREER BRIEF

(Grades 3-5)

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 many different 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
- Give patients their medicine
- Operate medical equipment
- Give patients medical tests
- Help support patients that are sick



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
- Nurses may need to do more coursework depending on their specialty. Many nurses choose a specialty and obtain advanced degrees

SKILLS

- Compassion: Nurses must be able to understand that patients are not feeling well
- Critical Thinking: Nurses need to think quickly and decide what they can do to help
- Medical Information: Nurses need to keep track of patient's medical information
- Collaboration: Nurses must be able to work closely with both doctors and patients. They need to work together to come up with solutions for their patients
- Multi-task: Nurses need to be able to help several patients within a short period of time

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