



**UNION EUROPÉENNE DES MÉDECINS SPÉCIALISTES
EUROPEAN UNION OF MEDICAL SPECIALISTS**

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UNION EUROPEENNE DES MEDECINS SPECIALISTES

U.E.M.S.

European Training Chapter for Medical Specialists, UEMS 1995

SPORTS MEDICINE

**Chapter 6, Charter on Training of Medical
Specialists in the EU**

**Requirements for the Specialty Sports Medicine
Amended October 2007**

Article 1

**GENERAL RULES ON MONITORING, ACCREDITATION AND QUALITY
MANAGEMENT OF POSTGRADUATE TRAINING**

- 1.1 The central monitoring authority for the application of the specialty Sports Medicine will be the MJC of Sports Medicine, which has been constituted from the members of the UEMS specialist Sections and representatives of the European Federation of Sports Medicine Associations (EFSMA).

Article 2

GENERAL ASPECTS OF TRAINING IN THE SPECIALTY

- 2.1 Candidates for training in the specialty should have completed the study in medicine and should have been recognized as MD in one of the European Union Countries.
- 2.2 The minimum duration of training will be 4 years.

MINIMUM CURRICULUM FOR SPORT MEDICINE SPECIALIST

DEFINITION OF SPORTS MEDICINE

Sports medicine is a multidisciplinary clinical and academic speciality (and subspeciality in some countries) of medicine dealing with health promotion for the general population by stimulating a physically active lifestyle and diagnosis, treatment, prevention and rehabilitation following injuries or illnesses from participation to physical activities, exercises and sport at all levels.

“SCOPE OF SPORTS MEDICINE

Sports medicine is globally defined and recognised not solely for taking care of the sporting elite athletes. It is mainly focused on:

- *Prevention of chronic diseases caused by sedentary lifestyle as a major area of increasing interest which can partially be served by expertise in sports medicine.*
- *Pre-participation clinical screening and examination before exercise and competition as well as medical assistance to the athletes engaged in all sports.*
- *The use of supplements, pharmacological agents, doping control and gender verification and its complex moral, legal and health-related difficulties.*
- *Special medical issues associated with international sporting events of athletes, including disabled athletes, such as the effects of travel and acclimatization.*
- *Research in basic science and extensive clinical undertaken in the sports medicine domains within a great variety of specialities.*

The increased attention from media and significant financial and political interactions in international sports events creates an atmosphere where business and sports meet, not always for the benefit of involved athletes. Consequently, sports medicine can encompass an array of areas including internal medicine, exercise physiology, cardiology, orthopaedics and traumatology, physical and rehabilitation medicine etc.

Sports medicine is a multidisciplinary specialty, integrating teams with physicians, athletic trainers, physical therapists, coaches, sport scientists, nutritionists, psychologists, athletes and other related specialties. Besides his clinical expertise, the sports medicine specialist should be considered as head of the multidisciplinary sports medicine team, coordinating the direct planning of the athlete's health activities, related to his health.

BASIC EDUCATIONAL REQUIREMENTS TO ENROL IN TRAINING PROGRAMMES

The following curriculum on Sports Medicine is required after the national recognition as Medical Doctor.

A minimum curriculum of supervised specialist training should be 4 years.:

- *1 year minimum of Internal Medicine with special emphasis to Cardiological problems, Emergency Medicine and Clinical Nutrition.*
- *6-12 months Orthopaedics and Traumatology*
- *6-12 months Physical and Rehabilitation Medicine*
- *12-24 months at - recognized Sports Medicine Centres, including theoretical and clinical practice and experience as a team physician.*

INSTITUTIONS OFFERING SPORTS MEDICINE TRAINING

Specialization training should be carried out by a nationally and/or internationally accredited Academic and Clinical Sports Medicine Institution, preferably affiliated with a University or a National Olympic Committee. A local network of relevant specialities and relevant technical and man power resources is required unless all specialities are hosted within the main Institute.

2.3 The training programme prepares the candidate to practice as a specialist in Sports Medicine.

Article 3

CRITERIA FOR TRAINING INSTITUTIONS

3.1 Training institutions should receive official recognition by the National Boards responsible for the training in Sports Medicine. The MJC on Sports Medicine will receive a list of training institutions issued by the National Boards. If these institutions meet the requirements set out by the MJC, they will be considered conformed to European Institution for the training in Sports Medicine.

3.2 Training institutions should be preferably placed within university hospitals or major general district hospitals with adequate supporting services to provide an optimal training climate. This includes the existence of training programmes in other specialties in the hospital. Furthermore, there should be the possibility for direct interdisciplinary consultation with other specialty services. The institution should provide access to the scientific literature. Occasionally, periods of training may be taken in approved mono-specialist clinics, institutes for Sports Sciences and Training Sciences.

3.3 The Sports Medicine Training Centre will set up a programme for quality management of postgraduate training.

3.4 The main Sports Medicine Training Centre will meet the national standards and will have the following facilities as minimum standards:

- (a) A fully equipped outpatient department for consultation with athletes and patients including emergencies. Equipment should be available for diagnostic and therapeutic procedures.
- (b) A clinical ward for in-patients and day-care facilities for diagnostic, therapeutic and coaching procedures.
- (c) A conference room for deliberation and tutorial sessions.

3.5 In countries developing the specialty transitional arrangements may exist.

Article 4

CRITERIA FOR TRAINERS WITHIN THE SPECIALTY

- 4.1 The head of training should have been practicing the specialty for at least five years before appointment. He/she should be a suitably qualified specialist with a commitment to training and be recognized by the National Board. He/she should have experience in research and postgraduate education. There should also be a staff of well-qualified specialists who participate in the training programme and who can guarantee that the full range of the specialty is covered.
- 4.2 The head of training will be responsible for a training programme for each trainee in accordance with national rules and the recommendations of the European Board for training programmes in Sports Medicine.
- 4.3 The teaching staff will be sufficient in number and correlate with the number of trainees in the programme – according to the national regulations - in order to guarantee adequate supervision of the trainee in the programme.
- 4.4 In countries developing the specialty transitional arrangements may exist. “

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