

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 [foundation training](#) ^[3] after medical school. Find out details of current salary ranges for foundation and specialty training, [SAS doctors](#) ^[4] and consultants on the [Pay for doctors](#) ^[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 foundation programme ^[6] where you'll work in six placements in different settings.

After your foundation programme, you can apply for paid specialty training ^[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.

• Live vacancies

Find a vacancy

Enter your location or postcode

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- **Consultant Sports and Exercise Medicine (SEM)**

LINCS, NG34 8HB

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Ministry of Defence (Defence Medical Services)

[Apply now on NHS Jobs for Consultant Sports and Exercise Medicine \(SEM\) job \(opens in a new window\)](#) ^[8]

- **Sports and Exercise Technician**

Maidstone, ME16 9PH

Salary:

£27485.00 to £30162.00

Type:

Permanent

Employer:

Kent & Medway NHS & Social Care Partnership Trust

[Apply now on NHS Jobs for Sports and Exercise Technician job \(opens in a new window\)](#) ^[9]

- **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 \(opens in a new window\)](#) ^[10]

- **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 \(opens in a new window\)](#) ^[11]

- **Exercise Specialist**

Guildford, GU2 7XX

Salary:

£28860.00 to £31671.00

Type:

Fixed-Term

Employer:

Royal Surrey NHS Foundation Trust

[Apply now on NHS Jobs for Exercise Specialist job \(opens in a new window\)](#) ^[12]

- **MSK Physiotherapist / Sports Therapist**

Lincoln, LN2 2JP

Gainsborough, DN21 2AU

Lincoln, LN6 9AX

Salary:

Negotiable

Type:

Permanent

Employer:

CSG Physio Ltd

[Apply now on NHS Jobs for MSK Physiotherapist / Sports Therapist job \(opens in a new window\)](#) ^[13]

- **Clinical Exercise Physiologist**

City of London, EC1A 7BS

Salary:

£40000.00 to £46500.00

Type:

Permanent

Employer:

Nuffield Health

[Apply now on NHS Jobs for Clinical Exercise Physiologist job \(opens in a new window\)](#) ^[14]

- **Associate Exercise Physiologist**

City of London, EC1A 7BS

Salary:

£30000.00 to £35000.00

Type:

Permanent

Employer:

Nuffield Health

[Apply now on NHS Jobs for Associate Exercise Physiologist job \(opens in a new window\)](#) ^[15]

- **Clinical Exercise Specialist**

Huntingdon, PE29 6FH

Salary:

£27485.00 to £30162.00

Type:

Fixed-Term

Employer:

Cambridgeshire and Peterborough NHS Foundation Trust

[Apply now on NHS Jobs for Clinical Exercise Specialist job \(opens in a new window\)](#) ^[16]

- **Pulmonary Rehabilitation Exercise Technician**

Worcester, WR5 1DD

Salary:

£27485.00 to £30162.00

Type:

Fixed-Term

Employer:

Worcestershire Acute Hospitals NHS Trust

[Apply now on NHS Jobs for Pulmonary Rehabilitation Exercise Technician job \(opens in a new window\)](#) ^[17]

- **Exercise/ Nutrition Therapy Assistant Practitioner**

London, SW3 6NP

Salary:

£33094.00 to £36195.00

Type:

Fixed-Term

Employer:

Guy's and St Thomas' NHS Foundation Trust

[Apply now on NHS Jobs for Exercise/ Nutrition Therapy Assistant Practitioner job \(opens in a new window\)](#) ^[18]

- **Band 5 Exercise Rehabilitation Instructor (ERI)**

Colchester, CO2 7UT

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Ministry of Defence (Defence Medical Services)

[Apply now on NHS Jobs for Band 5 Exercise Rehabilitation Instructor \(ERI\) job \(opens in a new window\)](#) ^[19]

- **Specialty Doctor - Palliative Medicine**

Dorchester, DT1 2SL

Salary:

Negotiable

Type:

Permanent

Employer:

Weldmar Hospicecare

[Apply now on NHS Jobs for Specialty Doctor - Palliative Medicine job \(opens in a new window\)](#) ^[20]

- **Specialist Doctor in Elderly Medicine**

Wakefield, WF14DG

Salary:

£100870.00 to £111441.00

Type:

Permanent

Employer:

The Mid Yorkshire Teaching NHS Trust

[Apply now on NHS Jobs for Specialist Doctor in Elderly Medicine job \(opens in a new window\)](#) ^[21]

- **Specialist Doctor in Stroke Medicine**

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 in Stroke Medicine job \(opens in a new window\)](#) ^[22]

- **Specialty Doctor in Stroke 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 Stroke Medicine job \(opens in a new window\)](#) ^[23]

- **Specialty Doctor in Emergency Medicine**

King's Lynn, PE30 4ET

Salary:

£61542.00 to £99216.00

Type:

Permanent

Employer:

The Queen Elizabeth Hospital King's Lynn NHSFT

[Apply now on NHS Jobs for Specialty Doctor in Emergency Medicine job \(opens in a new window\)](#) ^[24]

- **Specialty Doctor in Palliative Medicine**

Newcastle upon Tyne, NE7 7DN

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

The Newcastle upon Tyne Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Specialty Doctor in Palliative Medicine job \(opens in a new window\)](#) ^[25]

- **Trust Doctor in Emergency Medicine (ST1)**

Ashford, TN24 0LZ

Salary:

£49909.00

Type:

Fixed-Term

Employer:

East Kent Hospitals University NHS Foundation Trust

[Apply now on NHS Jobs for Trust Doctor in Emergency Medicine \(ST1\) job \(opens in a new window\)](#) ^[26]

- **Trust Grade Doctor in Elderly Medicine**

London, W6 8RF

Salary:

Negotiable

Type:

Fixed-Term

Employer:

Imperial College Healthcare NHS Trust

[Apply now on NHS Jobs for Trust Grade Doctor in Elderly Medicine job \(opens in a new window\)](#) ^[27]

- **Locally Employed Doctor in Emergency Medicine ST4+**

Carlisle, CA2 7HY

Salary:

£61825.00 to £70425.00

Type:

Fixed-Term

Employer:

North Cumbria Integrated Care NHS Foundation Trust

[Apply now on NHS Jobs for Locally Employed Doctor in Emergency Medicine ST4+ job \(opens in a new window\)](#) ^[28]

- **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 \(opens in a new window\)](#) ^[29]

- **Senior Locally Employed Doctor in Respiratory Medicine**

Manchester, M23 9LT

Salary:

£61825.00

Type:

Fixed-Term

Employer:

Manchester University NHS Foundation Trust

[Apply now on NHS Jobs for Senior Locally Employed Doctor in Respiratory Medicine job \(opens in a new window\)](#) ^[30]

- **Locally Employed Doctor (Standard) - Emergency Medicine HGS**

Sutton Coldfield, B75 7RR

Birmingham, B9 5SS

Salary:

£52656.00

Type:

Fixed-Term

Employer:

University Hospitals Birmingham NHS Foundation Trust

[Apply now on NHS Jobs for Locally Employed Doctor \(Standard\) - Emergency Medicine HGS job \(opens in a new window\)](#) ^[31]

- **Trust Doctor (ST3 equivalent) in General Medicine**

Worthing, BN11 2DH

Salary:

£41750.00 to £64288.00

Type:

Fixed-Term

Employer:

University Hospitals Sussex NHS Foundation Trust (279)

[Apply now on NHS Jobs for Trust Doctor \(ST3 equivalent\) in General Medicine job \(opens in a new window\)](#) ^[32]

- **Senior Locally Employed Doctor in Renal Medicine**

Manchester, M139WL

Salary:

£61825.00

Type:

Fixed-Term

Employer:

Manchester University NHS Foundation Trust

[Apply now on NHS Jobs for Senior Locally Employed Doctor in Renal Medicine job \(opens in a new window\)](#) ^[33]

- **Locally Employed Doctor (Higher) in Emergency Medicine QEHB**

Birmingham, B15 2TH

Salary:

£61825.00

Type:

Fixed-Term

Employer:

University Hospitals Birmingham NHS Foundation Trust

[Apply now on NHS Jobs for Locally Employed Doctor \(Higher\) in Emergency Medicine QEHB job \(opens in a new window\)](#) ^[34]

- **Locally Employed Doctor (Higher) in Respiratory Medicine - QEHB**

Birmingham, B15 2TH

Salary:

£61825.00

Type:

Fixed-Term

Employer:

University Hospitals Birmingham NHS Foundation Trust

[Apply now on NHS Jobs for Locally Employed Doctor \(Higher\) in Respiratory Medicine - QEHB job \(opens in a new window\)](#) ^[35]

- **Junior Locally Employed Doctor in Paediatric General Medicine**

Wythenshawe, M23 9LT

Salary:

£49909.00

Type:

Fixed-Term

Employer:

Manchester University NHS Foundation Trust

[Apply now on NHS Jobs for Junior Locally Employed Doctor in Paediatric General Medicine job \(opens in a new window\)](#) ^[36]

- **Trust Doctor in Acute General Medicine IMT 3/ST3 – ST5**

Oxford, OX3 9DU

Salary:

£61825.00

Type:

Fixed-Term

Employer:

Oxford University Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Trust Doctor in Acute General Medicine IMT 3/ST3 – ST5 job \(opens in a new window\)](#) ^[37]

- **Clinical Fellow Trust Doctor in Emergency Medicine with Spec. Interest**

Worthing, BN11 2DH

Salary:

£37068.00 to £57570.00

Type:

Fixed-Term

Employer:

University Hospitals Sussex NHS Foundation Trust (279)

[Apply now on NHS Jobs for Clinical Fellow Trust Doctor in Emergency Medicine with Spec. Interest job \(opens in a new window\)](#) ^[38]

- **Dermatology Doctor**

Swindon, SN3 3RB

Salary:

£550.00

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) ^[39]

- **Dermatology Doctor**

Wandsworth, SW18 4WW

Salary:

£550.00

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) ^[40]

- **ENT Doctor**

Worthing, BN11 3BN

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for ENT Doctor job \(opens in a new window\)](#) ^[41]

- **Dermatology Doctor**

London, SE14 6BL

Salary:

£550.00

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) ^[42]

- **ENT Doctor**

Canterbury, CT1 1BN

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for ENT Doctor job \(opens in a new window\)](#) ^[43]

- **Dermatology Doctor**

Slough, SL1 2EJ

Salary:

£550.00

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) ^[44]

- **Dermatology Doctor**

Slough, SL1 2EJ

Salary:

£550.00

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) ^[45]

- **Specialty Doctor**

Kewstoke, BS22 9UZ

Salary:

£90000.00 to £90000.00

Type:

Permanent

Employer:

Cygnnet Health Care

[Apply now on NHS Jobs for Specialty Doctor job \(opens in a new window\)](#) ^[46]

- **Specialist Doctor**

Coxheath, ME17 4AH

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Kent Community Health NHS Foundation Trust

[Apply now on NHS Jobs for Specialist Doctor job \(opens in a new window\)](#) ^[47]

- **Speciality Doctor**

Southall, UB2 4SD

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

West London NHS Trust

[Apply now on NHS Jobs for Speciality Doctor job \(opens in a new window\)](#) ^[48]

- **Dermatology Doctor**

Leicester, LE1 2BU

Salary:

Negotiable

Type:

Permanent

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) ^[49]

- **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 \(opens in a new window\)](#) ^[50]

- **Dermatology Doctor**

Canterbury, CT1 1BN

Salary:

£550.00

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) ^[51]

- **Specialty Doctor**

Gloucester, GL1 5UA

Salary:

£83224.00 to £83224.00

Type:

Permanent

Employer:

Cygnnet Health Care

[Apply now on NHS Jobs for Specialty Doctor job \(opens in a new window\)](#) ^[52]

- **Specialty Doctor**

Leeds, LS10 4BS

Salary:

£70901.00 to £95400.00

Type:

Fixed-Term

Employer:

Leeds and York Partnership NHS Foundation Trust

[Apply now on NHS Jobs for Specialty Doctor job \(opens in a new window\)](#) ^[53]

- **Specialist Doctor**

Doncaster, DN4 0QP

Salary:

£100870.00 to £111441.00

Type:

Permanent

Employer:

Rotherham Doncaster and South Humber NHSFT

[Apply now on NHS Jobs for Specialist Doctor job \(opens in a new window\)](#) ^[54]

- **Dermatology Doctor**

Worthing, BN11 3BN

Salary:

£550.00

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) ^[55]

- **Specialty Doctor**

Brunel Road, , RG7 4AB

Reading, , RG30 2DX

Crowmarsh Wallingford, OX10 6SL

Salary:

£59175.00

Type:

Fixed-Term

Employer:

Sue Ryder

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

- **Specialty Doctor**

Dudley, B632UR

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Black Country Healthcare NHS Foundation Trust

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

- **BASMU Doctor**

Plymouth, PL6 8DH

Salary:

£61825.00

Type:

Fixed-Term

Employer:

University Hospitals Plymouth NHS Trust

[Apply now on NHS Jobs for BASMU Doctor job \(opens in a new window\)](#) ^[58]

- **Neonatal Trust Doctor**

Harrow, HA1 3UJ

Salary:

£41750.00 to £54468.00

Type:

Permanent

Employer:

London North West University Healthcare NHS Trust

[Apply now on NHS Jobs for Neonatal Trust Doctor job \(opens in a new window\)](#) ^[59]

- **Stroke Specialist Doctor**

Chertsey, KT16 0PZ

Salary:

£83945.00 to £95275.00

Type:

Permanent

Employer:

Ashford & St. Peter's Hospitals NHS Foundation Trust

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

^[60]

- **Specialty Doctor Gastroenterology**

Harrogate, HG2 7SX

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

Harrogate and District NHS Foundation Trust

[Apply now on NHS Jobs for Specialty Doctor Gastroenterology job \(opens in a new window\)](#) ^[61]

- **Trust Grade Doctor**

Kings Norton, B30 3QY

Salary:

£36616.00 to £42008.00

Type:

Fixed-Term

Employer:

Birmingham Community Healthcare NHS FT

[Apply now on NHS Jobs for Trust Grade Doctor job \(opens in a new window\)](#) ^[62]

- **Specialty Doctor - Oncology**

Birmingham, B15 2TH

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

University Hospitals Birmingham NHS Foundation Trust

[Apply now on NHS Jobs for Specialty Doctor - Oncology job \(opens in a new window\)](#) ^[63]

- **Specialty Doctor - Urology**

Barrow in Furness, LA14 4LF

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

University Hospitals of Morecambe Bay NHS Trust

[Apply now on NHS Jobs for Specialty Doctor - Urology job \(opens in a new window\)](#) ^[64]

- **Specialty Doctor - Dermatology**

Lancaster, LA1 4RP

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

University Hospitals of Morecambe Bay NHS Trust

[Apply now on NHS Jobs for Specialty Doctor - Dermatology job \(opens in a new window\)](#) ^[65]

- **Specialty Doctor - Ophthalmology**

Carlisle, CA2 7HY

Salary:

£61542.00 to £99216.00

Type:

Permanent

Employer:

North Cumbria Integrated Care NHS Foundation Trust

[Apply now on NHS Jobs for Specialty Doctor - Ophthalmology job \(opens in a new window\)](#) ^[66]

- **FY3 Doctor (Psychiatry)**

Leeds, LS14 6UH

Salary:

£52656.00 to £65048.00

Type:

Fixed-Term

Employer:

Leeds and York Partnership NHS Foundation Trust

[Apply now on NHS Jobs for FY3 Doctor \(Psychiatry\) job \(opens in a new window\)](#)

^[67]

- **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 \(UK\)](#) ^[68]

[The Royal College of Surgeons of Edinburgh](#) ^[69]

[Royal College of Physicians](#) ^[70]

[Royal College of Physicians of Edinburgh](#) ^[71]

[Royal College of Physicians and Surgeons of Glasgow](#) ^[72]

[British Association of Sport and Exercise Medicine- The specialty association](#) ^[73]

[General Medical Council – SEM section](#) ^[74]

[Joint Royal Colleges Physicians Training Board](#) ^[75]

Other roles that may interest you

- [Rehabilitation medicine](#) ^[76]
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 - [General practitioner](#) ^[78]
 - [Rheumatology](#) ^[79]
-

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