

## Programme Specification

Awarding Body/Institution	Queen Mary University of London
Teaching Institution	Queen Mary University of London
Name of Final Award and Programme Title	PGDip in Sports and Exercise Medicine (A3E3,A3E4,A3E8,A3E9) MSc in Sports and Exercise Medicine (A3TA,A3TB,A3TG,A3TH)
Name of Interim Award(s)	
Duration of Study / Period of Registration	1 year full time, 2 - 4 years part time
QM Programme Code / UCAS Code(s)	A3E3,A3E4,A3E8,A3E9,A3TA,A3TB,A3TG,A3TH
QAA Benchmark Group	
FHEQ Level of Award	Level 7
Programme Accredited by	
Date Programme Specification Approved	August 2015
Responsible School / Institute	William Harvey Research Institute

Schools which will also be involved in teaching part of the programme

William Harvey Research Institute

Institution(s) other than Queen Mary that will provide some teaching for the programme

N/A

### Programme Outline

The programme is based on the philosophy of total care for the athlete and the promotion of physical activity in the general population. Working in sport is a largely practical discipline and the programme's emphasis lies firmly on regular clinical experience. Students will benefit from regular contact with members of the Centre for Sports and Exercise Medicine as well as visiting clinicians and lecturers who are experienced sport medicine specialists. This course is designed to offer mastery of foundation concepts and skills in Sports and Exercise Medicine.

The programme will offer a flexible modular MSc structure with an innovative practical component involving clinical shadowing and mentoring. Students will be exposed to unique clinical learning opportunities, such as our monthly inter-disciplinary combined clinic, that will challenge and sharpen diagnostic skills. An interactive and supportive clinician-student relationship will be a feature of clinics on the postgraduate programme.

Lectures will be delivered by national experts; from cutting edge basic scientists to physiotherapists, doctors and other health professionals working with world-class athletes. Core clinician-scientists on staff consult to elite athletes, and together with our support scientists, have an international research profile in Sports and Exercise Medicine. Our staff will work closely with students to nurture research interests and to develop clinical ability in Sports and Exercise Medicine.

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### Aims of the Programme

The overarching aims of the programme are:

- To provide a sound clinical base in Sports and Exercise Medicine on which to build future clinical practice.
- To facilitate a comprehensive understanding of the scientific basis which underlies the clinical practice of sport and exercise medicine
- To equip students with the key skills required in order for them to be able to conduct high quality research.

### What Will You Be Expected to Achieve?

When completing the PGDip / MSc in Sports and Exercise Medicine students will be expected to achieve the following learning outcomes.

Academic Content:	
A 1	Have developed a systematic understanding of knowledge, and a critical awareness of current problems and / or new insights in the field of Sport and Exercise Medicine
A 2	Be able to adopt a sound clinical approach to the assessment and management of injuries and medical problems in sport
A 3	Have learned to adopt a scholarly and critical approach to the interpretation of relevant academic literature
A 4	Be able to formulate a research question, conceptualise an appropriate study, form a project plan and conduct an appropriate research project, subsequently analysing data and presenting results, and discussing relevant conclusions
A 5	Have learned to adopt an autonomous, independent approach to learning

Disciplinary Skills - able to:	
B 1	Display the exercise of initiative and personal responsibility
B 2	Show decision making in complex and unpredictable situations
B 3	Possess the independent learning ability required for continuing professional development

Attributes:	
C 1	Can act autonomously in planning and implementing tasks at a professional or equivalent level

C2	Demonstrate appropriate and comprehensive practical and theoretical skills as well as advanced communication expertise allowing decision making in complex and unpredictable situations
C3	Demonstrate autonomy in self-directed learning and realise their scope of practice

## How Will You Learn?

One of the major strengths in the course lies in the fact that lectures are delivered by national experts; from cutting edge basic scientists to physiotherapists, doctors and other health professionals working with world-class athletes. Core clinician-scientists on staff consult to elite athletes, and together with our support scientists, we have an international research profile in Sports and Exercise Medicine.

Teaching methods employed during the PGDip / MSc consists of lectures from the core of staff in Sports and Exercise Medicine and outside experts using well-established classic teaching methods in order to create a stimulating and effective learning environment.

The taught course will be supported using the e-learning platform, QMplus:

- Overall course information, including student handbook and timetables, will distributed through the learning platform and also course notifications

Each module will be presented on-line as:

- Summary of the module
- Aims and objectives
- Week-by-week module timetable
- Plan for assessment
- Reading lists

Library facilities

All students registered on the course will have access to the college library facilities which gives access to a large number of relevant journals.

The materials / lecture notes for each week of the module will be released together with a list of key papers. The topics for module-week outlined in the syllabus will be delivered using a variety of methods to include:

- 1) Lectures - These lectures will be delivered by members of Sports and Exercise Medicine and external experts in their field.
- 2) Lecture notes and document reading material (word documents and PDF). Topics will also be covered in the form of guided reading - with a reading list or short series of scientific papers.
- 3) Practical seminars / tutorials and lab-based practical sessions - practical small group sessions of 'hands-on' teaching

## How Will You Be Assessed?

Formative Assessment

Formative assessment will be given in the form of feedback from coursework and in some modules in the form of short quizzes.

Summative Assessment

The course employs a variety of assessment methods to support student learning and achieve learning outcomes. There will be an end-of-course summative assessment after completion of the modules:

- Case histories
- Essays

Exams

- Short-answer questions
- Extended matching questions
- OSCEs
- vivas

MSc

For the MSc the dissertation comprises a supporting literature review, independent research project write-up, presentation at Sports and Exercise Medicine's annual scientific conference, and viva examination.

## How is the Programme Structured?

Please specify the full time and part time programme diets (if appropriate).

### Flexibility

The course aims to meet a wide range of learning needs whilst maintaining flexibility of content and duration. This course provides adaptable opportunities to study to different levels in the major areas within Sports and Exercise Medicine.

### Modular Structure

Not everyone wishing to study at Master's level will be able to commit themselves to completing a Master's Degree in one year. Therefore, the course is accessible to different levels of time commitment to fit in with those needs of students who are in full-time employment. Each module is worth 15 Master's level credits, and 120 and 180 Master's level credits are required in order for students to be awarded the Diploma and MSc, respectively.

### Certificate Option

Students must complete 4 taught modules over one or two years. Doctors must complete Sports Injury Assessment I and II. Physiotherapists / osteopaths must complete Sports Injury Assessment I, Sports Injury Treatment and Sports Injury Rehabilitation. There is no clinical commitment to this option.

### Diploma Option

Students must complete 8 taught modules. Students must complete at least one module per semester (2 per year), and may undertake the course on a full time basis over a year, or part time up to a maximum of 4 years.

### MSc Option

In addition to the requirements of the Diploma, the MSc requires the submission of a research project. The work involved in the research project is the equivalent of an ADDITIONAL 4 modules.

The Medic programme route and Physio / Osteo route vary in relation to compulsory modules with some shared compulsory modules and some compulsory to each specific route to reflect each career discipline:

### First Semester Modules:

Exercise Physiology and Team medicine - compulsory module for doctors  
Podiatry and Biomechanics - (optional module for all)  
Sports Injury Treatment – compulsory module for physiotherapists /osteopaths  
Sports Injury Assessment I - compulsory module for all  
Research Methods - compulsory module for all  
Military Sports Medicine and Rehabilitation - optional module for all  
Imaging in Sports Medicine - optional module for all

### Second Semester Modules

Medical Problems in Sport – compulsory module for doctors  
Sports Injury Rehabilitation - compulsory module for physiotherapists / osteopaths  
Sports Injury Assessment II – compulsory module for all  
Exercise as a Health Tool (optional module)  
Sports Injury Management (optional module)  
Football Medicine and Science (optional module)  
Dance Medicine (optional module)

### Clinic Attendance

Students will be given the opportunity to attend a number of in-house and externally supported sports related clinics. We provide physician led, physiotherapy and podiatry clinics. Students must attend a minimum of 32 clinics before you complete they MSc / Diploma.

### Awards

In order to be eligible for the award of diploma students completed 8 modules and have obtained an overall average mark of not less than 50%.

The examination board may condone failure in the taught component of modules up to a maximum value of 30 credits, where:

- i) A student achieves a module mark of 40.0 or higher; and,

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ii) The student achieves an average mark of 50.0 or higher across all modules.  
 In order to qualify for the award of the degree of MSc, candidates shall have met the requirements for the Postgraduate Diploma as specified above and obtained an overall average mark of 50% in the 4 modules that comprise the research project.

Academic Year of Study

Module Title	Module Code	Credits	Level	Module Selection Status	Academic Year of Study	Semester
Research Methods		15	7	Compulsory	1	Semester 1
Sports Injury Assessment I		15	7	Compulsory	1	Semester 1
Sports Injury Assessment II		15	7	Compulsory	1	Semester 2
Exercise Physiology		15	7	Compulsory	1	Semester 1
Podiatry and Biomechanics		15	7	Elective	1	Semester 1
Sports Injury Treatment		15	7	Compulsory	1	Semester 2
Sports Injury Management		15	7	Elective	1	Semester 2
Sports Injury Rehabilitation		15	7	Compulsory	1	Semester 1
Exercise as a Health Tool		15	7	Elective	1	Semester 2
Medical Problems in Sport		15	7	Compulsory	1	Semester 2
Football Medicine and Science		15	7	Elective	1	Semester 2
Dance Medicine		15	7	Elective	1	Semester 2
Imaging in Sports Medicine		15	7	Elective	1	Semester 1
Military Sports Medicine and Rehabilitation		15	7	Elective	1	Semester 1
Dissertation		60		Compulsory	1	Semesters 1 & 2

## What Are the Entry Requirements?

Qualification requirements for the course are either an MBBS, degree in physiotherapy or osteopathy from Universities recognised by the University of London. Medics must be GMC registered (or equivalent in their home country). Physiotherapists and osteopaths with an overseas qualification must be registered with the Health Professions Council. All applicants need at least one year of clinical experience.

Non-native speakers must achieve a minimum IELTS score of 6.5.

## How Do We Listen and Act on Your Feedback?

The Staff-Student Liaison Committee provides a formal means of communication and discussion between schools and students. The committee consists of student representatives from each year in the school / institute together with appropriate representation from staff within the school / institute. It is designed to respond to the needs of students, as well as act a forum for discussing programme and module developments. The student course representative is also invited once a month to the staff meeting to air informally student feedback and issues addressed.

Each school operates a Learning and Teaching Committee, or equivalent, which advises the School / Institute Director of Taught Programmes on all matters relating to the delivery of taught programmes at school level including monitoring the application of relevant QM policies and reviewing all proposals for module and programme approval and amendment before submission to Taught Programmes Board. Student views are incorporated in this Committee's work in a number of ways, such as through student membership, or consideration of student surveys.

All schools operate an Annual Programme Review of their taught undergraduate and postgraduate provision. The process is normally organised at a School-level basis with the Head of School, or equivalent, responsible for the completion of the school's Annual Programme Reviews. Schools / Institutes are required to produce a separate Annual Programme Review for undergraduate programmes and for postgraduate taught programmes using the relevant Undergraduate or Postgraduate Annual Programme Review pro-forma. Students' views are considered in this process through analysis of the NSS and module evaluations.

## Academic Support

### Induction:

- At the beginning of the course all students will receive a 'Cheat Sheet' PDF explaining how to use QMUL's e-learning platform, QMplus and how to access the course handbook, learning activities, course notes and coursework submission.
- All students will be invited to an induction day at the beginning of the first term to go through programme structure, module outlines, clinic bookings and QMplus. This will also include introductions to the Unit lead, course co-ordinator, module leads, personal tutors, teaching fellows and administrative staff.

### Personal Tutor:

All students will be allocated a personal tutor, with whom they will meet on induction day. The personal tutor will provide academic advice for the student throughout the whole of the course. This will include:

- Advice about study options
- Advice about module selections
- General academic guidance
- Development of key skills within the curriculum
- Advice and guidance about academic progress including discussion of student feedback
- Advice if you are encountering academic difficulties, such as meeting deadlines or concerns over performance
- Advice with regard to interrupting studies
- Advice about extenuating circumstances
- Advice about academic complaints and appeals

### Feedback

- A student representative will be appointed at the beginning of term to obtain feedback from students throughout the

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academic year and invited to channel this through a slot once a month in the Unit's staff meeting

- Informal feedback from students will also be sought from students throughout the course
- Formal feedback from students will be obtained at the end of each module in the form of a questionnaire
- Feedback will be sought about a number of areas including:

i) individual module content

ii) individual module delivery

iii) delivery aspects of the module

iv) quality aspects of associated materials

- This feedback will be used to make alterations to the forthcoming modules as well as to the course overall for the following year.
- More detailed formal feedback about course structure will be sought at the end of each term and at the end of the year through the SSLC.

Student matters will also be discussed at the WHRI Learning and Teaching committee are incorporated in this Committee's work in a number of ways.

- Programme Review

All activities will be monitored by the Unit and Institute to maintain the quality of the course. In addition to ongoing review, content and delivery will be reviewed formally annually and together with outcomes of student assessment and student feedback and changes made to the programme accordingly.

## Programme-specific Rules and Facts

Not applicable.

## Specific Support for Disabled Students

Queen Mary has a central Disability and Dyslexia Service (DDS) that offers support for all that offers support for all students with disabilities, specific learning difficulties and mental health issues. The DDS supports all Queen Mary students: full-time, part-time, undergraduate, postgraduate, UK and international at all campuses and all sites.

Students can access advice, guidance and support in the following areas:

- Finding out if you have a specific learning difficulty such as dyslexia
- Applying for funding through the disabled Students' Allowance (DSA)
- Arranging DSA assessments of need
- Special arrangements in examinations
- Accessing loaned equipment (e.g. digital recorders)
- Specialist one-to-one 'study skills' tuition
- Ensuring access to course materials in alternative formats (e.g. Braille)
- Providing educational support workers (e.g. note takers, readers, library assistants)
- Mentoring support for students with mental health issues and conditions on the autistic spectrum

## Links With Employers, Placement Opportunities and Transferable Skills

There are no formal links with employers. However, there are several ways in which such a qualification might inform employers about graduates' qualities and skills:

- In order to be recognised as a Sports and Exercise Medicine Physician membership of the Faculty of Sports and Exercise Medicine is required. The structured syllabus in Sports and Exercise Medicine would thus help the performance of students in the knowledge-based assessment for faculty membership.
- Specialty training in Sports and Exercise Medicine recognise that an postgraduate qualification in the area is recommended.
- For students who complete the full MSc, the completion of the independent research project may provide an entry point and pathway into higher research training.

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- Working in elite sport is highly competitive in all disciplines, and thus by having a postgraduate qualification would this give a competitive-edge for those wishing to work in the area.
- Graduates continue the 'Queen Mary Experience' after they leave by keeping in contact with the course team, colleagues and friends.
- The Unit is part of the Sports and Exercise network with many alumnis potentially finding employment through contacts made through the course.

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## Programme Specification Approval

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**Person completing Programme Specification**

Dr Stephanie Hemmings

**Person responsible for management of programme**

Dr Stephanie Hemmings

**Date Programme Specification produced/amended  
by School Learning and Teaching Committee**

**Date Programme Specification approved by  
Taught Programmes Board**

August 2015