

# CARDIFF SCHOOL OF SPORT UNIC

## MSC/POSTGRADUATE DIPLOMA/POSTGRADUATE CERTIFICATE SPORT AND EXERCISE MEDICINE





UWIC080050

“ It has been a pleasure to me to act as the external examiner for the course. I have been associated with the course in teaching or as an examiner since its foundation and it has grown and developed over time adapting to the needs of the students to produce a thoroughly comprehensive and enjoyable course. There is always a tremendous spirit amongst students and staff with social as well as academic interaction. The course is now consistently producing high-quality graduates in a format that it is accessible to most practitioners. I would thoroughly recommend it.

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Dr. Nick Webborn , MB BS FFSEM FACSM FISM MSc Dip Sports Med

# SPORT AND EXERCISE MEDICINE AT UWIC

Cardiff School of Sport, with its 60 year history, is a recognised centre of excellence within the United Kingdom. It has established a national and international reputation for the quality of its academic, sporting and professional work. Excellent laboratory and teaching facilities ensure high quality delivery of the taught elements of the programmes and the ethos of sporting excellence is reflected in the 300 international performers from more than 30 sports whose name are displayed in the UWIC Hall of Fame.

## WHY STUDY AT UWIC?

UWIC has been delivering the MSc Sport and Exercise Medicine since 1999 in conjunction with University of Wales College of Medicine, and more recently with Cardiff University. The programme was transferred to UWIC and re-validated by the University of Wales in 2007; there are currently 75 students registered on the PgDiploma and 23 students currently writing up their thesis at the MSc stage.

UWIC offers the opportunity for students to engage with elite athletes, performers and sports teams that compete and train at UWIC whilst offering the opportunity for doctors and physiotherapists to study together and benefit from sharing ideas and practices across the two medical disciplines. The programme is available as full-time and part-time mode of study accommodating all the needs of medical professionals.

The programme is delivered via blended learning through attendance at residential courses and online support through UWIC's virtual learning environment. A high quality teaching, learning and research environment is created by the range of medical professionals and academics from the fields of Sport and Exercise Medicine and Sport and Exercise Science who support the programme.

“ Since starting in 1999, the course has continued to develop to meet the changing needs of sport and exercise medicine. The success of the course is evidenced by the high quality of students who have graduated, many of whom are working in elite sport. Other diplomats are using their acquired skills and knowledge daily within the Health Service or private practice. As Course Director, I am delighted that further developments have included the introduction of a full-time Masters programme, in addition to the existing part-time Post Graduate Diploma/Masters and a new one year part-time Certificate as an introduction into the field of Sport and Exercise Medicine for those who wish to develop their basic skills.

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Dr Mark Ridgewell, Course Director

### ENTRY REQUIREMENTS:

Applicants must have Chartered Physiotherapy status or have successfully completed a Medical Degree and hold full registration with the GMC (or equivalent).

### LENGTH OF PROGRAMME:

Full-time – 1 year (MSc)

Part-time – 1 year (PgCertificate), 2 years (Pg Diploma), 3-5 years (MSc)

### PROGRAMME STRUCTURE:

The programme is run over a series of 5-day residential courses throughout the year. Part-time students are required to complete each stage before progressing onto the next award.

Each residential course combines a variety of learning and teaching methods including lectures from subject specialists, workshops, clinical skills, student presentations, lab/practical sessions and the opportunity for individual study. Time is allocated for individual access to tutors to discuss any aspect of the course including logbook advice, IT access issues and study skills advice. During the residential courses students will undertake modules in Clinical Methods and Practice and Research Methods. Following each residential course students will be able to access lecture notes remotely via the virtual learning environment; internet and online search facilities can be accessed via the UWIC learning resources web page.

### PROGRAMME CONTENT:

The programme provides students with a breadth of knowledge across the sport and exercise medicine specialism and the necessary skills to apply theory to practice. Further information can be found overleaf identifying indicative content in the core modules, or at [uwic.ac.uk/sport](http://uwic.ac.uk/sport)

### ASSESSMENT:

Each module amounts to 200 hours of student effort which equates to 30 hours contact time per module and 170 hours self directed learning. Assessment will be via presentation, coursework submissions and viva voce examinations. The clinical attachments will be assessed through a logbook submission defended in a viva voce examination. Clinical competence will be assessed via objective structured clinical experiences (OSCEs). Students will receive training and a qualification in Advanced Life Support and Emergency Pitch Extraction. Students progressing successfully through the taught course onto MSc will be expected to conduct an original piece of research (15,000 words or equivalent) on an aspect of applied sport and exercise medicine; they will be assigned a tutor to support them in their research.

Year	Date	Module	Full time	Part time
1	September	Sports Injuries	MSc	PgCertificate
	November	Sport & Exercise Science	MSc	N/A
	January	Sport & Exercise Medicine I	MSc	PgCertificate
	April	Sport & Exercise Medicine II	MSc	N/A
	June	Clinical Examination	MSc	PgCertificate
	September	Dissertation	MSc	N/A
2	November	Sport & Exercise Science	N/A	PgDiploma
	April	Sport & Exercise Medicine II	N/A	PgDiploma
3-5		Dissertation	N/A	MSc

## CAREER POTENTIAL:

The programme is suited to those doctors who wish to pursue higher training in Sport and Exercise Medicine and to those physiotherapists wanting to work in elite level sport. Qualification with Diploma or Masters from UWIC is recognised by the Faculty of Sport and Exercise Medicine and is an approved course for contribution to Higher Specialist Training in Sport and Exercise Medicine. Past students have gone on to work with some of the UK's leading sports teams such as:

- British Cycling
- British Gymnastics
- International and Premiership Rugby Union and Football
- World Tennis Association
- Olympic and Commonwealth Games teams

## PLACEMENT OPPORTUNITIES FOR FULL TIME STUDENTS:

As a student you will be required to undertake clinical attachments and work placements with a variety of teams and sports medicine specialisms. These may include:

- Elite University Sports Teams
- Regional Rugby teams
- International Football teams
- Sports Medicine Clinics
- Orthopedic OPD
- Podiatry
- Radiology
- Rheumatology
- Physiotherapy
- Sports Science Lab work

## PROVISIONAL FEE'S 2010/11:

	Home	International
PG Cert	£2,500	£4,500
PG Diploma	£5,000	£9,000
MSc	£7,500	£13,500

## CONTACT:

Further course specific information is available from:

**Yvonne Saker, Programme Manager**

email: [ysaker@uwic.ac.uk](mailto:ysaker@uwic.ac.uk), Tel: +44 (0)29 2041 6537



## KEY STAFF

The personnel on the management, teaching and examining teams combine their experience and academic knowledge to offer the most up to date information in the area of Sports Medicine. Internal and external personnel are used to maintain the level of current expertise in all areas. The Management team includes:

### **Dr Mark Ridgewell - Course Director and Honorary Senior Lecturer**

Mark Ridgewell is a Sports Physician who has worked in SEM for 19 years. Currently, he is 1st team doctor and Chief Medical Officer to the FAW, Sports Physician to Llanelli Scarlets Rugby and the Welsh Institute of Sport

### **Prof John Fairclough - Honorary Course Director**

John Fairclough is a well known Orthopaedic Surgeon, past President of BOSA, Chair of the External Affairs committee of the FSEM and FSEM Examiner. John has worked externally in a variety of sports over many years.

### **Dr Richard Tong - Director of Learning and Teaching**

Richard Tong is a Principal Lecturer in Sport and Exercise Physiology and the Director of Learning and Teaching for the Cardiff School of Sport. Prior to his recent transition into the areas of learning and teaching and quality assurance he was accredited by the British Association of Sport and Exercise Sciences and acted as the Laboratory Director at UWIC for over a decade.

### **Lt Col Gareth Thomas - Honorary Course Tutor**

Gareth Thomas is the Officer in Charge of Physio Rehabilitation at DMRC Headley Court. He has an MSc in SEM from UWIC. Outside of rehabilitation, Gareth has an interest in clinical governance including clinical audit and the management of clinical risk.

### **Lt Col Jonathan Houghton - Honorary Course Tutor**

Jonathan Houghton is a consultant rheumatologist who provides rheumatology, musculoskeletal Medicine and sports medicine services to the British armed forces. He is the lead consultant for the chronic pain programme and for the London Region Rehabilitation Unit.

### **Dr Paul Jackson - External Examiner (2008-2011)**

Paul Jackson is a full time Sports and Exercise Medicine Physician and an Appraiser and Examiner for the Faculty of Sport and Exercise Medicine (UK). He is Head of Sports medicine for British Tennis, EIS Regional Lead Sports Physician and Team Doctor for GB Modern Pentathlon.

### **Dr Nick Webborn - External Examiner (2003-2008) / Course Tutor / Examiner**

Nick Webborn is the Medical Director of The Sussex Centre for Sport and Exercise Medicine and Research Fellow of the Chelsea School, University of Brighton. He is a member of the International Paralympic Medical Commission sports science committee, is a Fellow of the American College of Sports Medicine and a Foundation Fellow of the Faculty of Sports & Exercise Medicine. He is a member of the LOCOG Medical Advisory Group advising on the health care planning for the 2012 games.

### **Miss Adeline Phillips - Course Tutor and Full-time Student Coordinator**

Adeline Phillips is a Physiotherapist with a special interest in Rehabilitation and an MSc in Musculoskeletal Physiotherapy. She takes the lead role in the clinical supervision for full time students on the SEM course.

### **Mr Hywel Griffiths - Course Tutor / Examiner**

Hywel Griffiths is WRU National Physiotherapist following a successful career with rugby clubs in the UK and Overseas. He has a PgDip SEM and a PgCert in Orthopedic Medicine. He specialises in sports injuries and the relation to training load & strain.

### **Mrs Donna Sanderson-Hull - Course Tutor / Examiner**

Donna Sanderson-Hull is a Physiotherapist specialising in Sports Medicine. She has a PgDip SEM and manages her own Physio practice. She has worked in Elite Sports both in the UK and New Zealand and co-wrote a practical manual on Swiss ball training. She continues to lecture around the country to Physios and GPs.

# INDICATIVE CONTENT

The indicative content of the core modules for the course are shown below:

## PgCertificate

### SPORTS INJURIES

- Shoulder Anatomy & Injuries
- Elbow Anatomy & Injuries
- Hand & Wrist Anatomy & Injuries
- Lumbar Spine Anatomy & Injuries
- Ankle & Foot Anatomy & Injuries
- Groin Anatomy & Injuries
- Knee Anatomy & Injuries
- Overuse Injuries of the Shin
- Injuries in Women
- Common Variations in Lower Limb Alignment ("Normal Abnormalities")
- Maxillo-Facial Injuries.

### CLINICAL METHODS AND PRACTICE

- Advanced Life Support (European Resuscitation Council Guidelines)
- Emergency Scenarios: Spinal Injury Management Clinical Examination Skills (Shoulder, Elbow, Hand & Wrist, Lumbar Spine, Hip & Groin, Knee, Ankle & Foot).

### SPORT AND EXERCISE MEDICINE I

- Doping & the WADA Banned List
- Radiology & Nuclear Imaging in Sports Medicine
- Women In Sport
- Rehabilitation
- Diving Medicine
- Injection Evidence & Skills
- Exercise-Induced Asthma
- Exercise Prescription
- Core Stability
- Taping Skills
- Overuse Injuries
- Prevention of Injury
- Gait analysis / Podiatry
- Concussions & Head / Neck Injuries
- Stress Fractures
- Tendon Injuries & Enthesopathies
- Rheumatological Conditions in SEM.

## PgDiploma

### SPORT AND EXERCISE SCIENCE

- An Overview of Sport & Exercise Science
- An Introduction to Biomechanics, Physiology, Psychology, Nutrition & Performance Analysis
- Physiological Adaptation & Training
- Physiological Demands of Sport & Performance
- The Influence of Equipment Design on Performance and Injury
- The Application of Biomechanics in the Prevention of Injury
- Environmental Physiology
- Psychological Intervention Strategies
- The Psychology of Sports Injury & the Management of Injured Athletes
- The Role of the Sports Scientist
- Health Related Fitness & Exercise Prescription
- Nutrition, Fluid Replenishment and Ergogenic Aids.

### SPORT AND EXERCISE MEDICINE II

- Obesity & Exercise
- Diabetes Mellitus & Exercise
- Exercise in Pregnancy
- Children in Sport
- Legal & Ethical Issues
- Sport & the Disabled
- Exercise in the Elderly
- Skin Diseases & Infection in Sport
- Sudden Death in Sport & Pre-participation Screening
- Unexplained Underperformance Syndrome
- SEM/SES Working Together
- Anabolic Steroid Abuse
- Erythropoietin & Peptide Hormone Abuse
- Cancer & Exercise
- Travelling in Sport
- Neuropsychology of Head Injuries
- Neurophysiology & Dry Needling.

### RESEARCH METHODS

- Developing an Academic Writing Style
- Ethical Approval & Considerations Relating to Research in Sport & Exercise Medicine
- Quantitative & Qualitative Research Methods
- Professional Development Planning
- The Research Hierarchy & Hierarchies of Evidence
- Writing a Research Proposal & Dissertation Preparation
- Research & Publication in Sport and Exercise Medicine
- Parametric & Non Parametric Statistics.

Cardiff School of Sport,  
Cyncoed Road, Cyncoed,  
Cardiff CF23 6XD

**Tel: 029 2041 6591**  
**email: [css@uwic.ac.uk](mailto:css@uwic.ac.uk)**  
**[uwic.ac.uk/sport](http://uwic.ac.uk/sport)**

