Sports Medicine, Exercise and Health MSc

This MSc is designed to give clinicians a deeper understanding of sports medicine, sports injuries and exercise medicine. The programme covers the evidence-based management of sports medicine and musculoskeletal injuries, and emphasises the vital role of physical activity in the prevention and treatment of chronic disease. This MSc can be taken full-time over one year, part-time over two years as a campus-based student, or via flexible distance learning.

Degree summary

The programme focuses on sports injuries and their prevention and treatment, and provides a thorough grounding in relevant areas of anatomy, biomechanics, exercise physiology and psychology, as well as the fundamentals of exercise in maintaining and improving health. Students develop essential research skills through an independent research project.

UCL is one of the world's very best universities, consistently placed in the global top 20 in a wide range of world rankings. The UCL Division of Surgery & Interventional Science is part of one of the most prestigious medical schools in Europe, with a team of nearly 400 people, from surgeons and oncologists to clinical trials specialists and researchers. This programme is based at the Institute of Sport Exercise and Health (ISEH). Our aim is to understand the causes of human disease and develop innovative therapies and technology to improve quality of life.

The MSc in Sports Medicine, Exercise and Health at UCL places a strong emphasis on improving health through exercise alongside the management of sports and musculoskeletal injury. The programme has significant clinical content and students benefit from attendance at numerous specialist clinics and opportunities for field visits to sports teams and events.

Graduate students on the MSc in Sports Medicine, Exercise and Health at UCL are from diverse backgrounds reflecting the true multidisciplinary nature of sports and exercise medicine.

Teaching is delivered through a combination of formal lectures, hands-on practical sessions, small group seminars, clinics and field trips, and will be delivered by lecturers who are highly experienced in their field. Up-to-date, evidence-based practice will be emphasised throughout and students’ contribution through discussion is considered key. Assessment is through written examination, presentations, coursework and Objective Structured Clinical Examination (OSCE), as well as the dissertation and viva voce (oral) examination.

Degree structure

Mode: Full-time: 1 year; Part-time: 2 years; Flexible: up to 5 years
Location: London, Bloomsbury

All students undertake modules to the value of 180 credits. The programme consists of seven core modules (105 credits), one optional module (15 credits) and a research project (60 credits). Clinical sessions are spread over the year; commitment is equivalent to one half-day per week over three 12-week semesters. Clinic options include sports injury, physiotherapy and podiatry, exercise testing, and team visits.

A Postgraduate Diploma (120 credits, full-time nine months) is offered.

Please note that the list of modules given here is indicative. This information is published a long time in advance of enrolment and module content and availability is subject to change.

### COMPULSORY MODULES
- Exercise Physiology
- Health and Physical Activity
- Sports Injuries I – Lower Limb
- Sports Injuries II – Upper Limb
- Sports Injuries III – Head, Neck and Spine
- Advanced Sports Injury and Injury Prevention
- Research Methods

### OPTIONAL MODULES
- Team and Event Medicine
- Rehabilitation of Sports Injuries

### DISSERTATION/REPORT
- All MSc students undertake an independent research project from a diverse range of available topics, which culminates in a dissertation, an oral examination and a presentation.
**Your career**

Graduates of the programme will gain a deeper understanding and valuable insights into the key areas of sports injury prevention and management, health and physical activity, and will be able to prescribe exercise safely for a range of medical conditions. This will prepare them for potential work in many areas from elite sports medicine to NHS sports and musculoskeletal clinics, and exercise medicine services.

**Employability**

A Master’s-level degree in Sports Medicine, Exercise & Health from UCL will open many doors in the sports and exercise medicine world, from sports injury clinics to developing exercise medicine programmes for the prevention and treatment of chronic disease, and working with sports teams. UCL’s MSc in Sports Medicine, Exercise and Health is led by local experts with active involvement in the NHS and elite sports and exercise medicine settings. A distinct feature of the programme is the wide variety and large number of distinguished external guest speakers, all experts in their own field locally, nationally and internationally. Students have unrivalled access to our guest speakers for career advice and potential opportunities.
**Entry requirements**

We welcome applications from prospective students who hold a primary medical or allied health sciences degree e.g. medicine, physiotherapy, sports science. Applicants should have a minimum of one year post-graduation clinical experience relating to their primary degree.

**English language proficiency level**

If your education has not been conducted in the English language, you will be expected to demonstrate evidence of an adequate level of English proficiency.

The level of English language proficiency for this programme is: Good. Information about the evidence required, acceptable qualifications and test providers is provided at:

www.ucl.ac.uk/graduate/english-requirements

**Your application**

Students are advised to apply as early as possible due to competition for places. Those applying for scholarship funding (particularly overseas applicants) should take note of application deadlines.

When we assess your application we would like to learn:

- why you want to study Sports Medicine, Exercise and Health at graduate level
- why you want to study Sports Medicine, Exercise and Health at UCL
- what particularly attracts you to this programme
- how your academic and professional background meets the demands of this programme
- where you would like to go professionally with your degree

Together with essential academic requirements, the personal statement is your opportunity to illustrate whether your reasons for applying to this programme match what the programme will deliver.

There is an application processing fee for this programme of £75 for online applications and £100 for paper applications. Further information can be found at:

www.ucl.ac.uk/prospective-students/graduate/taught/application.

**FEES AND FUNDING 2019/20 ENTRY**

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<th>UK: £13,820 (FT), £6,930 (PT)</th>
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<tr>
<td>EU</td>
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The tuition fees shown are for the year indicated above. Fees for subsequent years may increase or otherwise vary. Further information on fee status, fee increases and the fee schedule can be viewed on the UCL Students website.

Fees for flexible, modular study are charged pro-rata to the appropriate full-time Master's fee taken in an academic session.

Full details of funding opportunities can be found on the UCL Scholarships website: www.ucl.ac.uk/scholarships

**APPLICATION DEADLINE**

All applicants: 26 July 2019

Details on how to apply are available on the website at:

www.ucl.ac.uk/graduate/apply

**CONTACT**

Teaching Administrator

Email: sportsmedicineadmin@ucl.ac.uk

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**EU referendum**

For up-to-date information relating to specific key questions following the UK’s decision to leave the EU, please refer to www.ucl.ac.uk/brexit