

# **UC IRVINE SPORTS MEDICINE SPORTS MEDICINE INTERNSHIP PROGRAM**

UC Irvine Intercollegiate Athletics  
Carlos A. Prietto, MD Sports Medicine Center  
Irvine, CA 92697

## Introduction

UC Irvine Sports Medicine offers an internship program to students interested in an orientation to sports medicine, athletic training and its many affiliated careers. Sports Medicine includes many potential careers in medicine with specialties in family medicine, orthopedic surgery, pediatrics and many other areas. Today to be a sports medicine physician additional training in a fellowship is required. Other careers often associated with sports medicine include athletic training, physical therapy, podiatric medicine, chiropractics, kinesiology, exercise physiology, nutrition and sports psychology to name a few. A career in Athletic Training is a profession concerned with the art and science of athletic injury prevention, evaluation/recognition, management/treatment, and rehabilitation of those injuries. It also addresses the organization and administration of athletic training programs. The primary goals of the sports medicine internship program is to allow the student at UC Irvine the opportunity to gain practical experience in preparation for graduate study in sports medicine, athletic training, physical therapy or any other of the related fields.

There are various opportunities in a number of different settings for certified athletic trainers. Many work in sports medicine clinics and high schools as well as in colleges, universities, and professional sports.

## UC Irvine Sports Medicine Internship Program.

The Internship Program ideally requires three years (9 academic quarters) to complete.

- UNIVERSITY AFFAIRS STUDENT PARTICIPATON – three quarters

The student will complete a minimum of 60 hours (6-8 hours/week) of Directed Observation in the sports medicine center during the quarter. In addition, the student will be attend weekly lectures that cover information and teach practical skills related to sports medicine and athletic training. Satisfactory demonstration of those skills as outlined by the competency checklist will ensure the professional development needed for advancement in the internship program.

This phase has a two-fold purpose:

1. It allows the potential sports medicine intern the opportunity to participate and observe the program to determine if the program suits their needs and career objectives.
2. It allows the sports medicine staff the opportunity to evaluate the student.

- UNIVERSITY AFFAIRS STUDENT PARTICIPATION continued involvement in observation period – during the second or third quarter

The student is integrated into the sports medicine intern role and will be exposed to a variety of experiences. The student intern are now expected to be able to perform functional tasks and hold numerous responsibilities as well as attend educational inservices usually held every Wednesday night from 7pm-8pm. It is also necessary for the sports medicine intern to fill out paper work to become an employee within the sports medicine center.

- PROFESSIONAL PHASE

During the professional phase the sports medicine intern will be exposed to extensive clinical and educational experiences in order to gain knowledge to meet the challenges of their career choice. It is necessary for the intern to be self-motivated, and take the initiative to learn. In order to assist in this process a three-year skills competency syllabus has been developed. The student is also required to attend educational inservices usually held every Wednesday night from 7pm-8pm.

### Application Process

1. Complete enclosed application form.
2. Submit a personal letter stating why you want to join the sports medicine internship program, and become a sports medicine intern. State how your experience as a sports medicine intern will apply to your career goals, and why you want to do this at UCI.
3. Submit academic transcripts (minimum GPA of 2.50, plus a minimum major GPA of 2.75).
4. Complete the enclosed class schedule form, blocking off times for classes and other commitments. Please specify classes and activities.

\*\*\*The following information may be requested at a later date.

1. Two letters of recommendation.
2. A personal interview scheduled with the head athletic trainer.

If you have any questions regarding any of this information or questions pertaining to Sports Medicine or Athletic Training please feel free to contact me at (949)-824-SMED or (949)-824-ATRM.

Sincerely,

Jim Pluemer MS, PT, ATC  
Director of Sports Medicine  
UC Irvine Sports Medicine  
Carlos A. Prietto MD Sports Medicine Center  
Crawford Hall, Irvine, CA 92697  
Office: 949-824-7633  
Fax: 949-824-1091  
Email: [jpluemer@uci.edu](mailto:jpluemer@uci.edu)



LIST ANY CLUBS OR ORGANIZATIONS YOU BELONG TO:

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YEARS IN SPORTS MEDICINE AND ATHLETIC TRAINING (if any) \_\_\_\_\_

NAME OF INSTITUTION / SUPERVISING TRAINER \_\_\_\_\_

LIST ANY SPORTS MEDICINE, ATHLETIC TRAINING OR PHYSICAL THERAPY SKILLS:

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COURSEWORK (Indicate date of completion / grade)

Anatomy \_\_\_\_\_

Kinesiology \_\_\_\_\_

Physiology \_\_\_\_\_

Exercise Physiology \_\_\_\_\_

First Aid \_\_\_\_\_

Nutrition \_\_\_\_\_

CPR \_\_\_\_\_

Care & Prevention of \_\_\_\_\_

Athletic Injuries \_\_\_\_\_

MAXIMUM NUMBER OF HOURS AVAILABLE PER WEEK TO WORK? \_\_\_\_\_

TIME COMMITMENTS OTHER THAN CLASSES (work, church, clubs):

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LIST HOBBIES AND SPECIAL SKILLS:

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**RETURN COMPLETED APPLICATION TO:**

**JIM PLUEMER MS, PT, ATC**  
**Director of Sports Medicine**  
**UC Irvine Sports Medicine**  
**Carlos A. Prietto MD Sports Medicine Center**  
**Crawford Hall**  
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