This innovative programme has been developed through a collaboration between The Football Association and the University of Birmingham. The programme is aimed at physiotherapists and doctors either working within football medicine or interested in moving into football medicine.

The overall aim of the programme is to enable exploration of the theoretical basis of exercise and sports medicine in general and football in particular, and its application to the development of a physiotherapist’s and doctor’s clinical reasoning. Using the process of clinical reasoning as its framework, the programme will integrate the key issues central to practice in this specialist area, including: clinical assessment, communication skills, accurate diagnosis, differential diagnosis, diagnostics and prognostics, treatment interventions, management approaches, best evidence, evaluation of outcome, strategies to reduce injury time etc. The programme will facilitate the evaluation of existing evidence through the exploration of the assessment and management of athletes. It will provide students with the opportunity to tailor their learning experience to meet their personal and professional needs, developing their capacity for leadership within a multidisciplinary team providing clinical management in football. The programme will promote enquiry-based learning through a range of strategies including case analysis and problem-based learning.

Unique features of the programme include the delivery of two specialist modules at The Football Association’s National Football Centre, St George’s Park at Burton on Trent, anatomy development within the prosectorium at the University, and practice mentorship within a football/sports medicine environment.
EXERCISE AND SPORTS MEDICINE
MSc/PGDip

The programme is written in line with the international competencies and standards established by the International Federation of Sports Physiotherapists and the Specialty Training Curriculum for Sports and Exercise Medicine from the Joint Royal Colleges of Physicians Training Board, and in collaboration with The Football Association and physiotherapists and doctors working within football and other sporting contexts.

The specific aims of the programme are:

- To critically evaluate approaches and methodologies for researching theoretical and practical issues relating to exercise and sports medicine with a focus on clinical practice within football
- To critically evaluate previous professional development and plan future development within the framework of contemporary exercise and sports medicine within football
- To critically analyse the theoretical and conceptual issues underpinning assessment, evaluation, management and rehabilitative approaches within football
- To use advanced clinical reasoning and clinical skills to enable optimal clinical effectiveness and holistic management of complex clinical presentations in athletes
- To develop a high level of clinical and research skills to enable leadership within a football medicine context
- To critically evaluate the scientific and clinical evidence of exercise and sports medicine in football
- To formulate a justifiable research design and analytically conduct an investigation to address a given problem
- To produce a written research report and presentation worthy of scrutiny in both academic and clinical settings

In addition one optional module needs to be successfully completed from the range of modules on offer (subject to availability and viability). For a full list of optional modules please go to our website.

The award of Master of Science (MSc) in Exercise and Sports Medicine (Football) will be awarded following successful completion of the Research Dissertation (60 credits) module to provide a cumulative total of 180 masters level credits.

Why study this course?
Successful completion of the programme enables you to demonstrate advanced practice in football medicine through a portfolio of evidence of achievement towards:

1. The international competencies and standards established by the International Federation of Sports Physiotherapists (www.sportsphysiotherapyforall.org).
2. To fulfil the requirements of the Association of Chartered Physiotherapists in Sports and Exercise Medicine’s accredited member level 3 / Gold CPD level and standards

The Postgraduate Diploma (PGDip) in Exercise and Sports Medicine (Football) is awarded with successful completion of six 20 credit masters-level modules.

- Research Methodology in Sport, Exercise and Rehabilitation (available Distance Learning)
- Sports Medicine (Football) 1
- Sports Medicine (Football) 2
- Neuromuscular Adaptation to Training
- Continuing Professional Development and Mentored Practice (mentored practice can involve clinical practice in the UK, observation and supervised practice in the UK, or clinical practice outside of the UK)

Duration of study
We understand the pressures of juggling your work and home life and therefore this programme is offered on a flexible basis. Up to 65% of the programme can be studied through distance learning. The programme can be completed on a full-time basis within 13 months or on a part-time basis within a maximum period of six years. If you are unable to commit to the full MSc, you can also choose to take the shorter qualification of Postgraduate Diploma. Individual modules are also available and credits gained from individual assessed modules can then be used towards a full qualification at a later stage.

Entry requirements
Visit our website for the full entry requirements. These include:

- A BSc/BA Honours degree or equivalent, normally first or upper second class Honours degree for physiotherapists’ MBChB for doctors
- Documented evidence of post-qualification experience of practice within a sporting context
- Supporting evidence of appropriate Continuing Professional Development during this post-qualification experience
- Letter of support from employer
- Appropriate professional registration and indemnity if your planned mentored practice involves clinical practice in the UK

Accreditation of prior learning or experience
The generic term AP(E)L is used to encompass both Accredited Prior Learning and Accredited Prior Experiential Learning. The AP(E)L scheme means that we can consider accreditation of previous formal certified and experiential learning for modules within the programme. Further information can be found at: www.birmingham.ac.uk/postgraduate/requirements-pgt/index.aspx

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