

LONDON'S GLOBAL UNIVERSITY



# UCL

Sports Medicine, Exercise and  
Health MSc  
2015/16 entry

[www.ucl.ac.uk/graduate/surgery](http://www.ucl.ac.uk/graduate/surgery)

# SPORTS MEDICINE, EXERCISE AND HEALTH MSc

This MSc is designed to give clinicians and practitioners 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, 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 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 multi-disciplinary 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

Campus-based and distance learning options are available. 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). Taught courses run Tuesdays and Thursdays over two 12-week semesters starting in September and January. 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.

### Core 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

### Options

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.

Recent career destinations\* include:

- Osteopath, Self Employed (2011)
- Paediatrician, NHS (2011)
- Team Doctor, Football Club (2012)
- Lead Physiotherapist, England u20 Basketball (2013)
- Team Doctor, Semi Professional Rugby Club (2014)

## 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, to working with sports teams. UCL MSc in Sports Medicine, Exercise & Health is led by local experts with active involvement in NHS and elite sports and exercise medicine settings. A distinct feature of the course is the wide variety and large number of distinguished external guest speakers, all experts in their own fields locally, nationally and internationally. Students have unrivalled access to our guest speakers for career advice and potential opportunities.



\* data taken from the 'Destinations of Leavers from Higher Education' survey undertaken by HESA looking at the destinations of UK and EU students in the 2010–2012 graduating cohorts six months after graduation and, where necessary, departmental records.

## 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: Standard. Information about the evidence required, acceptable qualifications and test providers is provided at:

[www.ucl.ac.uk/graduate/english-requirements](http://www.ucl.ac.uk/graduate/english-requirements)

## Your application

The deadline for all applicants is 22 August 2015.

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.

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

[www.ucl.ac.uk/graduate/apply](http://www.ucl.ac.uk/graduate/apply)

### Fees and funding

UK & EU (2015/16) entry: £11,600

Overseas (2015/16) entry: £21,700

**Fees note:** Fees for part-time study are charged at appropriately half the full-time Master's fee. Fees for flexible, modular study are charged pro-rata to the appropriate full-time Master's fee taken in an academic session. The tuition fee schedule for 2015/16 entry can be viewed on the [UCL Current Students website](http://www.ucl.ac.uk/current-students).

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

### Application date

All applicants: 22 August 2015

### Contacts

**Contact** Miss Michaela Lane

**Website:** [www.ucl.ac.uk/surgery/courses/postgraduate/pg-taught/msc-sports-exercise-health](http://www.ucl.ac.uk/surgery/courses/postgraduate/pg-taught/msc-sports-exercise-health)

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