



Division Sport and Exercise Medicine  
Afdeling Sport- en Oefeningsgeneeskunde

## UNIVERSITY OF THE FREE STATE MASTERS PROGRAMME IN SPORTS MEDICINE

### WHY OBTAIN A POSTGRADUATE QUALIFICATION IN SPORTS MEDICINE?

The need for preventative, healthy lifestyle medical advice has become greater over the last decade. Medical science is moving in the direction of more affordable preventative care rather than purely management of illness. The public is more aware of the benefits of physical fitness and a healthy lifestyle than ever before. The current boom in the fitness industry is proof of this trend. The medical practitioner has an important role to play in fulfilling this need – a fact that the medical insurance industry is only too aware of. A large portion of medical expenses in South Africa goes towards treating conditions at least partially caused by lifestyle problems such as stress and physical inactivity. A qualification in sports and exercise medicine equips the primary care physician to fill that void in the armamentarium of traditional Western medical care. The sports and exercise physician will not only be able to provide his patients with scientifically-based preventative exercise, nutritional and lifestyle advice, but also exercise and lifestyle rehabilitation for patients with chronic diseases such as ischaemic heart disease, diabetes, pulmonary disease, depression and obesity.

The need for specialised medical care for athletes at all levels of participation has increased tremendously in the last ten years. The primary care physician has already lost a large portion of the athletic population as clients to other disciplines such as physiotherapists, biokineticists, homeopaths, chiropractitioners and alternative medicine practitioners because of our inability to provide for their needs. The sports medicine qualified medical practitioner is an essential link in the sports medicine multiprofessional team.

A qualification in sports- and exercise medicine provides the general practitioner an extra dimension of specialised care to offer the general public, the athletic population, and patients with chronic disease, or an option to become a full time sports and exercise medicine practitioner.

### ADMISSION REQUIREMENTS

- MB ChB or equivalent qualification
- Full registration as a medical practitioner with the HPCSA

Candidates must be practising as medical practitioners and have completed internships and community service. Previous appropriate experience, postgraduate qualifications, conference attendances, affiliations, etc will be considered in the selection process.

### DURATION

The programme extends over 3 years (300 credits).

***The course is primarily based on distance learning, with 4 attendance periods of 5 days each per year, spread evenly over each year. It is therefore possible to obtain a Masters degree without having to neglect your practice or full time hospital appointment.***

### CURRICULUM

- Course work: 180 credits
- Research (script and course work): 120 credits





## **Year 1**

### **Modules**

- Research methodology (20 credits)
- Basic medical sciences (20 credits) – including applied anatomy, exercise biochemistry and biomechanics
- Exercise physiology (20 credits) – including musculoskeletal, cardiovascular and respiratory physiology

### **Clinical learning** (20 credits per year in each year of study)

- Case logbooks and patient presentations
- Academic discussions
- Clinical skills
- Elective periods at recognised facilities

### **Research project** (20 credits)

- Development of a research protocol

## **Year 2**

### **Modules**

- Cardiopulmonary system (8 credits)
- Applied sports medicine (12 credits) – including haematology and immunology, sports nutrition, fluid balance, sports pharmacology and exercise prescription
- Clinical exercise medicine (8 credits) – including endocrinology, obs & gine, neurology, rheumatology and paediatrics
- Clinical sports medicine (12 credits) – including emergency sports medicine, care of the elite athlete, and environmental sports medicine (exercise in extreme temperatures)

### **Clinical learning** (20 credits)

### **Research project** (40 credits)

- Literature study and empirical research

## **Year 3**

### **Modules**

- Clinical sports medicine (12 credits) – including radiology and podiatry
- Orthopaedic sports medicine (28 credits) – including soft tissue injuries, bone and joint injuries

### **Clinical learning** (20 credits)

### **Research project** (40 credits)

- Writing and completion of script

## **CONTACT DETAILS**

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**AFRIKAANS VOLG OP VOLGENDE BLADSY**

