



<b>GENERAL INFORMATION</b>	
<i>Awarding Institution//Body</i>	University of Bath
<i>Teaching Institution</i>	University of Bath
<i>Validated/Franchised (if appropriate)</i>	
<i>Programme accredited by (including date of accreditation)</i>	Royal College of Surgeons (Glasgow and Edinburgh) and the Royal College of Physicians.
<i>Programme approved by (including date &amp; minute number of Senate)</i>	Programme first approved 1995. Approval of previous programme revision 1997. Previous specification prepared November 2002. Full programme revision May-October 2004. Programme Committee approval, November 2004. School for Health Board of Studies approval, December 2004. Senate 16 February 2005.
<i>Final award</i>	Postgraduate Diploma; Master of Science.
<i>Programme title</i>	Sport and Exercise Medicine
<i>UCAS code (if applicable)</i>	
<i>Subject Benchmark Statement</i>	
<i>Intended level of completed programme (in line with FHEQ)</i>	Level 7 = Masters
<i>Duration of programme &amp; mode of study</i>	Part-time by flexible learning, 2-5 years.
<i>Date of Specification preparation/revision</i>	Full Programme Revision: November 2004 Revision June 2010; update June 2012; <a href="#">updated July 2017</a>
<i>Applicable to cohorts (eg. for students commencing in September 2007 or 2007/08 – 2008/09)</i>	Students commencing September 2017 <del>6</del>

#### **Synopsis and academic coherence of programme**

The postgraduate programme in Sport and Exercise Medicine (SEM) is a fully modular, postgraduate (M) level programme which has been designed to meet the professional needs of registered medical doctors whose practice involves them working with elite or recreational athletes and sports teams. It is designed to address the needs of doctors with a special interest in sport and exercise medicine.

The programme offers the flexibility to enable students to accumulate credit toward a Postgraduate Diploma or Master of Science qualification. ~~Units are also available as stand-alone modules for continuing professional development.~~

The programme has the following underpinning principles:

Evidence based  
 Problem solving, practice-orientated approach  
 Emphasis on reflective practice  
 Designed to support the needs of those working in multi-professional teams

The Diploma consists of eight units, six flexible learning units of 6 or 12 credits each and two clinical longitudinal units of 6 credits each. The longitudinal units provide practitioner-based skills development, two residential teaching weeks, a series of ~~on-line virtual clinics~~ virtual tutorials, a reflective log of clinical experience and an exit OSCE (Objective Structured Clinical Examination). ~~Satisfactory completion of all units is required prior to sitting the OSCE examination.~~

Each six-credit unit runs over a ~~three month~~ 10 week period, and each 12 credit unit runs over ~~approximately 18 weeks~~ six month period (apart from the clinical longitudinal units which run throughout the entire year). ~~Students are in Stage 1 of the programme students expected to first complete The Sports Doctor and the two sports science-based units, (Exercise Physiology and Functional Anatomy and Sporting Movement Analysis, concurrently with SEM in Practice 1. ) These units must be completed before progressing to Stage 2 in which Sports Injuries and Rehabilitation, Psychology of Sport & Exercise and Exercise for Health are studied alongside SEM in Practice 2. before moving onto subsequent units. The 6 credit unit, SEM in Practice 1, is taken concurrently with the other units.~~ Study activities within SEM in Practice will be scheduled to correspond to study in other units and reflect the increasing knowledge and expertise gained over time.

Having successfully completed all elements of the PG Diploma and achieved an overall average of 50% or more students may progress onto the Research Phase. The Research Project Design unit must be passed before undertaking the Research Project.

Students can suspend or defer their study for periods of up to twelve months at a time. Deferment or suspension is granted by the Director of Studies, who takes into account previous study history and due regard of the future ability of the student to complete their study within the normal maximum time period.

The Postgraduate Diploma must normally be completed within four years and the MSc within five years of the date of the student's first registration.

**Educational aims of the programme**

The MSc/PG diploma in Sport and Exercise Medicine aims to develop the professional expertise of doctors with a special interest in sport and exercise medicine, including the management of recreational or elite athletes and the use of exercise for the health of all.

**The programme has the following aims:**

- To provide a foundation of scientific and evidence-based knowledge essential for building good SEM practice.
- To develop practical clinical skills in SEM as they apply to both primary and specialist care.
- To develop critical thinking and problem-solving skills in patient-centred contexts.
- To develop specialist SEM clinical expertise through self appraisal and reflection.

**Intended learning outcomes** (including teaching, learning and assessment methods, specifying those applicable for interim awards where appropriate)

➤ Knowledge & Understanding:	<b>Diploma and MSc</b> <ul style="list-style-type: none"> <li>• Systematically and critically evaluate appropriate</li> </ul>
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	<p>interventions by illustrating a sound conceptual understanding of the appropriate / relevant medical issues in sport and exercise medicine</p> <ul style="list-style-type: none"> <li>• Demonstrate conceptual and comprehensive knowledge of sport and exercise medicine sufficient to take on the role of a team doctor</li> <li>• Recognise ethical issues in their (and others) practice and manage any implications</li> <li>• Demonstrate a practical understanding of, and critically evaluate, established techniques in dealing with sports injuries and the use of exercise for the health of all, including differential diagnosis, investigation and management</li> </ul> <p><i>Assessed through unit assessments.</i></p> <p><b>MSc</b></p> <ul style="list-style-type: none"> <li>• Critically appraise techniques applicable to their own research or practice-based enquiry in sport and exercise medicine</li> <li>• Collect relevant data in their research/practice area and critically analyse it in relation to previously published work in the area and to an original hypothesis</li> </ul> <p><i>Assessed through Research Project Design unit and dissertation.</i></p>
<p>➤ Intellectual Skills:</p>	<p><b>Diploma and MSc</b></p> <ul style="list-style-type: none"> <li>• Deal with complex academic and clinical issues systematically, critically and creatively</li> <li>• Synthesise information from a variety of sources in order to develop a comprehensive and coherent understanding of theory and practice</li> <li>• Develop self-direction and originality in problem solving and the application of knowledge in professional SEM practice</li> </ul> <p>Demonstrate critical thinking and judgement with respect to sport and exercise medicine</p> <p><i>Assessed through unit assessments.</i></p> <p><b>MSc</b></p> <ul style="list-style-type: none"> <li>• Critically analyse, evaluate and interpret the evidence underpinning practice in sport and exercise medicine and to initiate change in practice appropriately</li> </ul> <p><i>Assessed through Research Project Design unit and dissertation.</i></p>
<p>➤ Professional Practical Skills:</p>	<p><b>Diploma and MSc</b></p> <ul style="list-style-type: none"> <li>• Apply theoretical knowledge of sport and exercise medicine to the investigation and management of sports injuries and the use of exercise for the health of all.</li> <li>• Provide emergency care to those engaged in sport or exercise as elite or recreational athletes.</li> <li>• Apply experimental, practical and analytical skills in sport and exercise medicine</li> <li>• Critically appraise a variety of sport- and exercise-</li> </ul>

	<p>related injuries or conditions and show ability to reach an appropriate differential diagnosis</p> <ul style="list-style-type: none"> <li>• Develop rehabilitation programmes for injured athletes or other patients in conjunction with other health professionals and coaches</li> <li>• Work effectively as part of a multidisciplinary team to provide sport and exercise medicine services to a clinic or team</li> </ul> <p>Enhance communication skills through the development of effective relationships with patient/client groups and other health professionals</p> <p><i>Assessed through SEM in Practice unit which includes an OSCE exam.</i></p>
➤ Transferable/Key Skills:	<p><b>Diploma and MSc</b></p> <ul style="list-style-type: none"> <li>• Prepare and communicate information on complex contemporary issues in sport and exercise medicine to specialist and non-specialist audiences</li> <li>• Critically reflect on and develop personal professional practice</li> <li>• Demonstrate IT skills including the ability to search for, and critically evaluate, internet-based resources and to participate in on-line activities and discussions</li> <li>• Utilise problem-solving skills in a variety of practice, or simulated practice, situations</li> <li>• Plan and manage personal learning and develop sustainable strategies for lifelong learning and future professional development.</li> </ul> <p><i>Assessed through unit assessments</i></p>

**Structure and content of the programme** (including potential stopping off points)

**Programme Format and Structure**

The programme has been developed primarily to provide learning which is appropriate to the needs of working doctors. The web-based study guides, ~~and resources~~ material and discussions form the basis for learning and these are supplemented and supported by practice/work-based experience and residential workshops. The workshops enable the students to meet and work together on real-work problems and engage in debate with practitioners from a variety of contexts. The programme is highly interactive: the ~~web-based study guides~~ online learning activities are supported by on-line tutors and the face to face workshops have both academic and ~~personal~~ clinical tutor support.

Accumulating credit toward an award works as follows:

<b>Award Type</b>	<b>No. of units</b>	<b>Credit</b>	<b>Duration</b>
<b>Pg Diploma</b>	8 units	60 credits	Normally 24 months, normal maximum 4 years
<b>MSc</b>	Pg Diploma + Research Project Design Unit and dissertation	90 credits	Normally 3_5 years, normal maximum 5 years

See Annex 1 for the detailed Programme Description. Details of unit contents can be found from the Unit Catalogue from <http://www.bath.ac.uk/catalogues/other.html>.

In order to encourage multi-disciplinarity and a close relationship between the Sport & Exercise Medicine and the Sports Physiotherapy programme, the Exercise Physiology (HL50071), ~~and~~ Functional Anatomy and Sporting Movement Analysis (HL50140) ~~and~~ [Research Project Design \(HL50077\)](#) units are shared by the two programmes. In these ~~two~~ areas the education needs of the two professions are very similar. This integration helps to embed the principles of working in a multi-disciplinary team and encourage sharing of experiences between the two professions. Further opportunities for sharing of best practice are available through the workshops during the two residential week events.

#### **Schemes of study**

Completion of the first ~~seven-eight~~ units (60 credits) is necessary for the award of the Postgraduate Diploma in Sport and Exercise Medicine.

The award of MSc in Sport and Exercise Medicine requires completion of all units.

#### **Details of work placements / work-based learning / industrial training / study abroad requirements**

Students are required to gain approximately 100 hours of SEM Clinical Experience as outlined in the guidance in the study guides for the two SEM in Practice units. Opportunities for doing this will be advertised online, as will recommended centres or organisations that can provide such opportunities. [Advice and guidance for gaining this experience is provided by Professional Development Advisors](#). Students who already have regular access to SEM cases need not seek additional hours of experience, but all students must demonstrate achievement of meeting the learning outcomes for ~~this-these~~ units as detailed in the unit descriptors.

Students are also encouraged to take advantage of other clinical placement opportunities local to their own practice. These experiences are recorded and assessed through submission of a portfolio.

#### **Details of support available to students (e.g. induction programmes, programme information, resources)**

The following support is available to students:

- Introductory Programme Handbook on registration
- Full Programme Handbook available in *SEM and SPY online*
- ~~Induction unit on-line and face to face Induction day~~
- [Professional Development Advisor \(PDA\)](#)
- On-line reflective practice log
- On-line 'virtual clinics'
- Access to tutors on-line (via email and on-line discussion boards);
- Feedback on assignments
- Web-based support including academic and peer support
- Unit Tutor, PDA and on-line facilitator support via MOODLE, email and phone

- Clinical attachment supervisor
- Clinical examination techniques available online
- Face-to-face sessions at residential weeks
- Group networking opportunities at residential weeks
- Research project and dissertation preparation sessions (via web and face to face)
- Ongoing project supervision, with regular reviews to ensure students are on track
- Programme co-ordinator support via MOODLE, email and phone

Staff will be able to respond to most questions and concerns raised by students. A range of specialist student support services are also available. Staff can refer students to these services. Students can also self-refer to these services which provide information, advice and support in relation to emotional difficulties, assessment of needs and provision of support relating to disability, student funding, general welfare, academic problems, student discipline and complaints, careers, international students, spiritual matters, part time work, security and personal safety. The Students' Union can also provide advocacy for students. More information about these services can be accessed via: <http://www.bath.ac.uk/students/support/>.

#### **Admissions criteria** (including arrangements for APL/APEL)

Candidates must be able to satisfy the general admissions regulations of the University of Bath.

Admission onto the Postgraduate Diploma and MSc in Sport and Exercise Medicine is open to qualified medical doctors from anywhere in the world.

Those applicants whose first language is not English must be able to demonstrate a satisfactory level of both spoken and written English. This will normally take the form of scores of at least 6.5 on all elements of the International English Language Testing System (IELTS). For further details see <http://www.bath.ac.uk/health/sem/index.html#entryreq>

#### **Accreditation of Prior Learning [APL] and Prior Experiential Learning [APEL]**

Students may be eligible to transfer credit for prior learning/experiential learning. This is considered on a case-by-case basis but as a minimum the course or programme in question must be recognised by the providing institution as being at M level and must contain an element of assessed work. A maximum of 30 credits toward the award of Diploma and 45 credits toward the award of MSc is normally allowable (in each case this amounts to half of the credit required, in line with the guidance provided in QA45/QA47). An accreditation Sub-Committee for the Programme, chaired by the Director of Studies, will oversee this activity, and guidance on the preparation of Portfolios of Evidence to support APL/APEL claims will be provided ~~both~~ to applicants.

#### **Entry from professional qualifications**

-Specific credit exemptions are on a case-by-case basis and are reviewed from time to time.

## Summary of assessment and progression regulations

### Assessment Types

The programmes assessment and progression regulations are covered by the university's "New Framework for Assessment: Assessment Regulations: Phases 2 & 3 for postgraduate taught programmes (NFAAR-PGT)" which can be found at <http://www.bath.ac.uk/registry/nfa/index.htm>. Specific regulations for the masters are summarised in Appendix 11 at <http://www.bath.ac.uk/registry/nfa/nfaar-pgt-appendix-11.pdf>.

Details of 'Stage Required Units' and 'Designated Essential Units' can be found in the Programme Description in Annex 1.

Each unit is assessed individually. Assessment typically comprises both formative and summative assessment and is delivered on-line. The formative assessment includes self-assessment questions, ~~and~~ multiple choice tests. Feedback on assignments and dissertation proposals provides further guidance to students.

Summative assessment varies between units but typically includes:

- Written assignments
- Compilation of portfolios of evidence
- Multiple choice tests
- Practical Examination
- Individual presentations at workshops
- Case Studies

~~Students undertaking the research project for the MSc degree will normally have twelve months to complete and submit this work.~~

### Consequences of Failure

#### *Re-assessment*

A student is permitted one further attempt, following initial failure, at an individual assessment. The Programme Board of Examiners, having due consideration for the academic standards of the award, will determine the nature of the re-assessment requirement. ~~The mark for that element and the unit will be capped at 40% upon passing the re-submission and both the original mark and the mark gained following referred assessment will be recorded on the student transcript. Both the original mark and the mark gained following a referred assessment will be recorded on the student transcript. The original assessment mark will be carried forward for the purposes of grading the award. Re-submission will normally be required within 1 month of notification of failure.~~

A student will only be permitted to retrieve a failed dissertation/project unit at the discretion of the Board of Examiners and, normally, where the initial failure is deemed to be marginal. Re-submission of dissertations should normally be within 12 months of notification of failure.

Students will not be permitted to re-sit the whole programme.

#### *Progression*

The Unit Board of Examiners will normally meet several times a year. After this the students will be notified of their official mark for the unit they have completed. If a student does not reach the required standard to pass the unit the decision on whether they are asked to undertake re-assessment will be made by the Board of Examiners for Programmes at the end of their current Stage of the Programme. At this point the Board of Examiners will review the students' performance across all the units that they have taken and determine the

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required re-assessment.

Regulations regarding the maximum number of credits that can be retrieved through re-assessment are given in the University's "New Framework for Assessment: Assessment Regulations: Phases 2 & 3 for postgraduate taught programmes (NFAAR-PGT)" which can be found at <http://www.bath.ac.uk/registry/nfa/index.htm>. Specific regulations for the masters are summarised in Appendix 11 at <http://www.bath.ac.uk/registry/nfa/nfaar-pgt-appendix-11.pdf>.

In the event of failure of a unit/units and a Board of Examiners for Programmes decision for re-assessment, students will be given 28 days from the time of notification to submit their re-assessment

Progression to Stage 3 will be permitted normally only after full and successful completion of the taught part (Stages 1 and 2) of the programme. There is a minimum requirement of 50% grade average to progress to the MSc. Progression to the SEM Research Project (HL50078) is dependent upon successful completion of the Research Project Design unit (HL50077).

Credit for units will be given a 'lifetime', after which it will no longer count towards an award. This lifetime will normally be five years from commencement of the unit unless otherwise stated in the Unit Description.

#### Indicators of quality and standards (e.g. professional accreditation)

**To assure continuing excellence in its quality and standards, the University of Bath has a quality management framework including:**

1. A Quality Assurance Code of Practice, and associated regulations and policies: <http://www.bath.ac.uk/learningandteaching/cop/index.php>
2. A learning, teaching and quality committee structure which monitors quality and standards and instigates action for enhancement.
3. Staff development arrangements that assist staff in enhancing their own performance as educators, as researchers or as professional support services staff.

Students are involved in many of these processes, whereby their key perspectives and participation as citizens in the academic community are engaged in the 'informed Student Voice'.

**The Quality Assurance Agency (QAA) periodically reviews the quality of the University of Bath's Learning and Teaching performance.**

At the last review by the QAA in November 2008, the University was given the highest grading available, that of 'Confidence', in the soundness of the University's current and likely future management of both the academic standards of its awards and the quality of learning opportunities available to students.. The QAA's report can be seen at <http://www.qaa.ac.uk/InstitutionReports/Reports/Pages/inst-audit-University-of-Bath-08.aspx>

The programme is recognised as the equivalent to the diploma examination offered by the Faculty of Sport & Exercise Medicine (FSEM)

#### Sources of other information

Further information on the Programme can be found on the Department for Health web page



<http://www.bath.ac.uk/health>

<b>Annex 1 : Programme Description</b>	THHL-ADM10 MSc Sport and Exercise Medicine (Distance Learning) THHL-ADM11 MSc Sport and Exercise Medicine (Distance Learning) THHL-ADM12 MSc Sport and Exercise Medicine (Distance Learning) THHL-ADL07 PG Dip Sport and Exercise Medicine (Distance Learning) THHL-ADL08 PG Dip Sport and Exercise Medicine (Distance Learning) THHL-ADL09 PG Dip Sport and Exercise Medicine (Distance Learning) THHL-ADT03 CPD Sport and Exercise Medicine (Distance Learning) THHL-ADT04 CPD Sport and Exercise Medicine (Distance Learning)
<b>Programme code</b>	
<b>Programme title</b>	MSc in Sport and Exercise Medicine
<b>Award type</b>	Masters
<b>Award title</b>	MSc in Sport and Exercise Medicine (Distance Learning) (comprising: TSCs from Stages 1, 2, including HL50076, and Stage 3).with the following intermediate qualifications: PG Dip Sport and Exercise Medicine (Distance Learning) comprising: TSCs from Stages 1 and 2 (including HL50076). CPD Sport and Exercise Medicine (Distance Learning): 6 & 12 credit units. For available units see: <a href="http://www.bath.ac.uk/health/sem/index.html#cpdunits">http://www.bath.ac.uk/health/sem/index.html#cpdunits</a>
<b>Mode of Attendance</b>	DISTANCE LEARNING
<b>Length</b>	3 to 5 years
<b>State any designated alternative programme(s)</b>	PG Diploma in Sport and Exercise Medicine (DAP for MSc) comprising: TSCs from Stages 1 and 2 (including HL50076).
<b>Approving body and date of approval</b>	

<i>(for implementation with effect from 2011/12 to 2017/18)</i>											
Part	Stage	Normal period of study for this Mode	Unit code	Unit title	Unit status	Credits	DEU status	SRU status	Taught, or Dissertation/ project credits	Notes	
4	1	12 months	YEAR 1								
			HL50068	The Sports Doctor	C	6	DEU	SRU	TSC	Qualifying mark of 40% in all elements of assessment	
			HL50071	Exercise physiology	C	6	DEU	SRU	TSC		
			HL50140	Functional Anatomy and Sporting Movement Analysis	C	12	DEU	SRU	TSC	Qualifying mark of 40% in all elements of assessment	
			HL50496	SEM in Practice 1	C	6	DEU	SRU	TSC	Qualifying mark of 40% in all elements of assessment	

2	12 months	YEAR 2							
		HL50072	The Psychology of Sports and Exercise	C	6	DEU	SRU	TSC	Qualifying mark of 40% in all elements of assessment
		HL50111	Sports Injuries and Rehabilitation	C	12	DEU	SRU	TSC	Qualifying mark of 40% in all elements of assessment
		HL50157	Exercise for Health	C	6	DEU	SRU	TSC	Qualifying mark of 40% in all elements of assessment
		HL50497	SEM in Practice 2	C	6	DEU	SRU	TSC	Qualifying mark of 40% in all elements of assessment
								TSA of 50% or greater required to progress to Stage 3	
3	12-18 months	YEAR 3							
		HL50077	Research project design	C	6	DEU	SRU	DPC	Pass/Fail
		HL50078	SEM Research Project	C	24	DEU	SRU	DPC	Qualifying mark of 40% in all elements of assessment

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Assessment weightings and decision references		
Stage	Weighting within programme	NFAAR-PGT decisions reference See: <a href="http://www.bath.ac.uk/registry/nfa/index.htm">http://www.bath.ac.uk/registry/nfa/index.htm</a>
1	30 / 90 credits	All assessment:
2	30 / 90 credits	All assessment:
3	30 / 90 credits	All assessment:

where:  
**C** Compulsory  
**O** Optional