



## Sports Medicine, Exercise and Health MSc

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

- » Designed to give clinicians and practitioners a **deeper understanding** of sports medicine, sports injuries, and exercise medicine.
- » **Campus-based** and **distance learning** options are available.
- » Can be taken **full time** over one year or **part-time** over two – five years.

### Degree summary

The programme covers the evidence-based management of medical problems in athletes, the prevention and management of sports and

musculoskeletal injuries, and the fundamentals of physical activity and exercise prescription in the prevention and treatment of chronic disease. It also provides a thorough grounding in relevant areas of anatomy, biomechanics, exercise physiology and sports psychology. Students develop essential research skills through an independent research project.

The programme consists of seven core modules, one optional module and a research project.

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

# Sports Medicine, Exercise and Health MSc at UCL

## Who will benefit from this programme?

- » Physiotherapists
- » Junior Doctors
- » GP's
- » Team doctors and physios
- » Armed forces doctors and physios

## Core Modules

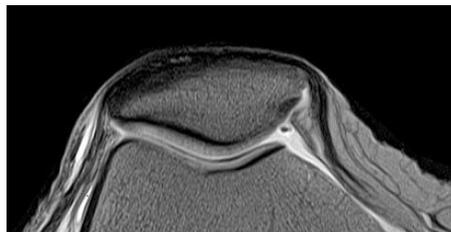
- » Exercise Physiology
- » Health and Physical Activity
- » Sports Injuries I – Lower Limb
- » Sports Injuries II – Upper Limb
- » Sports Injuries III – Head, Neck and Spine
- » Advanced Sports Injury and Injury Prevention
- » Research Methods

## Optional Modules

- » Team and Event Medicine
- » Rehabilitation of Sports Injuries

## Why study this programme at UCL?

UCL is one of the world's very best universities, consistently placed in the global top 10 in world rankings. This programme



is based at the Institute of Sport Exercise and Health (ISEH), a major legacy project of the 2012 London Olympic Games and one of three locations forming the National Centre for Sport and Exercise Medicine. The ISEH is a dedicated state-of-the-art facility in the centre of London, delivering world-class research, teaching and training, and clinical expertise in sport and exercise medicine.

## Contact

For any questions about this programme, or for help with your application, please contact the programme administrator:

**Michaela Lane**

**t:** 020 7679 6248

**e:** [sportsmedicineadmin@ucl.ac.uk](mailto:sportsmedicineadmin@ucl.ac.uk)

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