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Sport and exercise medicine

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.

You'll need excellent clinical history-taking and examination skills to accurately diagnose patients.



Life in sport and exercise

You'll take a holistic [1] approach to patient care and will need a first-class understanding of the physical attributes required to participate in a variety of sports.

Sport and exercise medicine is a new and broad specialty, and you'll be expected to:

- provide accurate diagnosis for people with musculoskeletal injuries or illness who would like to exercise, or who would benefit from exercise
- implement and oversee rehabilitation programmes
- conduct workplace wellness and vocational outputs
- share your clinical expertise with other clinicians and allied healthcare professionals as part of a multidisciplinary team
- support sportspeople and assist them in maximising performance, reducing injury time and minimising the co-morbidity associated with sporting participation
- promote the highest level of ethical standards within sport by contributing to sporting organisations and teams
- encourage physical activity and the implementation of public health policy for physical activity programmes to improve public health
- liaise with health authorities, sporting organisations and other community agencies involved in the promotion of healthy lifestyles and safety standards in sport
- participate in audits, research and training to contribute to development of the sport and exercise specialty

Common procedures you'll perform include:

- clinical history and physical examination
- musculoskeletal injections, often ultrasound [2]-guided
- · biomechanics and gait assessment
- musculoskeletal ultrasound
- compartment pressure measurements
- spinal injection skills
- cardio-pulmonary exercise testing
- physical fitness and anthropometric assessment
- physical activity programmes and exercise referral

How much can I earn?

You'll first earn a salary when you start your <u>foundation training</u> [3] after medical school. Find out details of current salary ranges for foundation and specialty training, <u>SAS doctors</u> [4] and consultants on the <u>Pay for doctors</u> [5] page.

How about the benefits?

- make a difference
- · flexible and part-time working
- · high income early in your career
- · work anywhere in the world
- excellent pension scheme
- good holiday entitlement
- NHS discounts in shops and restaurants

Must-have skills

- excellent communication skills to manage a wide range of relationships with colleagues, and patients and their families
- emotional resilience, a calm temperament and the ability to work well under pressure
- teamwork and the capacity to lead multidisciplinary teams
- problem-solving and diagnostic skills
- outstanding organisational ability and effective decision-making skills
- first-class time and resource management for the benefit of patients

Entry requirements

Your first step is medical school. Typically, you'll need excellent GCSEs and three A or A* passes at A level including chemistry for a five-year undergraduate degree in medicine. Many medical schools also ask for biology and others may require maths or physics.

If you already have a degree, you could study for a four-year postgraduate degree in medicine.

You'll need to pass an interview and admissions test. You'll be asked to show how you demonstrate the NHS values such as compassion and respect.

Some medical schools look to recruit a mix of students from different backgrounds and geographical areas, so your educational and economic background and family circumstances could be considered as part of your application.

What are my chances of starting a career as a sport and exercise doctor?

There are just nine consultants employed by the NHS in sport and exercise medicine. In 2020, there were 32 applications for 11 specialty training places.

How to become a sport and exercise doctor

After medical school, you'll join the paid two-year <u>foundation programme</u> [6] where you'll work in six placements in different settings.

After your foundation programme, you can apply for paid <u>specialty training</u> [7] to become a sports and exercise doctor, which will take a minimum of six or seven years.

You may be able to train part time, for example for health reasons or if you have family or caring responsibilities.

Where a career as a sport and exercise doctor can take you

You could take up a managerial position, for example as:

- clinical lead lead NHS consultant for a team
- clinical director lead NHS consultant for a department
- clinical director lead NHS consultant for a trust

You will also supervise junior doctors and have opportunities to conduct research and teach.

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Find a vacancy

Enter your location or postcode

Show results within

Search

Sports & Exercise Medicine Consultant/ MSK Physician - Ipswich clinic

Ipswich, IP1 3HD

Salary:

Negotiable

Type:

Bank

Employer:

Bupa

Apply now on NHS Jobs for Sports & Exercise Medicine Consultant/ MSK Physician - Ipswich clinic job (opens in a new window) [8]

Sports & Exercise Medicine Consultant / MSK Physician-Edinburgh Clinic

Edinburgh, EH12 9DQ

Salary:

Negotiable

Type:

Bank

Employer:

Bupa

Apply now on NHS Jobs for Sports & Exercise Medicine Consultant / MSK Physician-Edinburgh Clinic job (opens in a new window) [9]

Clinical Exercise Lead

Brixton, SW9 9NU

Salary:

£31944.00 to £34937.00

Type:

Permanent

Employer:

South London and Maudsley NHS Foundation Trust

Apply now on NHS Jobs for Clinical Exercise Lead job (opens in a new window) [10]

Speciality Doctor Emergency Medicine

Basildon, SS16 5NL

Salary:

£61542.00

Type:

Permanent

Employer:

Mid and South Essex NHS Foundation Trust

Apply now on NHS Jobs for Speciality Doctor Emergency Medicine job (opens in a new window) [11]

Specialty Doctor in Acute Medicine

Torquay, TQ2 7AA

Salary:

Negotiable

Type:

Permanent

Employer:

Torbay and South Devon NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor in Acute Medicine job (opens in a new window) [12]

Bank Senior Doctor - General Medicine

Redhill, RH1 5RH

Salary:

£75.00

Type:

Bank

Employer:

Surrey and Sussex Healthcare NHS Trust

Apply now on NHS Jobs for Bank Senior Doctor - General Medicine job (opens in a new window) [13]

Specialty Doctor in Emergency Medicine

Redhill, RH1 5RH

Salary:

£61542.00 to £99216.00

Type:

Fixed-Term

Employer:

Surrey and Sussex Healthcare NHS Trust

Apply now on NHS Jobs for Specialty Doctor in Emergency Medicine job (opens in a new window) [14]

Specialty Doctor in Emergency Medicine

Bridgend, CF31 1RQ

Salary:

£62117.00 to £99216.00

Type:

Permanent

Employer:

Cwm Taf Morgannwg University Health Board

Apply now on NHS Jobs for Specialty Doctor in Emergency Medicine job (opens in a new window) [15]

Specialty Doctor in Emergency Medicine

Preston, PR2 9HT

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Lancashire Teaching Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor in Emergency Medicine job (opens in a new window) [16]

Specialty Doctor in Endocrine Medicine

Truro, TR1 3LJ

Salary:

£61825.00

Type:

Permanent

Employer:

Royal Cornwall Hospitals Trust

Apply now on NHS Jobs for Specialty Doctor in Endocrine Medicine job (opens in a new window) [17]

Specialty Doctor in Respiratory Medicine

Chichester, West Sussex, PO19 6SE

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

University Hospitals Sussex NHS Foundation Trust (279)

Apply now on NHS Jobs for Specialty Doctor in Respiratory Medicine job (opens in a new window) [18]

Specialty Doctor in Stroke Medicine

Redhill, RH1 5RH

Salary:

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£61542.00 to £99216.00
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Type:

Fixed-Term

Employer:

Surrey and Sussex Healthcare NHS Trust

Apply now on NHS Jobs for Specialty Doctor in Stroke Medicine job (opens in a new window) [19]

Bank Doctor in General Medicine (ST3+)

Victoria Road, Macclesfield, SK10 3BL

Salary:

Negotiable

Type:

Bank

Employer:

East Cheshire NHS Trust

Apply now on NHS Jobs for Bank Doctor in General Medicine (ST3+) job (opens in a new window) [20]

Specialty Doctor/Clinical Fellow in Palliative Medicine

Romford, RM4 1QH

Salary:

Negotiable

Type:

Fixed-Term

Employer:

Saint Francis Hospice

Apply now on NHS Jobs for Specialty Doctor/Clinical Fellow in Palliative Medicine job (opens in a new window) [21]

Trust Doctor in Specialty and Integrated Medicine

Leeds, LS1 3EX

Salary:

£44439.00

Type:

Fixed-Term

Employer:

Leeds Teaching Hospitals

Apply now on NHS Jobs for Trust Doctor in Specialty and Integrated Medicine job (opens in a new window) [22]

Specialist Grade Doctor in Fraity and Ageing Medicine

Hull, HU3 2JZ

Salary:

£96990.00 to £107155.00

Type:

Permanent

Employer:

Hull University Teaching Hospitals NHS Trust

Apply now on NHS Jobs for Specialist Grade Doctor in Fraity and Ageing Medicine job (opens in a new window) [23]

Specialty Doctor in Oral Medicine and Facial Pain

London, WC1E 6DG

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

University College London Hospitals NHS Foundation Trust

<u>Apply now on NHS Jobs for Specialty Doctor in Oral Medicine and Facial Pain job</u>

(opens in a new window) [24]

Junior Locally Employed Doctor in General Medicine with OOH

Crumpsall, M8 5RB

Salary:

£49909.00

Type:

Fixed-Term

Employer:

Manchester University NHS Foundation Trust

Apply now on NHS Jobs for Junior Locally Employed Doctor in General Medicine with OOH job (opens in a new window) [25]

Speciality Doctor

Taunton, TA1 5HA

Salary:

Negotiable

Type:

Permanent

Employer:

St Margaret's Somerset Hospice

Apply now on NHS Jobs for Speciality Doctor job (opens in a new window) [26]

Specialty Doctor

Scunthorpe, DN15 7BH

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Northern Lincolnshire and Goole NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor job (opens in a new window) [27]

ENT Doctor

Worthing, BN11 3BN

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

Apply now on NHS Jobs for ENT Doctor job (opens in a new window) [28]

Specialty Doctor

London, UB1 3EU

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

West London NHS Trust

Apply now on NHS Jobs for Specialty Doctor job (opens in a new window) [29]

Specialty Doctor

London, TW3 3EL

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

West London NHS Trust

Apply now on NHS Jobs for Specialty Doctor job (opens in a new window) [30]

ENT Doctor

Canterbury, CT1 1BN

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

Apply now on NHS Jobs for ENT Doctor job (opens in a new window) [31]

Specialty Doctor

BIRMINGHAM, B14 6RP

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Birmingham Community Healthcare NHS FT

Apply now on NHS Jobs for Specialty Doctor job (opens in a new window) [32]

Specialty Doctor

London, SE5 8UH

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Guy's and St Thomas' NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor job (opens in a new window) [33]

Specialty Doctor

Wallingford,, OX10 6SL

Salary:

£59175.00

Type:

Fixed-Term

Employer:

Sue Ryder

Apply now on NHS Jobs for Specialty Doctor job (opens in a new window) [34]

Specialist Doctor

Coventry, CV2 2DX

Salary:

£96990.00 to £107155.00

Type:

Fixed-Term

Employer:

University Hospitals Coventry and Warwickshire NHS Trust

Apply now on NHS Jobs for Specialist Doctor job (opens in a new window) [35]

Specialty Doctor

Hounslow, TW3 1SE

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

West London NHS Trust

Apply now on NHS Jobs for Specialty Doctor job (opens in a new window) [36]

Hospice Doctor (Bank)

Lewes, BN8 4ED

Salary:

Negotiable

Type:

Bank

Employer:

St Peter & St James Hospice

Apply now on NHS Jobs for Hospice Doctor (Bank) job (opens in a new window)

Hospice Doctor (Bank)

Lewes, BN8 4ED

Salary:

Negotiable

Type:

Bank

Employer:

St Peter & St James Hospice

Apply now on NHS Jobs for Hospice Doctor (Bank) job (opens in a new window)

[37]

Specialty Doctor Ophthalmology

Hereford, HR1 2ER

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

Wye Valley NHS Trust

Apply now on NHS Jobs for Specialty Doctor Ophthalmology job (opens in a new window) [38]

Salaried GP (Doctor)

London, N1 5HZ

Salary:

Negotiable

Type:

Permanent

Employer:

The Lawson Practice

Apply now on NHS Jobs for Salaried GP (Doctor) job (opens in a new window) [39]

Specialty Doctor Radiology

Buckinghamshire, HP21 8AL

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

Buckinghamshire Healthcare NHS Trust

Apply now on NHS Jobs for Specialty Doctor Radiology job (opens in a new window) [40]

Specialty Doctor - Breast

Southend / Broomfield, SS0 0RY

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

Mid and South Essex NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor - Breast job (opens in a new window)

Glaucoma Specialty Doctor

Southampton, SO16 6YD

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

University Hospital Southampton NHS Trust

Apply now on NHS Jobs for Glaucoma Specialty Doctor job (opens in a new window) [42]

Specialty Doctor MHSOP

Penarth, CF64 2XX

Salary:

£59727.00 to £95400.00

Type:

Permanent

Employer:

Cardiff and Vale University Health Board

Apply now on NHS Jobs for Specialty Doctor MHSOP job (opens in a new window)

Specialty Doctor - Dermatology

Gainsborough, DN21 2BH

Salary:

£59000.00 to £95400.00

Type:

Permanent

Employer:

HCRG Care Group

Apply now on NHS Jobs for Specialty Doctor - Dermatology job (opens in a new window) [44]

Specialty Doctor - Anaesthetics

Scarborough, YO12 6QL

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

York and Scarborough Teaching Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor - Anaesthetics job (opens in a new window) [45]

Perioperative Medical Doctor

Shepton Mallet, BA4 4LP

Salary:

Negotiable

Type:

Permanent

Employer:

Practice Plus Group

Apply now on NHS Jobs for Perioperative Medical Doctor job (opens in a new window) [46]

Bank Doctor Herts

Hertfordshire, WD25 9FG

Salary:

£39.40

Type:

Bank

Employer:

Central London Community Health Trust

Apply now on NHS Jobs for Bank Doctor Herts job (opens in a new window) [47]

Orthogeriatric Specialty Doctor

Gillingham, Kent, ME7 5NY

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

Medway NHS Foundation Trust

Apply now on NHS Jobs for Orthogeriatric Specialty Doctor job (opens in a new window) [48]

Resident Doctor Paediatrics

London, W1W 5AH

Salary:

Negotiable

Type:

Permanent

Employer:

HCA Healthcare UK

Apply now on NHS Jobs for Resident Doctor Paediatrics job (opens in a new window) [49]

Resident Doctor Oncology

London, W1G 8BJ

Salary:

Negotiable

Type:

Permanent

Employer:

HCA Healthcare UK

Apply now on NHS Jobs for Resident Doctor Oncology job (opens in a new window) [50]

Senior Trust Doctor

London, NW1 2BU

Salary:

£61825.00

Type:

Fixed-Term

Employer:

University College London Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Senior Trust Doctor job (opens in a new window) [51]

ST1 Paediatric Bank Doctor

Warrington, WA5 1QG

Salary:

Negotiable

Type:

Bank

Employer:

Warrington and Halton Teaching Hospitals NHSFT

Apply now on NHS Jobs for ST1 Paediatric Bank Doctor job (opens in a new window) [52]

Specialist Doctor in Haematology

Bristol, BS2 8ED

Salary:

£96990.00 to £107155.00

Type:

Permanent

Employer:

University Hospitals Bristol and Weston NHS Foundation Trust (UHBW)

<u>Apply now on NHS Jobs for Specialist Doctor in Haematology job (opens in a new window)</u>

[53]

Specialty Doctor in Anaesthetics

Rotherham, S60 2UD

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

The Rotherham NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor in Anaesthetics job (opens in a new window) [54]

Specialist Doctor in Ophthalmology

Harlow, CM20 1QX

Salary:

£96990.00 to £107155.00

Type:

Fixed-Term

Employer:

The Princess Alexandra Hospital NHS Trust

Apply now on NHS Jobs for Specialist Doctor in Ophthalmology job (opens in a new window) [55]

Specialty Doctor in Haematology

Barnsley, S75 2EP

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Barnsley Hospital NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor in Haematology job (opens in a new window) [56]

Specialty Doctor in Gastroenterology

Sutton-in-Ashfield, NG17 4JL

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Sherwood Forest Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor in Gastroenterology job (opens in a new window) [57]

Specialty Doctor (Part-time)

Scotland, DD5 1PL

Salary:

£59500.00

Type:

Permanent

Employer:

Cygnet Health Care

Apply now on NHS Jobs for Specialty Doctor (Part-time) job (opens in a new window) [58]

Speciality Doctor - Maternity Locum

Taunton, TA1 5HA

Salary:

Negotiable

Type:

Locum

Employer:

St Margaret's Somerset Hospice

Apply now on NHS Jobs for Speciality Doctor - Maternity Locum job (opens in a new window) [59]

Specialty Doctor in Ophthalmology

Rotherham, S60 2UD Rotherham, S60 1RY

Salary:

£61542.00 to £99216.00

Type:

Permanent

Employer:

The Rotherham NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor in Ophthalmology job (opens in a new window) [60]

Specialist Doctor Community Services

Wakefield, WF14DG

Salary:

£100870.00 to £111441.00

Type:

Fixed-Term

Employer:

The Mid Yorkshire Teaching NHS Trust

Apply now on NHS Jobs for Specialist Doctor Community Services job (opens in a new window) [61]

Specialty Doctor - CAMHS PICU

Stafford, ST19 9QT

Salary:

£90000.00

Type:

Permanent

Employer:

Active Care Group

Apply now on NHS Jobs for Specialty Doctor - CAMHS PICU job (opens in a new window) [62]

Specialty Doctor in Anaesthetics

Bodelwyddan, LL18 5UJ

Salary:

£59727.00 to £95400.00

Type:

Permanent

Employer:

Betsi Cadwaladr University Health Board

Apply now on NHS Jobs for Specialty Doctor in Anaesthetics job (opens in a new window) [63]

Resident Doctor Oncology Outpatients

London, W1G 6AF

Salary:

Negotiable

Type:

Permanent

Employer:

HCA Healthcare UK

Apply now on NHS Jobs for Resident Doctor Oncology Outpatients job (opens in a new window) [64]

Specialty Doctor - Female Rehabilitation

Mold, CH7 6FQ

Salary:

£85000.00 to £85000.00

Type:

Permanent

Employer:

Cygnet Health Care

Apply now on NHS Jobs for Specialty Doctor - Female Rehabilitation job (opens in a new window) [65]

Speciality Doctor in Microbiology

Stoke-on-Trent, ST4 6QG

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

University Hospital of North Midlands NHS Trust

Apply now on NHS Jobs for Speciality Doctor in Microbiology job (opens in a new window) [66]

Further information

These organisations have further information about being a sport and exercise medicine doctor, particularly as your career progresses. Take a look.

Faculty of Sport and Exercise Medicine (UK) [67]

The Royal College of Surgeons of Edinburgh [68]

Royal College of Physicians [69]

Royal College of Physicians of Edinburgh [70]

Royal College of Physicians and Surgeons of Glasgow [71]

British Association of Sport and Exercise Medicine- The specialty association [72]

General Medical Council – SEM section [73]

Joint Royal Colleges Physicians Training Board [74]

Other roles that may interest you

- Rehabilitation medicine [75]
- Occupational medicine [76]
- General practitioner [77]
- Rheumatology [78]

Source URL: https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/medicine/sport-and-exercise-medicine

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