UBC Sport Cardiology Fellowship Program

The UBC Sport Cardiology Fellowship is a comprehensive 12-month clinical and academic training program designed to prepare cardiologists for specialized practice in the rapidly evolving field of sports cardiology. Based at SportsCardiologyBC and affiliated with the UBC Division of Cardiology, the fellowship provides advanced experience in the assessment, diagnosis, management, research, and prevention of cardiovascular conditions in competitive athletes and highly active individuals. The program aligns with contemporary sports cardiology competencies and incorporates CanMEDS principles throughout training.

Program Overview

The UBC Division of Cardiology academic year runs from July through June, and applications are valid only for the academic year to which they are submitted; applications are not carried forward to subsequent years. The fellowship offers a structured curriculum integrating clinical exposure, multidisciplinary case discussions, advanced cardiovascular imaging, exercise physiology, athlete-focused cardiovascular care, and scholarly activity.

The program's overarching goal is to develop expertise in delivering evidence-based cardiovascular care to athletes and physically active populations, while supporting safe participation in exercise and sport. This mission aligns closely with SportsCardiologyBC's commitment to excellence in clinical assessment, education, research, and advocacy in sports cardiology.

Eligibility

Applicants must be certified, or eligible for certification, in Adult Cardiology through the Royal College of Physicians and Surgeons of Canada or possess equivalent specialist qualifications from their country of training. In accordance with UBC Postgraduate Medical Education (PGME) requirements, clinical fellows must have completed all specialty training and examination requirements necessary to be recognized as a specialist in their home jurisdiction.

Training Environment

The fellowship is delivered through SportsCardiologyBC at UBC Hospital, a recognized centre specializing in cardiovascular care for athletes and active individuals. Fellows gain exposure to a broad spectrum of sports cardiology practice, including:

- Exercise-induced cardiac remodeling ("Athlete's Heart")
- Athletic ECG interpretation
- Cardiovascular screening and risk assessment
- Exercise-related symptoms such as chest pain, syncope, palpitations, and dyspnea
- Cardiopulmonary exercise testing

- Advanced multimodality cardiovascular imaging
- Return-to-play decision-making
- Management of athletes with cardiovascular disease
- Pre-participation cardiovascular screening programs
- Emergency action planning and athlete safety initiatives

Through clinical experiences and multidisciplinary collaboration, fellows learn to distinguish normal physiologic adaptations to exercise from potentially life-threatening cardiovascular disease.

Educational Curriculum

The Program Director oversees the fellowship curriculum and monitors trainee progress through regular assessments and monthly meetings. Fellows actively participate in:

- Biweekly academic rounds
- Weekly multidisciplinary sports cardiology case conferences
- Multidisciplinary cardiac imaging rounds
- Clinical sports cardiology assessments
- Guided independent learning
- Research and scholarly activities

Evaluation incorporates feedback from faculty members, allied health professionals, and clinical supervisors, with ongoing emphasis on clinical competence, professionalism, communication skills, and academic development.

Research and Scholarship

Research is a core component of the fellowship. Fellows are expected to complete a sports cardiology research project under the supervision of faculty mentors. Responsibilities include:

- Identifying a clinically relevant research question
- Conducting literature reviews
- Designing and executing research projects
- Data analysis and interpretation
- Preparation of abstracts and manuscripts
- Presentation of findings at local, national, and international scientific meetings

- Submission of research for publication in peer-reviewed journals

This research focus reflects SportsCardiologyBC's mission to advance knowledge in cardiovascular health, exercise, athletic performance, and the prevention of exercise-related cardiac events.

Competency-Based Training

Training objectives are structured according to the CanMEDS framework.

Medical Expert

Fellows develop expertise in:

- Exercise physiology and cardiovascular adaptation
- Athlete-specific ECG interpretation
- Differentiation of physiologic remodeling from pathology
- Evaluation of symptomatic athletes
- Cardiopulmonary exercise testing
- Sports eligibility and disqualification decisions
- Return-to-play assessment
- Management of inherited and acquired cardiovascular disease in athletes
- Coronary artery disease, arrhythmias, and hypertension in active populations
- Implantable cardioverter-defibrillator (ICD) management
- Exercise prescription for individuals with cardiovascular disease

Communicator

Fellows learn to:

- Conduct comprehensive athlete-centred consultations
- Explain diagnostic testing and treatment options
- Facilitate shared decision-making regarding sport participation and return-to-play

Collaborator

Training emphasizes collaboration with:

- Cardiologists and subspecialists
- Sports medicine physicians

- Allied health professionals
- Exercise physiologists
- Researchers
- Coaches, sporting organizations, and other stakeholders

Leader

Fellows develop skills in:

- Resource stewardship
- Cost-effective use of diagnostic testing
- Leadership of academic and research rounds
- Program development within a publicly funded health-care system

Health Advocate

Participants contribute to:

- Athlete and family education
- Cardiovascular health promotion
- Emergency action planning
- Automated external defibrillator (AED) implementation initiatives
- Community engagement with sporting organizations

Scholar

Fellows establish lifelong learning practices through:

- Critical appraisal of scientific literature
- Independent study
- Research dissemination
- Academic presentations

Professional

The program promotes:

- Ethical and compassionate patient care
- Professional accountability

- Respectful interdisciplinary practice
- Adherence to UBC and health authority policies

Appointment and Evaluation

A three-month probationary period applies at the start of training. Continuation beyond this period depends on satisfactory performance, availability of funding, and compliance with University of British Columbia policies and agreements. Reappointment remains at the discretion of the University and is based on performance evaluations, available resources, and professional conduct.

Application Information

Prospective applicants must follow UBC PGME Clinical Fellowship application procedures, including submission of the required training plan, training agreement, credential verification documents, and licensing requirements. Complete applications must be submitted through the sponsoring department to PGME at least eight weeks before the intended start date.

The UBC Sport Cardiology Fellowship offers a unique opportunity for cardiologists to develop advanced expertise in athlete cardiovascular care through integrated clinical training, multidisciplinary collaboration, scholarly activity, and leadership development. Graduates emerge prepared to provide specialized care that supports athletes and active individuals in achieving optimal cardiovascular health while safely participating in sport and exercise.