

SPORTS & EXERCISE MEDICINE FELLOWSHIP PROGRAM

A COLLABORATIVE COMMUNITY

IT TAKES A TEAM.



ACADEMIC LEADERS

AWARD-WINNING CLINICIANS,
EDUCATORS, AND RESEARCHERS



COMPREHENSIVE TRAINING

BROAD-BASED TRAINING IN
MEDICAL AND MUSCULOSKELETAL
CONDITIONS IN ATHLETES AND
ACTIVE INDIVIDUALS



ATHLETES OF ALL TYPES

TEAM COVERAGE FOR
HIGH SCHOOL, NCAA DIVISION I,
AND PROFESSIONAL SPORTS

UAB CENTER FOR EXERCISE MEDICINE

The UAB Center for Exercise Medicine promotes the health and well-being of children and adults of all ages through: interdisciplinary research, training and education, and exercise-based research programs. We bring together more than 190 members and trainees, 35 departments, and 10 schools.

LAKESHORE FOUNDATION

The Lakeshore Foundation mission is to enable people with physical disability and chronic health conditions to lead healthy, active, and independent lifestyles through physical activity, sport, recreation, advocacy, policy, and research. This facility is also a training site for the US Olympic & Paralympic teams.

Thanks for your interest in our Sports & Exercise Medicine Fellowship Program! This two-year fellowship offers individuals the opportunity to learn comprehensive state-of-the-art sports and exercise medicine. At the completion of two years of training, fellows will graduate with a Master's Degree in Nutrition & Exercise Physiology, in addition to a CAQ in Sports Medicine.

Fellows will gain expertise in managing musculoskeletal and non-musculoskeletal disorders for athletes and active individuals in a variety of settings. They will master musculoskeletal ultrasound, gain expertise in lifestyle and performance medicine, receive mentorship in completing scholarly activity, and ultimately develop the skills needed to become a leader in sports medicine. Each fellow assumes a principal role in caring for athletes of all ages, including organized sports at the professional, collegiate, and high school settings. We have a special interest in training the future leaders of academic sports medicine and primary care.

MINIMUM REQUIREMENTS

- ERAS application
- Three letters of recommendation (including one from residency program director)
- Curriculum vitae
- Personal statement
- Copy of USMLE/COMLEX transcript
- Copy of medical school diploma and transcript
- Copy of current state medical license

ACCEPTING CANDIDATES FROM ALL BACKGROUNDS

Our program participates in the NRMP Fellowship Match Program and considers applicants with training from ACGME-accredited Family Medicine, Emergency Medicine, Pediatrics, Internal Medicine, and Physical Medicine & Rehabilitation residencies.

BIRMINGHAM, ALABAMA

AN ATHLETIC COMMUNITY

UAB competes in the American Athletic Conference (AAC) and participates in NCAA Division I sports. Our Sports and Exercise Medicine faculty, alongside our fellows, provide on-site medical coverage for all 17 UAB athletic programs.

PROFESSIONAL

- Alabama Ballet
- Birmingham Bulls Hockey
- Birmingham Legion FC
- Birmingham Legion Three Sparks
- Birmingham Vulcans Rugby Club
- Birmingham Steel Rugby Club
- UFL - Birmingham Stallions
- USA Wheelchair Rugby
- 2025 World Police & Fire Games

COMMUNITY TEAMS & PARTNERS

- The Altamont School
- Birmingham City School Athletics
- Bessemer City High School Athletics
- John Carroll Catholic High School Athletics

UAB DIVISION 1 ATHLETICS

Men's Sports	Women's Sports	
Baseball	Basketball	Soccer
Basketball	Beach Volleyball	Softball
Football	Bowling	Tennis
Rifle	Cross Country	Track
Soccer	Golf	Volleyball
Tennis	Rifle	

LAWSON STATE CC ATHLETICS

Men's Sports	Women's Sports	
Baseball	Basketball	Dance Team
Basketball	Cheerleading	Volleyball

- Alabama FC/Birmingham United Soccer Association
- Homewood Soccer Club
- Hoover-Vestavia Soccer Club
- Vestavia Hills Soccer Club



SPORTS & EXERCISE MEDICINE

FELLOWSHIP PROGRAM

CONTACT

Heather Cowart

Program Manager

Family and Community Medicine

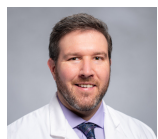
hcowart@uabmc.edu



go.uab.edu/sportsfellowship



OUR EXPERTS



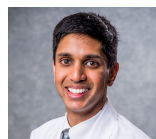
IAN D. MCKEAG, M.D., M.S.
PROGRAM DIRECTOR
Department of Family and Community Medicine



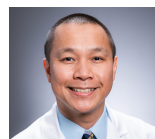
IRFAN ASIF, M.D.
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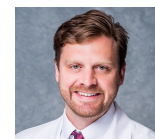
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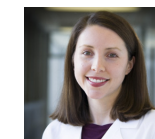
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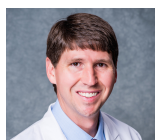
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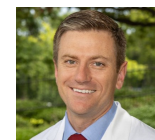
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