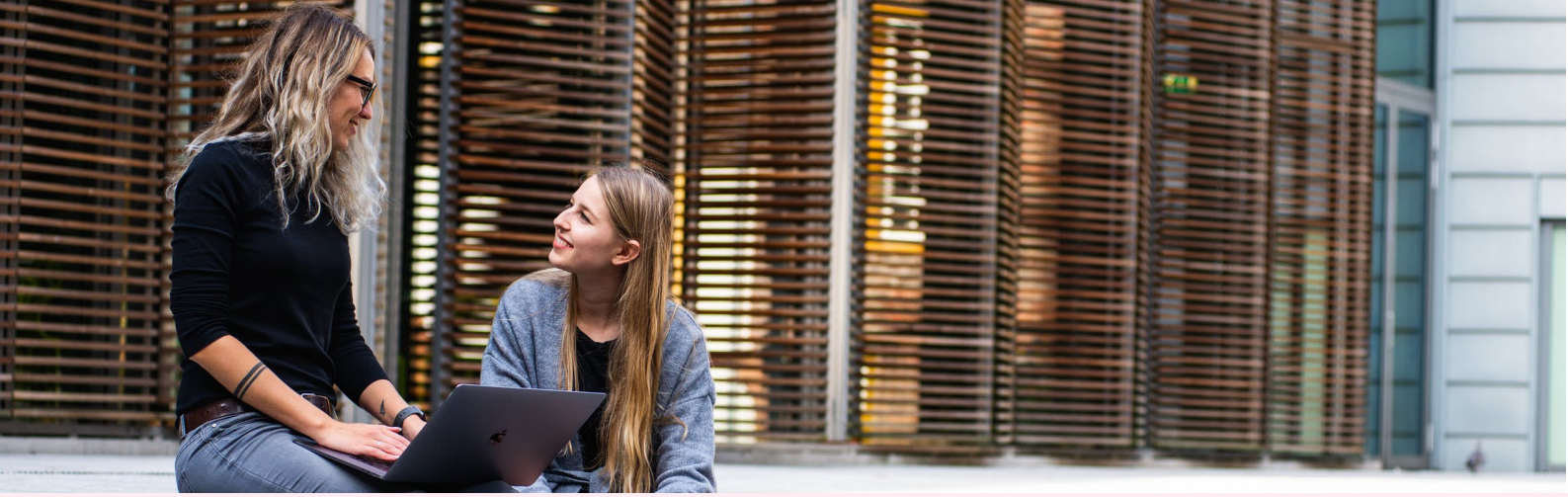
Learna | Diploma MSc

Sports and Exercise Medicine

Postgraduate Diploma and MSc Courses

University of South Wales
Prifysgol De Cymru



Postgraduate Diploma

Delivered over 1 year, the online, part-time, Postgraduate Diploma course is specially developed for busy health professionals. Formatted in 6 modules, each 6 weeks in duration; the course is designed to be practical and clinically focused.

MSc

The MSc runs over 1 calendar year, starting with an initial 12 week online module to develop their skills in critical appraisal and knowledge of research methodologies. Students then complete the professional project module which consists of a 1,200 word proposal and 10,800 word professional project.

Why study Sports and Exercise Medicine with us?

Interest in sports and exercise is increasing, putting pressure on healthcare professionals to possess a diverse set of specialist skills. You need to be able to help not just athletes recovering from injury, but the general public in maintaining a healthy lifestyle.

Taught completely online, our Postgraduate Diploma and MSc course in Sports and Exercise Medicine have been developed in conjunction with The Faculty of Life Sciences and Education at the University of South Wales. The university has an established reputation for the delivery of innovative learning in Postgraduate education for health professionals.

The Sports and Exercise Medicine courses have been developed for health professionals who are interested in a leadership role within Sports Medicine including GPs, doctors, nurses, physicians, surgeons, physiotherapists, dieticians, psychologists and counsellors running clinics.

Both the postgraduate diploma and Masters have been accredited by the European Union of Medical Specialists (UEMS).

Sports and Exercise Medicine Postgraduate Diploma

Course Modules

Our online Sports and Exercise Medicine Postgraduate Diploma allows you to study for just one calendar year and is a part-time, distance-learning course. The course is worth 120 credits and comprises six modules of 20 credits, each running over a period of six weeks.

Module 1 - Anatomy, Physiology and Psychology of Sport and Exercise

Aim of the module:

- To develop an understanding of anatomy and physiology as applied to sports and exercise performance and understand the benefits and contraindications.
- To develop an understanding of the psychology of sport and exercise performance for the wider population.

Synopsis of module content:

- Anatomy and physiology of muscle, innervation, function and biochemistry.
- Role of calcium, vitamin D, protein and hormonal control of muscle.
- Types of exercise (aerobic/anaerobic) and types of exercise programmes/individualising exercise.
- Training regimes – endurance, power, HIT, improving performance.
- Psychology of exercise. How to motivate the patient to exercise.
- How to motivate the athlete.

On completion of this module, students will be able to:

1. Critically appraise the anatomy, physiology and psychology of sport and exercise performance.
2. Individualise specific training/exercise programmes for the patient/sportsman.
3. Understand and apply the motivating factors that limit exercise participation in subjects.

Module 2 - Exercise and Sport in Relation to Chronic Disease and Populations

Aim of the module:

- To develop an understanding of the benefits of exercise in chronic diseases and its impact on the health of populations including behaviour change.
- To develop an understanding of how exercise can be tailored appropriately to the individual with chronic disease.

Synopsis of module content:

- Impact of reduced exercise upon the individual and across populations.
- Limitations of disease and population characteristics upon exercise or sport.
- Types of exercise appropriate for diseases.
- Evidence based benefits of exercise in specific conditions/disorders/diseases.
- Introducing sports and exercise programmes across populations.

On completion of this module, students will be able to:

1. Critically appraise impact of exercise upon populations and chronic disease.
2. Understand and apply exercise programmes for populations and specific chronic disease states.
3. Understand and apply the benefits and contra-indications of exercise for specific chronic disease.

Module 3 - Injury Prevention, Rehabilitation and Return to Exercise

Aim of the module:

- To understand approaches to the prevention of injury across a variety of common sports and exercises.
- To understand exercise techniques to reduce injury in sport and exercise.
- To develop an understanding of the evidence relating to products and equipment designed to reduce injury in sport and exercise.
- To develop an understanding of the rehabilitation of sportsmen as well as illness regarding return to play and return to exercise.

Synopsis of module content:

- Specific programmes of exercise designed to prevent injury.
- Evidence based equipment and techniques used in the prevention of and rehabilitation of injury.
- Evidence and guidelines regarding return to play following injury.
- Evidence and guidelines relating to return to exercise following acute illness/disease.

On completion of this module, students will be able to:

1. Critically appraise the evidence relating to prevention of injury in sport and exercise across a spectrum of health and disease.
2. Have an understanding of the guidance relating to the return to play or exercise of injured sportsmen as well as subjects with acute illness/ disease.
3. Have an understanding of devices and equipment used for the prevention of injury across a variety of sports and disease.

Module 4 - Common Sports Injuries and Investigation

Aim of the module:

- To develop an understanding of the common injuries sustained in sport and exercise activities.
- To develop an understanding of the investigation of common sport and exercise related injuries.

Synopsis of module content:

- Common injuries sustained whilst undertaking exercise/sport relating to musculoskeletal injuries
- Common and uncomplicated injury of the entire body: head, neck, lumbar spine, cardiovascular, upper and lower limb.
- Injury associated with prescribed exercise programmes.
- Avoidance of injury and evidence based devices to reduce or eliminate injury.
- Accurate diagnosis of injury through appropriate history and examination.

On completion of this module, students will be able to:

1. Have an understanding of common injuries sustained in sport and exercise and an ability to apply this information to make an accurate diagnosis.
2. Develop an appropriate approach to the diagnosis and investigation of a patient presenting with a sport/ exercise related injury.

Little did I know that the MSc was going to be a significant stepping stone in my medical career! Both the diploma and MSc were invaluable in terms of expanding my knowledge and management of Diabetes Medicine, but also enhanced my critical thinking and writing skills.

- Dr Kevin Fernando

3. Understand and apply skills in investigating the individual presenting with a sport/exercise related injury.

4. Understand the investigations used in the investigation of injury and apply these to the individual.

Module 5 - Management and Rehabilitation Planning of Sports and Exercise Related Injuries

Aim of the module:

- To develop an understanding of the management of common injuries associated with sports and exercise.
- To develop an understanding of the approach to rehabilitation following illness.

Synopsis of module content:

- Specific approaches to the management of exercise and sports-related injuries.
- Rehabilitation of individuals with sports related injuries.
- Role of exercise in the rehabilitation of individuals suffering illness/ disease.

On completion of this module, students will be able to:

1. Critically appraise the appropriate management of individuals with sport and exercise related injury.
2. Individualise specific rehabilitation programmes for subjects with injury.
3. Understand and apply appropriate exercise related rehabilitation of individuals with illness including the role of exercise in behaviour modification.

Module 6 - The Multidisciplinary Team in Exercise and Sport

Aim of the module:

- To develop an understanding of the role of constituent healthcare professionals in the management of subjects with injury.
- To develop the interaction of healthcare professionals in the management of sports and exercise related injury.
- To develop educational strategies used in the management of subjects with acute and chronic injury.

Synopsis of module content:

- Educational strategies employed in the management of acute and chronic injury.
- Role of the multidisciplinary team in the management of the injured patient.
- Multidisciplinary approaches to encouraging exercise across the population.
- The evolving role of the sports physician, nurse, physiotherapist and biomechanist in sports and exercise medicine.

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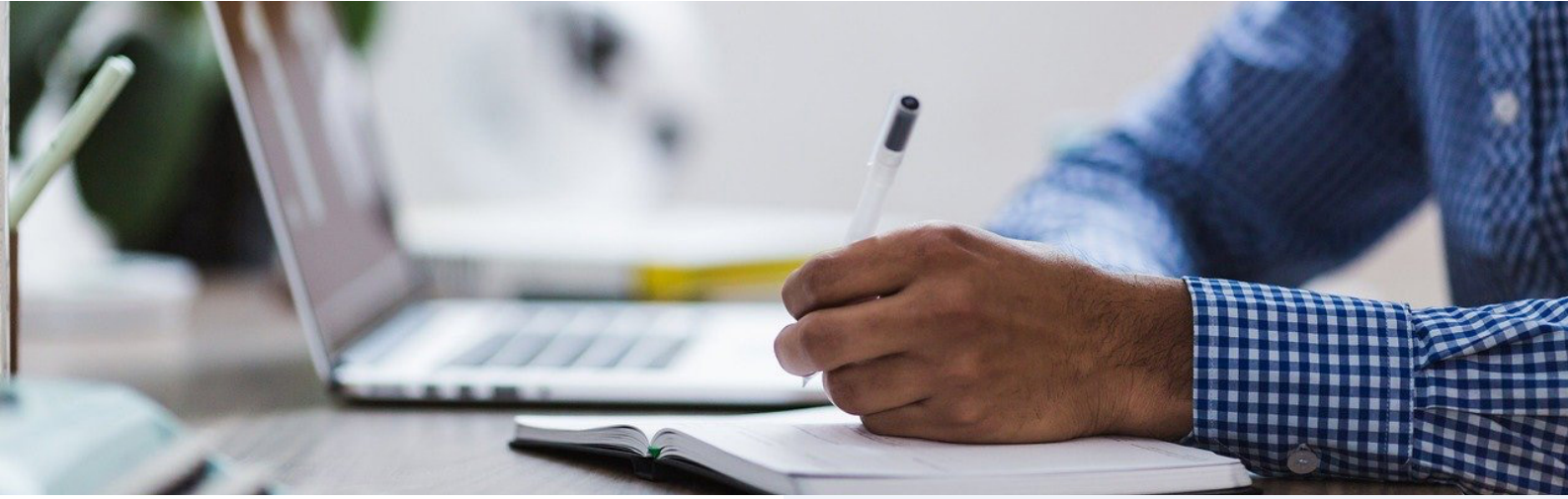
"When I enrolled into the course I had no idea about the opportunities it would provide me with. Having my first paper published through this course helped me overcome my apprehensions of academic writing and made me more confident to pursue it further. "

- Rutu Dave



On completion of this module, students will be able to:

1. Have an ability to critically appraise the multidisciplinary approach to the management of sports and exercise related injury.

2. Understand the evolving role of the healthcare professional in sport and exercise related medicine.

3. Understand and apply the educational principles of sport and exercise medicine.

Teaching Methods

Our courses are conducted entirely online through self-directed distance learning. However, you will receive guidance throughout with tutor-stimulated academic discussions, which are based on clinically-rich case scenarios. These usually occur within groups of 10-15 students, allowing you to clearly communicate with both your tutor and fellow students.

You will participate in a combination of group and individual activities, which are recorded in a reflective journal. This innovative teaching method enables you to envisage the translation of your studies into your every day work and practice.

Our dedicated Student Support Team are also available to help with any problems you may face. From navigating our online platform to advising you on deadlines, our team can assist with any questions or challenges you may have along the way.

Study skills week

Once you have secured your place on the course, you will be invited to a Study Skills week webinar. This will give you the opportunity to participate in workshops on Harvard referencing, scientific and reflective writings, and levels of evidence in preparation for your studies. It is not compulsory for you to attend our Induction Day but it is recommended, as it'll provide you with a sturdy introduction to the course.

Sports and Exercise Medicine Postgraduate Diploma

Entry Requirements

Documents required:

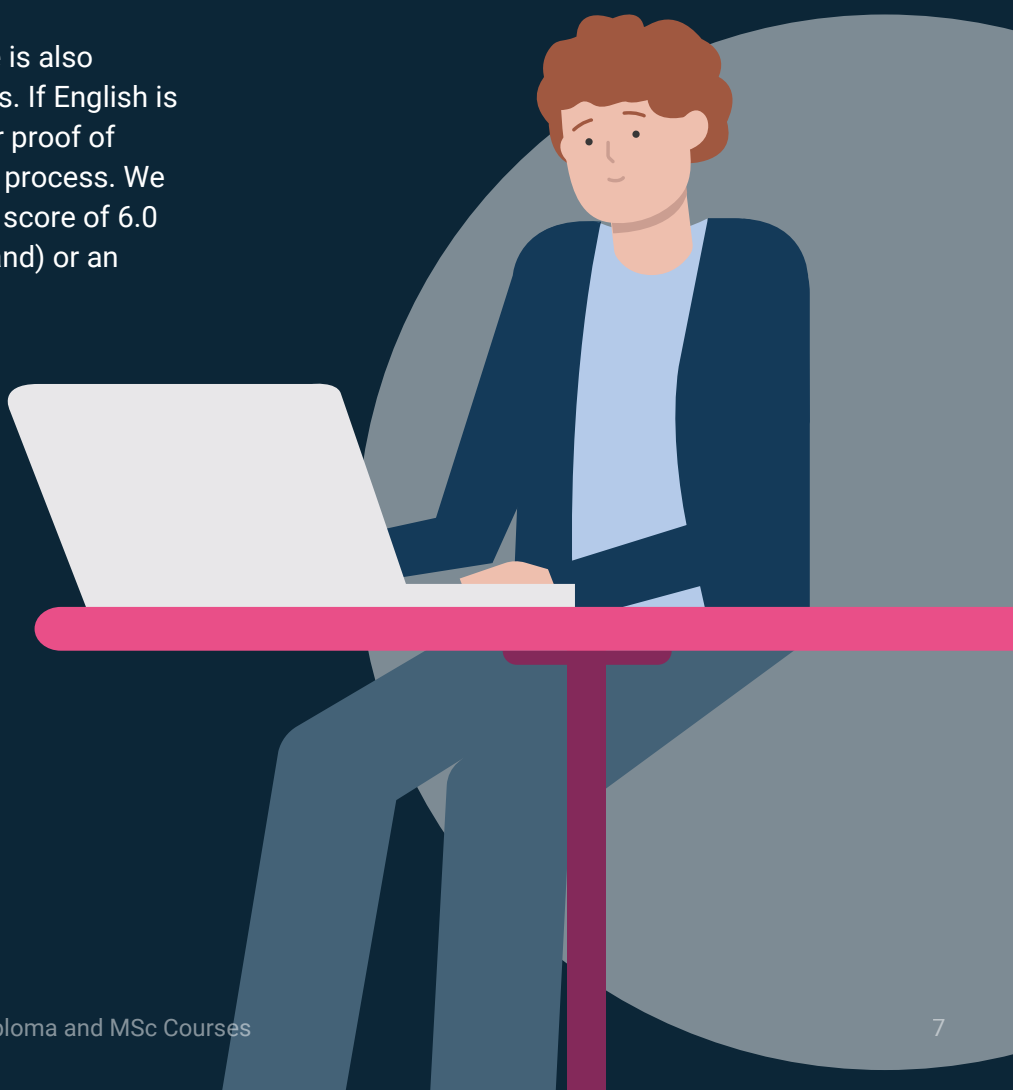
- A copy of your updated CV including your address and date of birth.
- A copy of your undergraduate degree certificate.
- The name and email address of someone who is able to provide a reference, this can be a work colleague, employer or former tutor.
- A detailed personal statement explaining why you would like to undertake the course.

Health professionals working within a clinical setting, both UK and overseas, with a related Healthcare Science degree (including international qualifications) are eligible to apply for the Postgraduate Diploma in Sports and Exercise Medicine.

Applicants without the above academic criteria but relevant/ suitable experience can apply. Applications will be judged on the individual specifics of background and qualifications including ability to work at Postgraduate level (applicants may be asked to submit a piece of work for assessment to confirm that they are able to work comfortably at postgraduate level and demonstrate requisite clinical/professional knowledge).

Applicants should submit copies of the following with their application:

Proficiency in the English language is also essential to completing our courses. If English is NOT your first language, we ask for proof of competency during the application process. We are able to accept an IELTS overall score of 6.0 (with a minimum of 5.5 for each band) or an equivalent qualification.



Sports and Exercise Medicine MSc

Course Modules

Module 1 - Research Methodologies in Sport and Exercise Medicine

Aim of the module:

- The module aims to develop your ability to critically appraise specific areas of clinical, research and/or organisational practice and develop skills in independent research, study and writing for publication.

Synopsis of module content:

- Basic terminology used in epidemiology and research studies such as prevalence, incidence, sensitivity, specificity, false positive and false negatives.
- Interpreting graphical representation of epidemiological and statistical data such as Kaplan-Meier Curves, Forrest Plots and Meta-analyses.
- Calculations used in the assessment of research data such as relative risk, absolute risk, number needed to treat.
- Basic statistical tests and their applications including T-Tests, ANOVA, Chi-Squared Tests.
- Methodologies as applied to SEM research such as health & exercise testing.
- Fundamentals of evidence based practice and its application into the clinical setting
- Establishing patient registers and the value of disease specific registers.
- Research into educational principles for both doctor and patient. Understanding what may work for the patient as well as the educator.

On completion of this module, students will be able to:

1. Interpret research in sport and exercise medicine.
2. Display a critical understanding of the clinical implications of research and its impact upon healthcare delivery and service development.
3. Implement evidence based practice into care.

Module 2 - Professional Project

Aim of the module:

- To develop an ability to critically evaluate areas of professional practice.
- To critically appraise specific areas of clinical, research and organisational practice.
- To develop skills in independent research and study.
- To develop skills relevant to scientific publications.

Synopsis of the module:

The module will depend on the creation of a piece of work based upon a specific clinically related project relevant to the student's practice.

This project may comprise:

- Literature review and appraisal of the evidence.
- Audit of practice including organisational or clinical.
- Review and implementation of evidence-based practice.
- Qualitative or quantitative research (formal research involving human subjects is not anticipated).

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- Case(s)-based and quality of service review with critical appraisal.
- Case report, review of literature and organisational assessment.

On completion of this module, students will be able to:

1. Produce an extensive piece of literature which should be suitable for peer-reviewed publication.
2. Demonstrate an ability to critically evaluate research in clinical practice and implement improvements.
3. Incorporate knowledge of the research process in developing services appropriately.

Teaching Methods

Module 1 - Research Methodologies and Critical Appraisal

MSc teaching methods for this module are similar to the Postgraduate Diploma course modules, however it is run over 12 weeks.

Module 2 - Professional Project

To produce the professional project, students continue to use the online course; however much of the work is self-directed.

Students are expected in the first 8 weeks to interact with their tutor on a weekly basis. Students select a specific project and submit a project summary/proposal (approximately 1,200 words).

Once the proposal has been approved, the professional project (10,800 words) itself is then completed through online guidance and supervision offered by the tutor. The student and tutor will interact regularly (weekly) on the dedicated students/tutor discussion area or through any other means of communication deemed appropriate by both parties (telephone/ Skype/email). Note of any verbal communication with the tutor is recorded in the student's journal by the student.

Entry Requirements

Entry to the one year Sports and Exercise Medicine MSc will require successful completion of the Sports and Exercise Medicine Postgraduate Diploma (120 credits). This can be from Diploma MSc, the University of South Wales or another UK university (having completed similar modules). We can discuss this with you during your application.

Individuals who have not completed the postgraduate diploma can apply for the Sports and Exercise Medicine MSc as a two year course consisting of eight modules (180 credits) with the first 120 credits deriving from the postgraduate diploma.

Entry requirements for the two-year course are as for the Postgraduate Diploma.

Applicants should be working in a clinical setting, either in the UK or overseas, and have a science degree in a relevant subject.

You will also need to submit copies of the following with your application:

- **Qualification certificates**
- **A maximum of two professional and/or academic references**
- **IELTS score of 6.0 with a minimum of 5.5 for each band (or an equivalent qualification)**

Graduates of this course will receive a Master of Science award from the University of South Wales, Diploma MSc's collaborative partner. The Sports and Exercise Medicine MSc course provides a progression route for the Postgraduate Diploma course in Sports and Exercise Medicine

What do our students think?

Since 2010, over 1000 students have progressed their medical career by enrolling in one of our qualifications. We ourselves have learned a lot during this time and continually seek to improve the student learning experience. Here is what some of our previous students have said:

"I found the online learning very interesting. It enabled me to save money and time."

Dr Imad Eddin Rahamtalla, Doctor

"I strongly recommend Diploma MSc to all those busy physicians who are working in remote areas and wish to upgrade their knowledge."

Dr Junaid Zaffar, Diabetologist

"The learning was fun and enjoyable. The course was awesome and it increased my confidence."

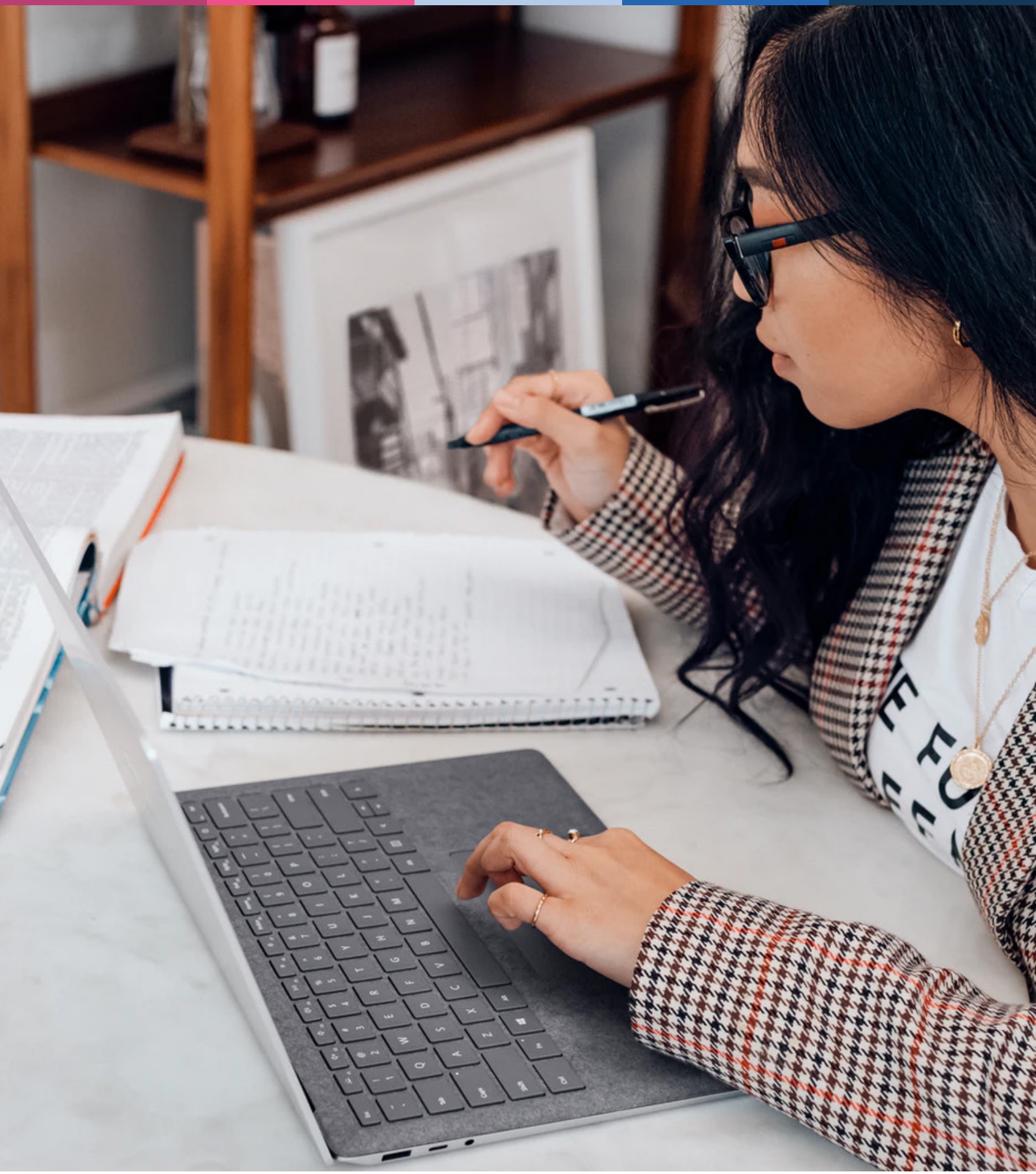
Dr Sankar Nath Jha, Assistant Professor

"I found learning with Diploma MSc interesting, it helped to update my academic knowledge."

Dr Prasanth Kinattupurayil, Doctor

"I love that it was flexible and that I could log in at my convenience. I found this course to be very in-depth, informative, challenging and stimulating."

Kerri-Ann Best PGDip, RD



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