

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

Show results within

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- **Consultant in Sport and Exercise Medicine**

Rochdale, OL11 1DN

Salary:

£93666.00 to £125684.00

Type:

Permanent

Employer:

Connect Health Group Limited

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

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

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 \(SEM\) - Cranwell job \(opens in a new window\)](#) ^[9]

- **Sports and Exercise Technician**

Maidstone, ME16 9PH

Salary:

£26530.00 to £29114.00

Type:

Permanent

Employer:

Kent & Medway NHS & Social Care Partnership Trust

[Apply now on NHS Jobs for Sports and Exercise Technician job \(opens in a new window\)](#) ^[10]

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

- **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 \(opens in a new window\)](#) ^[12]

- **Prehabilitation Exercise Professional**

Nottingham, NG5 1PB

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Nottingham University Hospitals NHS Trusts

[Apply now on NHS Jobs for Prehabilitation Exercise Professional job \(opens in a new window\)](#) ^[13]

- **Band 4 Exercise Specialist - Bath**

Bath, BA1 3QE

Salary:

£26530.00 to £29114.00

Type:

Permanent

Employer:

Avon & Wiltshire Mental Health Partnership NHS Trust

[Apply now on NHS Jobs for Band 4 Exercise Specialist - Bath job \(opens in a new window\)](#) ^[14]

- **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 \(opens in a new window\)](#) ^[15]

- **Specialty Doctor in Palliative Medicine**

Bolton, BL1 4QT

Salary:

£59175.00

Type:

Fixed-Term

Employer:

Bolton Hospice

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

- **Specialty Doctor in Emergency Medicine**

Carlisle, CA2 7HY

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

North Cumbria Integrated Care NHS Foundation Trust

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

- **Trust Doctor in Respiratory Medicine**

Leeds, LS9 7TF

Salary:

£61825.00

Type:

Fixed-Term

Employer:

Leeds Teaching Hospitals

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

- **Specialty Doctor in Emergency Medicine**

Weston-super-Mare, BS23 4TQ

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

University Hospitals Bristol and Weston NHS Foundation Trust (UHBW)

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

- **Specialty Doctor in Emergency Medicine (A&E)**

Worcester, WR5 1DD

Redditch, B98 7UB

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Worcestershire Acute Hospitals NHS Trust

[Apply now on NHS Jobs for Specialty Doctor in Emergency Medicine \(A&E\) job \(opens in a new window\)](#) ^[20]

- **Locally Employed Doctor (Higher) in Emergency Medicine - HGS sites**

Birmingham, B9 5SS

Sutton Coldfield, B75 7RR

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 - HGS sites job \(opens in a new window\)](#) ^[21]

- **ENT Doctor**

Sheffield, S9 1XH

Salary:

£550.00

Type:

Permanent

Employer:

CHEC

[Apply now on NHS Jobs for ENT Doctor job \(opens in a new window\)](#) ^[22]

- **Dermatology Doctor**

Canterbury, CT1 1BN

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) ^[23]

- **Specialty Doctor**

Cheltenham, GL53 0QJ

Salary:

Negotiable

Type:

Permanent

Employer:

Sue Ryder

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

- **Dermatology Doctor**

London, SE14 6BL

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

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

- **Dermatology Doctor**

Wandsworth, SW18 4WW

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

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

- **Dermatology Doctor**

Slough, SL1 2EJ

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

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

- **Dermatology Doctor**

Leicester, LE1 2BU

Salary:

£550.00

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) ^[28]

- **ENT Doctor**

Leicester, LE1 2BU

Salary:

£550.00

Type:

Permanent

Employer:

CHEC

[Apply now on NHS Jobs for ENT Doctor job \(opens in a new window\)](#) ^[29]

- **ENT Doctor**

Leeds, LS16 6EB

Salary:

£550.00

Type:

Permanent

Employer:

CHEC

[Apply now on NHS Jobs for ENT Doctor job \(opens in a new window\)](#) ^[30]

- **Dermatology Doctor**

Macclesfield, SK11 6HB

Salary:

£550.00

Type:

Permanent

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) ^[31]

- **ENT Doctor**

Swindon, SN3 3RB

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for ENT Doctor job \(opens in a new window\)](#) ^[32]

- **Dermatology Doctor**

Swindon, SN3 3RB

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) ^[33]

- **Specialty Doctor**

Bath, BA1 3NG

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

Royal United Hospitals Bath NHS Foundation Trust

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

- **Specialty Doctor**

Watford, WD17 3EW

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Hertfordshire Community NHS Trust

[Apply now on NHS Jobs for Specialty Doctor job \(opens in a new window\)](#) ^[35]

- **Bank Doctor**

Winsford, CW7 1BH

Salary:

£42.27

Type:

Bank

Employer:

St Luke's (Cheshire) Hospice

[Apply now on NHS Jobs for Bank Doctor job \(opens in a new window\)](#) ^[36]

- **Dermatology Doctor**

Sheffield, S9 1XH

Salary:

£550.00

Type:

Permanent

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) ^[37]

- **Specialty Doctor**

Greenwich, SE18 3RZ

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

Oxleas NHS Foundation Trust

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

- **Specialty Doctor**

London, W6 8NF

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

West London NHS Trust

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

- **Dermatology Doctor**

Milton Keynes , MK11 3LW

Salary:

£550.00

Type:

Bank

Employer:

CHEC

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

- **Dermatology Doctor**

Leicester, LE1 2BU

Salary:

£550.00

Type:

Permanent

Employer:

CHEC

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

- **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 \(opens in a new window\)](#) ^[42]

- **Dermatology Doctor**

Leeds, LS16 6EB

Salary:

£550.00

Type:

Permanent

Employer:

CHEC

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

- **Dermatology Doctor**

Worthing, BN11 3BN

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

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

- **Lead Doctor**

Ashton under Lyne, OL6 6SL

Salary:

£96990.00 to £107155.00

Type:

Permanent

Employer:

Willow Wood Hospice

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

- **ENT Doctor**

Nottingham , NG8 5DQ

Salary:

£550.00

Type:

Permanent

Employer:

CHEC

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

- **Doctors Assistant**

Wakefield, WF1 4DG

Salary:

£24071.00 to £25674.00

Type:

Permanent

Employer:

The Mid Yorkshire Teaching NHS Trust

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

- **Specialty Doctor**

Wallingford,, OX10 6SL

Salary:

£59175.00

Type:

Fixed-Term

Employer:

Sue Ryder

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

- **Consultant in Acute Medicine and General Medicine**

Woolwich, SE18 4QH

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Lewisham and Greenwich NHS Trust

[Apply now on NHS Jobs for Consultant in Acute Medicine and General Medicine job \(opens in a new window\)](#) ^[49]

- **Specialty Doctor - Anaesthetics**

Barnstaple, EX31 4JB

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Royal Devon University Healthcare NHS Foundation Trust

[Apply now on NHS Jobs for Specialty Doctor - Anaesthetics job \(opens in a new window\)](#) ^[50]

- **Anaesthetic Specialty Doctor**

Tunbridge Wells, TN2 4QJ

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Maidstone and Tunbridge Wells NHS Trust

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

- **Specialty Doctor - Microbiology**

Cross Site, WD18 0HB

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

West Hertfordshire Teaching Hospitals NHS Trust

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

- **SARC Specialty Doctor**

Exeter, EX2 5AZ

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Royal Devon University Healthcare NHS Foundation Trust

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

- **Trust Doctor (ST6+)**

Leeds, LS9 7TF

Salary:

£70425.00

Type:

Fixed-Term

Employer:

Leeds Teaching Hospitals

[Apply now on NHS Jobs for Trust Doctor \(ST6+\) job \(opens in a new window\)](#) ^[54]

- **Specialty Doctor - Paediatrics**

Swindon, SN3 6BB

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Great Western Hospitals NHS Foundation Trust

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

- **Specialty Doctor - Anaesthetics**

Victoria Road, Macclesfield, SK10 3BL

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

East Cheshire NHS Trust

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

- **Trust Doctor - Surgery**

Liverpool, L14 3PE

Salary:

£49909.00

Type:

Fixed-Term

Employer:

Liverpool Heart and Chest Hospital

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

- **Speciality Doctor ENT**

Poole, BH15 2JB

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

University Hospitals Dorset NHS Foundation Trust

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

- **Resident Doctor Oncology**

London, W1G 8BJ

Salary:

Negotiable

Type:

Permanent

Employer:

HCA Healthcare UK

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

- **Resident Doctor Oncology**

Manchester, M20 4BX

Salary:

£64000.00 to £71000.00

Type:

Permanent

Employer:

HCA Healthcare UK

[Apply now on NHS Jobs for Resident Doctor Oncology job \(opens in a new window\)](#) ^[60]

- **Specialist Doctor - Paediatrics**

Swindon, SN3 6BB

Salary:

£96990.00 to £107155.00

Type:

Permanent

Employer:

Great Western Hospitals NHS Foundation Trust

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

- **Trust Doctor IMT3**

Exeter, EX2 5DW

Salary:

£61825.00 to £61825.00

Type:

Fixed-Term

Employer:

- **Consultant in Acute Medicine and General Medicine**

Woolwich, SE18 4QH

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Lewisham and Greenwich NHS Trust

[Apply now on NHS Jobs for Consultant in Acute Medicine and General Medicine job \(opens in a new window\)](#) ^[49]

- **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 \(opens in a new window\)](#) ^[63]

- **Salaried GP (Family Doctor)**

Porth, CF39 8AG

Salary:

£10000.00

Type:

Permanent

Employer:

Parklane Surgery

[Apply now on NHS Jobs for Salaried GP \(Family Doctor\) job \(opens in a new window\)](#) ^[64]

- **Orthopaedics Clinical Fellow Doctor**

Braddan, IM4 4RJ

Salary:

£61825.00 to £70425.00

Type:

Fixed-Term

Employer:

Manx Care

[Apply now on NHS Jobs for Orthopaedics Clinical Fellow Doctor job \(opens in a new window\)](#) ^[65]

- **Speciality Doctor in Haematology**

Gloucester, GL1 3NN

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Gloucestershire Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Speciality Doctor in Haematology 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]

Links

[1] <https://www.healthcareers.nhs.uk/glossary#Holistic> [2]
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