

Compare roles in health

Not sure where to start with the hundreds of NHS careers? Use our compare roles section to get bite-size information on the entry requirements and training, pay and conditions, prospects and skills needed of up to three roles. If there is something that you think you could do, then get more in-depth information on the role.

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• Sport and exercise medicine [1]

Doctors in sport and exercise medicine treat people with sport and physical activity-related injuries and work to improve the health of people through increased exercise, while also preventing and managing non-communicable diseases.

Training and qualifications required

Training usually starts with a five year first degree in medicine. You'll then complete two years of foundation training, two years of core medical training and four years of specialty training (ST3-6). This period of training will include completing your royal college exams. Length of training can vary according to your circumstances.

Expected working hours and salary range

Doctors may work up to 48 hours a week. The working hours may sometimes extend beyond the normal working day to include early mornings, evenings and on call. The basic salary ranges from £29,384 to £34,012. Once you start your specialty training as a doctor in sports and exercise medicine employed by the NHS, you can expect to earn a salary of at least £40,257, which can increase to between £84,559 and £114,003 as a consultant.

Desirable skills and values

You'll need excellent communication skills to manage a wide range of relationships with colleagues, and patients and their families. You'll be emotionally resilient, have excellent problem-solving and diagnostic skills and work well in teams and under pressure. You'll also be very organised for the benefit of patients.

Prospects

There are just nine consultants employed by the NHS in sport and exercise medicine. Opportunities also exist to conduct research and teach. In 2020, there were 32 applications for 11 specialty training places. Once in a consultant post, you could take up a managerial position, for example as the lead NHS consultant for a team, department or NHS trust. You will also supervise junior doctors.

Related roles

- Rehabilitation medicine [2]
- Occupational medicine [3]
- General practitioner [4]
- Rheumatology [5]

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Links

- [1] <https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/medicine/sport-and-exercise-medicine> [2] <https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/medicine/rehabilitation-medicine> [3] <https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/occupational-medicine> [4] <https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/general-practitioner> [5] <https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/medicine/rheumatology>