UCL DIVISION OF SURGERY AND INTERVENTIONAL SCIENCE

UCL

Sports Medicine, Exercise and Health MSc

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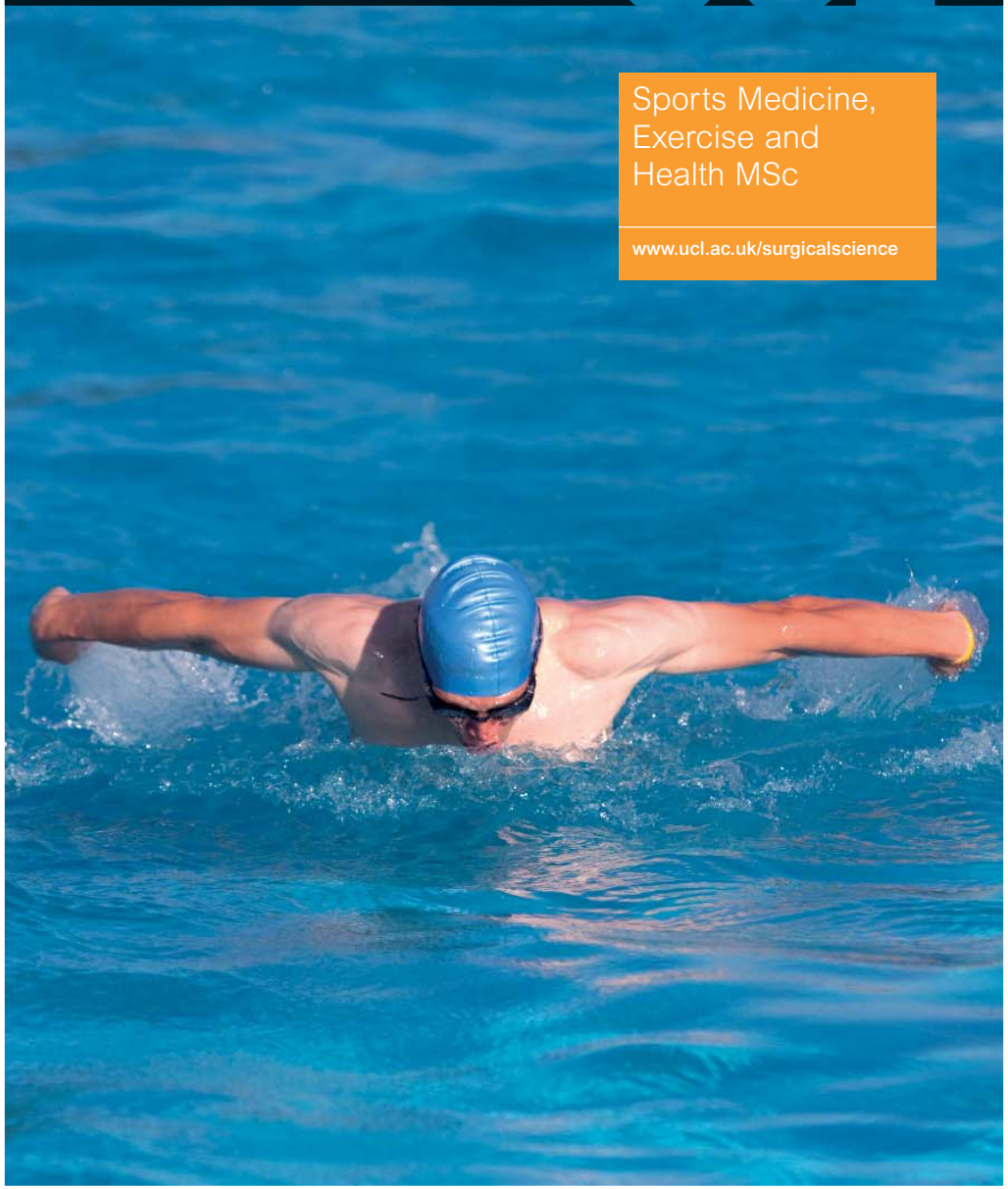

SPORTS MEDICINE, EXERCISE AND HEALTH MSc

Do you work with elite or recreational athletes and want to learn more about injury management?

Do you want to find out about how injuries may be prevented?

Do you care for individuals with musculoskeletal conditions that limit their activity?

Do you want to understand more about the links between health and physical activity?

Do you want to be able to prescribe exercise safely for a range of conditions?

If you answered 'yes' to these questions, then this is the programme for you!

This MSc aims to introduce you to the key areas relating to sports and exercise medicine, namely; musculoskeletal and sports injury, exercise physiology, psychology, working with sporting teams and the promotion of physical activity to prevent and treat disease. We welcome students from diverse clinical and sports science backgrounds to come and access UCL's expertise.

- Postgraduate students are accepted from diverse backgrounds including medicine, manual therapy, nursing and sports science
- A strong emphasis on improving health through exercise as well as the management of sports and musculoskeletal injury
- Significant clinical content with attendance at numerous specialist clinics
- Opportunities for field visits to sports teams
- Nationally and internationally renowned lecturers.

Programme structure

To attain the MSc, eight taught courses must be completed in addition to a research project. Alternatively, a Postgraduate Diploma may be undertaken, consisting of the eight taught courses and examinations only.

- Full-time over one year or part-time over two years for the MSc
- Full-time over nine months or part-time over two years for the Postgraduate Diploma
- The eight taught courses consist of seven compulsory courses and one optional course (see list opposite)
- Taught courses run on Tuesdays and Thursdays over two 12-week semesters
- Remainder of the year (April to August) to undertake research
- Clinical sessions spread throughout the year (time commitment equates to half a day per week over three 12-week semesters), for example; sports injury, physiotherapy and podiatry clinics, exercise testing, sports team visits.

Compulsory courses

- Sports injuries – lower limb
- Research methods and project initiation
- Disability, head, neck and spine in sport
- Health and sport
- Sports injuries – upper limb, dentistry and ophthalmology
- Sports specific injury and prevention
- Physiology and psychology in sport and exercise.

Optional courses

- Drugs, ethics, governance and the law in sport
- Rehabilitation of sports injuries.

Research projects (MSc only)

- Diverse range of projects available
- Example of projects on offer this year include: aiding recovery from training through compression stockings, management of hyperthermia during triathlons, validation of functional performance test to aid return to play decisions, link between growth and injury in figure skaters, assessment of physical activity and cardiovascular disease markers, efficacy of rehabilitation for patellofemoral pain
- Students may also suggest their own project areas
- Close support from project supervisor with additional statistical advice.

Assessment:

- Written examinations and coursework, and Objective Structured Clinical Examinations (OSCEs)
- Research project dissertation, presentation and oral examination.

Entry requirements:

- Primary medical or allied health sciences degree e.g. medicine, physiotherapy, osteopathy, chiropractic, nursing, sports science
- Other related areas considered on merit.

Programme directors

Mr Fares Haddad – Consultant Orthopaedic Surgeon

Mr Peter Hamlyn – Consultant Neurological and Spinal Surgeon

Programme Tutors

Dr Eleanor Tillett – Principal Clinical Teaching Fellow and Sports and Exercise Medicine Consultant, UCL; Team Doctor, GB Figure Skating

Mr Rahul Patel – Consultant Orthopaedic Surgeon; Honorary Clinical Teacher, UCL

Mr Kal Parmar – Sports and Exercise Physician; Club Doctor, Leicester Tigers Rugby Football Club; Honorary Physician, British Association of Performing Arts; Honorary Clinical Teacher, UCL

Mr Paul Thawley – Physiotherapist in Elite Sport and Private Practice; Honorary Clinical Teacher, UCL

Mr Ben Ashworth – Lead Physiotherapist, English Institute of Sport (London) and British Judo; Honorary Clinical Teacher, UCL

Further information

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