



## Programme Specification (PG)

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| 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 (Medic)<br>MSc in Sports and Exercise Medicine (Medic) |
| Name of interim award(s):                   |  |
| Duration of study / period of registration: | 1 year full time, 2 years part time, 2 - 4 years variable mode                               |
| Queen Mary programme code(s):               | PSSPM - MSc: A3TA, A3TK, A3TG / PgD: A3E3, A3ED A3E8   |
| QAA Benchmark Group:                        |  |
| FHEQ Level of Award:                        | Level 7  |
| Programme accredited by:                    | Queen Mary University London   |
| Date Programme Specification approved:      |  |
| Responsible School / Institute:             | William Harvey Research Institute  |

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

William Harvey Research Institute

Collaborative institution(s) / organisation(s) involved in delivering 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. It will be available via blended learning or as a fully online course. 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.

## 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:

|    |   |
|----|---|
| C1 | 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 MSc and PGDip 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 typical module structure will be one quarter of the content being delivered online prior to an intensive single week of content consisting of 15 face to face contact hours, either remotely or in the dedicated teaching facility. The remaining 7.5 hours, and support for the associated self-directed learning, will take place within the subsequent 4 weeks through a mixture of personal and group supervision, either synchronously (real-time) or asynchronously.

The taught course will be supported using the e-learning platform, QMplus and other online learning support and meeting packages as indicated:

- Overall course information, including student handbook and timetables, will be distributed through the learning platform and as well as course notifications.

Each module will be presented in the on-line handbook 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 give 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, both within and between inter-active sessions. There will be promotion of a learning community to support your studies and facilitation of inter-student peer review.

### Summative Assessment

The course employs a variety of assessment methods to support student learning and achieve learning outcomes. There will be an end-of-module summative assessment after completion of the taught content and self-directed learning period:

- Case histories

- Essays
- Exams
  - Short-answer questions, often in the form of open book exams
  - Extended matching questions
  - Open Book Exams
  - OSCEs – remote or in attendance
  - Vivas

MSc  
For the MSc, the dissertation comprises an 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 structure of the programme diets for all variants of the programme (e.g. full-time, part-time - if applicable). The description should be sufficiently detailed to fully define the structure of the diet.

#### Flexibility

The programme aims to meet a wide range of learning needs whilst maintaining flexibility of content and duration. This programme provides adaptable opportunities to study to different levels in the major areas within Sports and Exercise Medicine. It is available both online and with a blended learning approach.

#### 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 programme is accessible to different levels of time commitment. Each module is worth 15 Master's level credits, with 120 and 180 Master's level credits required in order for students to be awarded the Diploma and MSc, respectively.

#### Mode

Three different modes of completing your chosen award are offered within Sports and Exercise Medicine. Students can study Full-Time over one year, Part- Time over 2 years or on a Variable Mode over 2 to 4 years.

#### Route

There are 3 routes through the Sports and Exercise Medicine programme; Medic, Physiotherapist / Osteopath and Physiotherapist (MACP Accredited). Dependent on your route, different modules will be compulsory to study, whilst others will be optional.

#### Programme Award

##### Diploma Option

Students must complete 8 taught modules within the duration of their programme. Variable mode students must take a minimum of 30 taught credits per academic year. With permission, Diploma students may take a minimum of 15 taught credits in their final year if they have completed 105 credits in their previous year(s). All variable mode students are required to complete within 4 years.

##### MSc Option

In addition to the requirements of the Diploma, the MSc requires the completion of the literature review module and submission of a research project. Work involved in the research project is the equivalent of an ADDITIONAL 3 modules. The research project can be worked on throughout the duration of study, but is submitted in the final year of study.

#### Compulsory modules:

##### PGDip

Sports Injury Assessment  
Research Methods  
Applied Exercise Physiology  
Medical Problems in Sport  
Exercise Medicine and Physical Activity Programming  
+ 3 elective

Programme Title: Sports & Exercise Medicine (Medic)

MSc  
Sports Injury Assessment  
Research Methods  
Literature Review  
Applied Exercise Physiology  
Medical Problems in Sport  
Exercise Medicine and Physical Activity Programming  
Research Project  
+ 3 elective

Elective modules  
Literature Review  
Sports Injury and Podiatric Assessment  
Nutrition for Exercise and Health  
Advanced Sports Injury Assessment  
Applied Sports Injury Management  
Applied Exercise Physiology 2  
Clinical Exercise Physiology

Full Time - Medic Route - Students must complete the compulsory modules PLUS additional elective modules AND the research project (MSc only) within the full calendar (MSc) / academic (PGDip) year.

Part Time - Medic Route - Students must complete the compulsory modules PLUS additional elective modules AND the research project (MSc only) within two full calendar (MSc) / academic (PGDip) years. Students on the MSc / PGDip are required to complete:

Research Methods (WHR7026), Literature Review (WHR7058) [MSc only], Sports Injury Assessment (WHR7055), Medical Problems in Sport (WHR7024) and Exercise Medicine and Physical Activity Promotion (WHR7035) modules in the first year of study.

The second year of study will require MSc / PGDip students to complete Applied Exercise Physiology (WHR7038), and the students self selected 3 elective modules. The research project is submitted in the second year [MSc only].

Variable Mode - Medic Route - Students must complete the compulsory modules PLUS additional elective modules AND the research project [MSc only] within 2-4 full calendar (MSc) / academic (PGDip) years. Variable mode students must take a minimum of 30 taught credits per academic year. With permission, Diploma students may take a minimum of 15 taught credits in their final year if they have completed 105 credits in their previous year(s). All variable mode students are required to complete within 4 years.

Clinic Attendance

Students will be given the opportunity to attend a number of in-house and externally supported sport and exercise medicine related clinics. We provide physician led, physiotherapy and podiatry clinics. Students must attend a minimum of 32 clinics before they complete the MSc / Diploma. If the student is completing the Clinical Exercise Physiology Module (WHR...) they will NOT be required to complete the 32 clinics. For those who are studying the course remotely, we will support the clinical content by authorising and supporting clinics local to you and providing detailed clinical supervision sessions by our range of inter-professional clinicians.

Academic Year of Study FT - Year 1

| Module Title     | Module Code | Credits | Level | Module Selection Status | Academic Year of Study | Semester   |
|------------------|-------------|---------|-------|-------------------------|------------------------|------------|
| Research Methods | WHR7026     | 15      | 7     | Compulsory              | 1                      | Semester 1 |

Programme Title: Sports & Exercise Medicine (Medic)

| Module Title   | Module Code | Credits | Level | Module Selection Status | Academic Year of Study | Semester        |
|--|-------------|---------|-------|-------------------------|------------------------|-----------------|
| Sports Injury Assessment                               | WHR7055     | 15      | 7     | Compulsory              | 1                      | Semester 1      |
| Advanced Sports Injury Assessment                      | WHR7040     | 15      | 7     | Elective                | 1                      | Semester 2      |
| Applied Exercise Physiology                            | WHR7038     | 15      | 7     | Compulsory              | 1                      | Semester 1      |
| Principles of Injury Management in Dance and Football  | WHR7053     | 15      | 7     | Elective                | 1                      | Semester 2      |
| Exercise Medicine and Physical Activity Programming    | WHR7035     | 15      | 7     | Compulsory              | 1                      | Semester 2      |
| Medical Problems in Sport                              | WHR7024     | 15      | 7     | Compulsory              | 1                      | Semester 2      |
| Literature Review (Comp for MSc only)                  | WHR7058     | 15      | 7     | Compulsory              | 1                      | Semesters 1 & 2 |
| Sports Injury and Podiatric Assessment                 | WHR7056     | 15      | 7     | Elective                | 1                      | Semester 1      |
| Research Project (MSc only)                            | WHR7059     | 45      | 7     | Core                    | 1                      | Semesters 1-3   |
| Applied Sports Injury Management in Dance and Football | WHR7054     | 15      | 7     | Elective                | 1                      | Semester 2      |
| Nutrition for Exercise and Health                      | WHR7081     | 15      | 7     | Elective                | 1                      | Semester 1      |
| Applied Exercise Physiology 2                          | WHR7082     | 15      | 7     | Elective                | 1                      | Semester 2      |
| Clinical Exercise Physiology                           | WHR7083     | 15      | 7     | Elective                | 1                      | Semester 2      |

Academic Year of Study PT - Year 1

| Module Title             | Module Code | Credits | Level | Module Selection Status | Academic Year of Study | Semester   |
|--------------------------|-------------|---------|-------|-------------------------|------------------------|------------|
| Research Methods         | WHR7026     | 15      | 7     | Compulsory              | 1                      | Semester 1 |
| Sports Injury Assessment | WHR7055     | 15      | 7     | Compulsory              | 1                      | Semester 1 |

Programme Title: Sports & Exercise Medicine (Medic)

| Module Title                                      | Module Code | Credits | Level | Module Selection Status | Academic Year of Study | Semester        |
|---|-------------|---------|-------|-------------------------|------------------------|-----------------|
| Medical Problems in Sport                         | WHR7024     | 15      | 7     | Compulsory              | 1                      | Semester 2      |
| Literature Review (Comp for MSc only)             | WHR7058     | 15      | 7     | Compulsory              | 1                      | Semesters 1 & 2 |
| Exercise Medicine and Physical Activity Promotion | WHR7035     | 15      | 7     | Compulsory              | 1                      | Semester 2      |

Academic Year of Study PT - Year 2

| Module Title                | Module Code | Credits | Level | Module Selection Status | Academic Year of Study | Semester        |
|-----------------------------|-------------|---------|-------|-------------------------|------------------------|-----------------|
| Applied Exercise Physiology | WHR7038     | 15      | 7     | Compulsory              | 2                      | Semester 1      |
| Any elective                |             | 15      | 7     | Elective                | 2                      | Semester 1 or 2 |
| Research Project (MSc only) | WHR7059     | 45      | 7     | Core                    | 2                      | Semesters 1-3   |
| Any elective                |             | 15      | 7     | Elective                | 2                      | Semesters 1 & 2 |
| Any elective                |             | 15      | 7     | Elective                | 2                      | Semesters 1 & 2 |

### What are the entry requirements?

Qualification requirements for the course are an MBBS from Universities recognised by the University of London.

Medics must be GMC registered (or equivalent in their home country).

All applicants need at least one year of clinical experience.

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

### How will the quality of the programme be managed and enhanced? How do we listen to and act on your feedback?

SEM staff facilitate the election and support of at least one student representative per route through the MSc programme who attend one SEM board meeting per month and are supported in a two-way dialogue between students and staff.

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 as 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.

### What academic support is available?

#### 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-ordinators, 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 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 overall course 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 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

### How inclusive is the programme for all students, including those with disabilities?

Queen Mary has a central Disability and Dyslexia Service (DDS) 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 recognises that a 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.
- Working in elite sport is highly competitive in all disciplines, and thus by having a postgraduate qualification this would 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 alumni finding employment through contacts made whilst studying on the programme

## Programme Specification Approval

**Person completing Programme Specification:**

Dr Simon Lack

**Person responsible for management of programme:**

Dr Simon Lack

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

10/01/2025 (for 2025/26)

Programme Title: Sports & Exercise Medicine (Medic)

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

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