

# CAREER BRIEF

## (Grades 6-8)

### 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 and injuries from physical activity
- Treat injuries of muscles, bones, and joints, such as sprains, strains, fractures, eating disorders, sports-induced asthma, concussions, tendonitis
- Handle chronic or 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 the sport
- 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

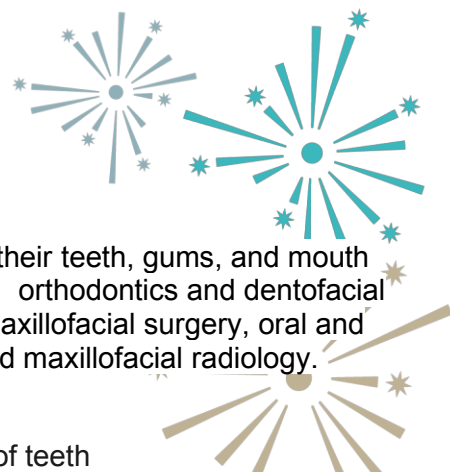
“I’ve had dreams and I’ve had nightmares, but I have conquered my nightmares because of my dreams.”

- Jonas Salk

# CAREER BRIEF

## (Grades 6-8)

### 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, periodontics, 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 care such as: cleaning teeth and taking x-rays of teeth
- Remove decay from teeth and fill cavities
- Repair broken teeth and remove teeth
- Give medicine 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

#### TRAINING

- In dental school you learn under the supervision of a licensed dentist
- Dental specialties require 2-4 extra years of training
- General dentists do not need more training after dental school

#### SKILLS

- Communication Skills: communicate with your team of dental hygienists, receptionists and other dentists
- Patience: be able to communicate with patients that are afraid of the dentist, including children and adults
- Detail Oriented: 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.
- Be good at working with their hands. They must work carefully with tools in a small space and make sure their patients are safe
- Leadership Skills: manage and lead their team at their dental office
- Problem-Solving skills: evaluate a patient's symptoms and choose a solution

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

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## (Grades 6-8)

### 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 record signs
- Administer medications and treatments
- Operate medical equipment
- Perform diagnostic tests
- Educate patients about management of illnesses
- Provide support and advice to patients

#### 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

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

#### SKILLS

- Compassion: be able to empathize with patients that are not feeling well or facing difficult circumstances
- Critical Thinking: can 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: Nurses need to be able to pivot quickly between multiple patients and maintain medical care for several patients at a time

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