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 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-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 after medical school. 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.

**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 [4] where you’ll work in six placements in different settings.

After your foundation programme, you can apply for paid specialty training [5] 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

Show results within

○ Consultant in Sport and Exercise Medicine

Hemel Hempstead, HP2 4TU

Salary: £70000.00 to £100000.00
Type: Permanent
Employer: Connect Health Group Limited
Apply now on NHS Jobs for Consultant in Sport and Exercise Medicine job (opens in a new window) [6]

○ Grade 7 Consultant (Sports and Exercise Medicine)

Salisbury, SP4 9AA

Salary: £88364.00 to £119133.00
Type: Permanent
Employer: Ministry of Defence (Defence Medical Services)
Apply now on NHS Jobs for Grade 7 Consultant (Sports and Exercise Medicine) job (opens in a new window) [7]

○ Patient Pathway Administrator - Sport and Exercise Medicine

Nottingham, NG7 2UH
Salary: £22816.00 to £24336.00
Type: Permanent
Employer: Nottingham University Hospitals NHS Trusts
Apply now on NHS Jobs for Patient Pathway Administrator - Sport and Exercise Medicine job (opens in a new window) [8]

**Sports and Exercise Therapist**

London, W10 6DZ

Salary: £25500.00
Type: Permanent
Employer: Healthshare Group
Apply now on NHS Jobs for Sports and Exercise Therapist job (opens in a new window) [9]

**Sports and Emergency Medicine Fellow**

Stockton on Tees, TS19 8PE

Salary: Negotiable
Type: Fixed-Term
Employer: North Tees & Hartlepool NHS Foundation Trust
Apply now on NHS Jobs for Sports and Emergency Medicine Fellow job (opens in a new window) [10]

**Exercise Rehabilitation Instructor**

Lymington, SO41 8QD

Salary: £25147.00 to £27596.00
Type: Permanent
Employer: Southern Health NHS Foundation Trust
Apply now on NHS Jobs for Exercise Rehabilitation Instructor job (opens in a new window) [11]
Senior Exercise Physiologist
Kettering, NN16 8UZ
Salary: £33706.00 to £40588.00
Type: Permanent
Employer: Kettering General Hospital NHS Foundation Trust
Apply now on NHS Jobs for Senior Exercise Physiologist job (opens in a new window)

Senior Sports Therapist
Wolverhampton, WV2 1EZ
Salary: Negotiable
Type: Permanent
Employer: Connect Health Group Limited
Apply now on NHS Jobs for Senior Sports Therapist job (opens in a new window)

Band 6 Exercise Physiologist
Birmingham, B21 0SY
Salary: £35392.00 to £42618.00
Type: Secondment
Employer: Birmingham Community Healthcare NHS FT
Apply now on NHS Jobs for Band 6 Exercise Physiologist job (opens in a new window)

Exercise Practitioner Cystic Fibrosis
Southampton, SO14 2AA
Salary: £28407.00 to £34581.00
Type: Permanent
Employer:
University Hospital Southampton NHS Trust
Apply now on NHS Jobs for Exercise Practitioner Cystic Fibrosis job (opens in a new window) [15]

Cardiac Rehabilitation Exercise Professional

Nottingham, NG5 1PB

Salary: £25147.00 to £27596.00
Type: Fixed-Term
Employer: Nottingham University Hospitals NHS Trusts
Apply now on NHS Jobs for Cardiac Rehabilitation Exercise Professional job (opens in a new window) [16]

Bader Gym Exercise Facilitator

London, SW15 5PN

Salary: £34089.00 to £41498.00
Type: Fixed-Term
Employer: St George’s Healthcare NHS Foundation Trust
Apply now on NHS Jobs for Bader Gym Exercise Facilitator job (opens in a new window) [17]

Senior MSK Sports Therapist

London, W14 0LJ

Salary: £31000.00 to £39000.00
Type: Permanent
Employer: Connect Health Group Limited
Apply now on NHS Jobs for Senior MSK Sports Therapist job (opens in a new window) [18]

Exercise Therapist - Cardiac Rehab Service

Lowestoft, NR32 1DE

Salary: £35392.00 to £42618.00
Clinical Cardiopulmonary Testing & Exercise Physiologist

Gillingham Kent, ME7 5NY

Salary: £28407.00 to £34581.00
Type: Permanent
Employer: Medway NHS Foundation Trust
Apply now on NHS Jobs for Clinical Cardiopulmonary Testing & Exercise Physiologist job (opens in a new window) [20]

Advanced MSK Clinician - Sports Therapist

Nottingham, NG15 7JX
Nottingham, NG9 8DB
Nottingham, NG4 3DQ

Salary: £40000.00 to £51000.00
Type: Permanent
Employer: Connect Health Group Limited
Apply now on NHS Jobs for Advanced MSK Clinician - Sports Therapist job (opens in a new window) [21]

Advanced MSK Clinician - Sports Therapist

Wolverhampton, WV2 1EZ

Salary: Negotiable
Type: Permanent
Employer: Connect Health Group Limited
Apply now on NHS Jobs for Advanced MSK Clinician - Sports Therapist job (opens in a new window) [22]
Advanced MSK Clinician - Sports Therapist

Wolverhampton, WV2 1EZ

Salary: Negotiable
Type: Permanent
Employer: Connect Health Group Limited

Apply now on NHS Jobs for Advanced MSK Clinician - Sports Therapist job (opens in a new window) [23]

Senior MSK Clinician - Sports Therapist

Banbury, OX16 9AD
Bicester, OX26 6HT
Chipping Norton, OX7 5FA
Abingdon, OX14 1BT
Didcot, OX11 0AG
Wantage, OX12 7AS
Wallingford, OX10 9DU
Henley-on-thames, RG9 2EB
Oxford, OX4 1GE

Salary: £31000.00 to £39000.00
Type: Permanent
Employer: Connect Health Group Limited

Apply now on NHS Jobs for Senior MSK Clinician - Sports Therapist job (opens in a new window) [24]

Senior MSK Clinician - Sports Therapist

Dewsbury, WF13 1HN

Salary: £31000.00 to £39000.00
Type: Permanent
Employer: Connect Health Group Limited

Apply now on NHS Jobs for Senior MSK Clinician - Sports Therapist job (opens in a new window) [25]
Advanced MSK Clinician - Sports Therapist

Banbury, OX16 9AD
Bicester, OX26 6HT
Chipping Norton, OX7 5FA
Abingdon, OX14 1BT
Didcot, OX11 0AG
Wantage, OX12 7AS
Wallingford, OX10 9DU
Henley-on-thames, RG9 2EB
Oxford, OX4 1GE

Salary:
  £40000.00 to £55000.00
Type:
  Permanent
Employer:
  Connect Health Group Limited
Apply now on NHS Jobs for Advanced MSK Clinician - Sports Therapist job (opens in a new window)

Advanced MSK Clinician - Sports Therapist

Wembley, HA0 4UZ

Salary:
  £40000.00 to £55000.00
Type:
  Permanent
Employer:
  Connect Health Group Limited
Apply now on NHS Jobs for Advanced MSK Clinician - Sports Therapist job (opens in a new window)

Senior MSK Clinician - Sports Therapist

Milton Keynes, MK3 6EN
Milton Keynes, MK6 4NG
Milton Keynes, MK10 7LN
Milton Keynes, MK12 5DF
Milton Keynes, MK6 1AP

Salary:
  Negotiable
Type:
  Permanent
Employer:
  Connect Health Group Limited
Apply now on NHS Jobs for Senior MSK Clinician - Sports Therapist job (opens in a new window)
Band 4 Assistant Practitioner/ Physiotherapy Exercise Assistant

Headington, OX3 9DU

Salary: £25147.00 to £27596.00
Type: Permanent
Employer: Oxford University NHS Foundation Trust
Apply now on NHS Jobs for Band 4 Assistant Practitioner/ Physiotherapy Exercise Assistant job (opens in a new window)

Emergency Medicine Doctor

London, SE5 9RS
Isleworth, TW7 6AF
Beckenham, BR3 3QL
Orpington, BR6 8ND

Salary: £105000.00 to £130000.00
Type: Permanent
Employer: Totally
Apply now on NHS Jobs for Emergency Medicine Doctor job (opens in a new window)

Emergency Medicine Specialty Doctor

Braddan, IM4 4RJ

Salary: £42373.00 to £79015.00
Type: Permanent
Employer: Manx Care
Apply now on NHS Jobs for Emergency Medicine Specialty Doctor job (opens in a new window)

Specialty Doctor Acute Medicine

Gillingham, Kent, ME7 5NY

Salary:
£52530.00 to £82400.00
Type: Permanent
Employer: Medway NHS Foundation Trust
Apply now on NHS Jobs for Specialty Doctor Acute Medicine job (opens in a new window) [32]

Speciality Doctor: Palliative Medicine

Oxford, OX37LE

Salary: £51000.00 to £80000.00
Type: Permanent
Employer: Oxford University NHS Foundation Trust
Apply now on NHS Jobs for Speciality Doctor: Palliative Medicine job (opens in a new window) [33]

Specialty Doctor in Emergency Medicine

Barnstaple, EX31 4JB

Salary: £52530.00 to £82400.00
Type: Fixed-Term
Employer: Royal Devon University Healthcare NHS Foundation Trust
Apply now on NHS Jobs for Specialty Doctor in Emergency Medicine job (opens in a new window) [34]

Specialty Doctor in Palliative Medicine

Warrington, WA5 0BW

Salary: Negotiable
Type: Permanent
Employer: St. Rocco’s Hospice
Apply now on NHS Jobs for Specialty Doctor in Palliative Medicine job (opens in a new window) [35]

Specialty Doctor in Emergency Medicine
Cardiff, CF14 4XW
Salary: £50620.00 to £79144.00
Type: Permanent
Employer: Cardiff and Vale University Health Board
Apply now on NHS Jobs for Specialty Doctor in Emergency Medicine job (opens in a new window) [36]

**Specialty Doctor in Emergency Medicine**

Chichester, PO19 6SE
Salary: £50373.00 to £78759.00
Type: Fixed-Term
Employer: University Hospitals Sussex NHS Foundation Trust (279)
Apply now on NHS Jobs for Specialty Doctor in Emergency Medicine job (opens in a new window) [37]

**Specialist Doctor in Elderly Medicine**

Doncaster, DN2 5LT
Salary: £81500.00 to £92500.00
Type: Permanent
Employer: Doncaster & Bassetlaw Teaching Hospitals NHS FT
Apply now on NHS Jobs for Specialist Doctor in Elderly Medicine job (opens in a new window) [38]

**Specialty Doctors in Emergency Medicine**

London, SW17 0QT
Salary: £45124.00 to £77519.00
Type: Permanent
Employer: St George's Healthcare NHS Foundation Trust
Apply now on NHS Jobs for Specialty Doctors in Emergency Medicine job (opens in a new window) [39]
- **Specialty Doctor in Emergency Medicine**
  Worthing, BN11 2DH
  Salary: £50373.00 to £78759.00
  Type: Fixed-Term
  Employer: University Hospitals Sussex NHS Foundation Trust (279)
  Apply now on NHS Jobs for Specialty Doctor in Emergency Medicine job (opens in a new window) [40]

- **Specialist Doctor In Emergency Medicine**
  Doncaster, DN2 5LT
  Salary: £83945.00 to £95275.00
  Type: Permanent
  Employer: Doncaster & Bassetlaw Teaching Hospitals NHS FT
  Apply now on NHS Jobs for Specialist Doctor In Emergency Medicine job (opens in a new window) [41]

- **Specialty Doctor in Rehabilitation Medicine**
  Stanmore, HA7 4LP
  Salary: £51000.00 to £80000.00
  Type: Fixed-Term
  Employer: Royal National Orthopaedic Hospital NHS Trust
  Apply now on NHS Jobs for Specialty Doctor in Rehabilitation Medicine job (opens in a new window) [42]

- **Specialty Doctor Emergency Medicine (EDGH)**
  Eastbourne, BN21 2UD
  Salary: Negotiable
  Type: Fixed-Term
  Employer:
Specialist Doctor in Emergency Medicine
Weston-super-Mare, BS23 4TQ

Salary: £83945.00 to £95275.00
Type: Fixed-Term
Employer: University Hospitals Bristol and Weston NHS Foundation Trust (UHBW)

Specialty Doctor in Emergency Medicine
Basingstoke, RG249NA

Salary: £51000.00 to £80000.00
Type: Permanent
Employer: Hampshire Hospitals NHS Foundation Trust

Trust Doctor (ST1/2) - Respiratory Medicine
London, E11 1NR

Salary: £33790.00 to £35858.00
Type: Fixed-Term
Employer: Barts Health NHS Trust

Senior Locally Employed Doctor in Medicine
Manchester, M13 9WL

Salary: £55329.00
Type: Fixed-Term
Employer: Manchester University NHS Foundation Trust
Apply now on NHS Jobs for Senior Locally Employed Doctor in Medicine job (opens in a new window)

Junior Specialist Doctor - Higher - Respiratory Medicine

Birmingham, B18 7QH

Salary: £51017.00
Type: Fixed-Term
Employer: Sandwell and West Birmingham NHS Trust
Apply now on NHS Jobs for Junior Specialist Doctor - Higher - Respiratory Medicine job (opens in a new window)

LED ST3+ Doctor in General Medicine

Crewe, CW1 4QJ

Salary: £51017.00
Type: Fixed-Term
Employer: Mid Cheshire Hospitals NHS Foundation Trust
Apply now on NHS Jobs for LED ST3+ Doctor in General Medicine job (opens in a new window)

Emergency Medicine Doctor - St Mary's UTC

London, W2 1NY

Salary: £88.87
Type: Permanent
Employer: Totally
Apply now on NHS Jobs for Emergency Medicine Doctor - St Mary's UTC job (opens in a new window)

Specialty Doctor Emergency Medicine- Conquest Hospital
Conquest, TN37 7RD

Salary: Negotiable
Type: Fixed-Term
Employer: East Sussex Healthcare NHS Trust
Apply now on NHS Jobs for Specialty Doctor Emergency Medicine - Conquest Hospital job (opens in a new window) [51]

Trust Doctor (ST1/2) - Emergency Medicine

London, E11 1NR

Salary: £33790.00 to £35858.00
Type: Fixed-Term
Employer: Barts Health NHS Trust
Apply now on NHS Jobs for Trust Doctor (ST1/2) - Emergency Medicine job (opens in a new window) [52]

Trust Doctor (equivalent to ST3+) Emergency Medicine

London, E11 1NR

Salary: £38746.00 to £53132.00
Type: Fixed-Term
Employer: Barts Health NHS Trust
Apply now on NHS Jobs for Trust Doctor (equivalent to ST3+) Emergency Medicine job (opens in a new window) [53]

Specialty Doctor in Palliative Medicine (Maternity Cover)

Harrow, HA3 0YG

Salary: Negotiable
Type: Fixed-Term
Employer: St Luke's Hospice
Apply now on NHS Jobs for Specialty Doctor in Palliative Medicine (Maternity Cover) job (opens in a new window) [54]
Specialty Doctor in Anaesthetics & Critical Care Medicine

Wrexham, LL13 7TD

Salary:
£51765.00 to £81200.00

Type:
Fixed-Term

Employer:
Betsi Cadwaladr University Health Board

Apply now on NHS Jobs for Specialty Doctor in Anaesthetics & Critical Care Medicine job (opens in a new window) [55]

Trust Doctor (St1 level) in Emergency Medicine

Gloucester, GL1 3NN

Salary:
£40257.00

Type:
Fixed-Term

Employer:
Gloucestershire Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Trust Doctor (St1 level) in Emergency Medicine job (opens in a new window) [56]

Specialty Doctor in Emergency Medicine & Teaching Fellow

Hampstead, NW3 2QG

Salary:
£51000.00 to £80000.00

Type:
Fixed-Term

Employer:
Royal Free London NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor in Emergency Medicine & Teaching Fellow job (opens in a new window) [57]

Senior Locally Employed Doctor in Emergency Medicine

Manchester, M23 9LT

Salary:
£51017.00

Type:
Fixed-Term

Employer:
Manchester University NHS Foundation Trust
Apply now on NHS Jobs for Senior Locally Employed Doctor in Emergency Medicine job (opens in a new window) [58]

**Trust Middle Grade Doctor in Neonatal medicine**

Middlesbrough, TS4 3BW

Salary: Negotiable
Type: Fixed-Term
Employer: South Tees Hospitals NHS Foundation Trust
Apply now on NHS Jobs for Trust Middle Grade Doctor in Neonatal medicine job (opens in a new window) [59]

**Junior Specialist Doctors (JSD) - Higher in Geriatric Medicine**

Birmingham, B18 7QH

Salary: £51017.00
Type: Fixed-Term
Employer: Sandwell and West Birmingham NHS Trust
Apply now on NHS Jobs for Junior Specialist Doctors (JSD) - Higher in Geriatric Medicine job (opens in a new window) [60]

**Locally Employed Doctor (ST1-2) in Emergency Medicine**

Shrewsbury and Telford, TF1 6TF

Salary: £43923.00
Type: Fixed-Term
Employer: The Shrewsbury and Telford Hospital NHS Trust
Apply now on NHS Jobs for Locally Employed Doctor (ST1-2) in Emergency Medicine job (opens in a new window) [61]

**Specialist Doctor in Frailty / Geriatric Emergency Medicine Service**

Weston-Super-Mare, BS23 4TQ

Salary:
£81500.00 to £92500.00
Type: Fixed-Term
Employer:
University Hospitals Bristol and Weston NHS Foundation Trust (UHBW)
Apply now on NHS Jobs for Specialist Doctor in Frailty / Geriatric Emergency Medicine Service job (opens in a new window) [62]

**Trust Doctor (CT1-2 equivalent) in Emergency Medicine**

Worthing, BN11 2DH

Salary: Negotiable
Type: Fixed-Term
Employer:
University Hospitals Sussex NHS Foundation Trust (279)
Apply now on NHS Jobs for Trust Doctor (CT1-2 equivalent) in Emergency Medicine job (opens in a new window) [63]

**Clinical Fellow/Trust Doctor (CT1-2 equiv) in Medicine**

Worthing or Chichester, PO19 6SE

Salary: £33790.00 to £44705.00
Type: Fixed-Term
Employer:
University Hospitals Sussex NHS Foundation Trust (279)
Apply now on NHS Jobs for Clinical Fellow/Trust Doctor (CT1-2 equiv) in Medicine job (opens in a new window) [64]

**Trust Doctor ST1/ST2 in Acute Medicine - Ambulatory Care (AEC)**

Guildford, GU2 7XX

Salary: £43923.00
Type: Permanent
Employer:
Royal Surrey NHS Foundation Trust
Apply now on NHS Jobs for Trust Doctor ST1/ST2 in Acute Medicine - Ambulatory Care (AEC) job (opens in a new window) [65]

Further
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) [66]
The Royal College of Surgeons of Edinburgh [67]
Royal College of Physicians [68]
Royal College of Physicians of Edinburgh [69]
Royal College of Physicians and Surgeons of Glasgow [70]
British Association of Sport and Exercise Medicine- The specialty association [71]
General Medical Council – SEM section [72]
Joint Royal Colleges Physicians Training Board [73]

Other roles that may interest you

- Rehabilitation medicine [74]
- Occupational medicine [75]
- General practitioner [76]
- Rheumatology [77]

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

Links
[1] https://www.healthcareers.nhs.uk/glossary#Holistic
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[19] https://beta.jobs.nhs.uk/candidate/jobadvert/B9849-066-23A