

# 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 <sup>[1]</sup> 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](#) <sup>[2]</sup>-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](#) <sup>[3]</sup> after medical school. Find out details of current salary ranges for foundation and specialty training, [SAS doctors](#) <sup>[4]</sup> and consultants on the [Pay for doctors](#) <sup>[5]</sup> 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 <sup>[6]</sup> where you'll work in six placements in different settings.

After your foundation programme, you can apply for paid specialty training <sup>[7]</sup> 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

Search

- **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 \(opens in a new window\)](#) <sup>[8]</sup>

- **Sports & Exercise Medicine Consultant**

Hull, HU7 5DD

Salary:

Negotiable

Type:

Permanent

Employer:

Healthshare Group

[Apply now on NHS Jobs for Sports & Exercise Medicine Consultant job \(opens in a new window\)](#) <sup>[9]</sup>

- **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 \(opens in a new window\)](#) <sup>[10]</sup>

- **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 \(opens in a new window\)](#) <sup>[11]</sup>

- **Senior Clinical Fellow - Emergency Med (USS, GEM or Sports & Exercise)**

London, SW10 9NH

Salary:

£41750.00 to £64288.00

Type:

Fixed-Term

Employer:

Chelsea and Westminster Hospital NHS Foundation Trust

[Apply now on NHS Jobs for Senior Clinical Fellow - Emergency Med \(USS, GEM or Sports & Exercise\) job \(opens in a new window\)](#) <sup>[12]</sup>

- **Consultant in Sports Medicine**

London, E1 1FR

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Barts Health NHS Trust

[Apply now on NHS Jobs for Consultant in Sports Medicine job \(opens in a new window\)](#) <sup>[13]</sup>

- **Senior Exercise Physiologist**

London, EC1A 7BE

Salary:

£34089.00 to £41498.00

Type:

Permanent

Employer:

Barts Health NHS Trust

[Apply now on NHS Jobs for Senior Exercise Physiologist job \(opens in a new window\)](#) <sup>[14]</sup>

- **Clinical Exercise Therapist**

Worthing, BN13 3EF

Salary:

£26530.00 to £29114.00

Type:

Fixed-Term

Employer:

Sussex Partnership NHS Foundation Trust

[Apply now on NHS Jobs for Clinical Exercise Therapist job \(opens in a new window\)](#) <sup>[15]</sup>

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

Poole, BH15 4NQ

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 \(opens in a new window\)](#) <sup>[16]</sup>

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

Lincolnshire, LN4 4SY

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 \(opens in a new window\)](#) <sup>[17]</sup>

- **Band 4 Exercise Specialist - Secure Services, Bristol**

Bristol, BS16 1ED

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 - Secure Services, Bristol job \(opens in a new window\)](#) <sup>[18]</sup>

- **Specialty Doctor in Palliative Medicine**

Basingstoke, RG24 9NB

Salary:

£53581.00

Type:

Permanent

Employer:

St Michael's Hospice (North Hampshire)

[Apply now on NHS Jobs for Specialty Doctor in Palliative Medicine job \(opens in a new window\)](#) <sup>[19]</sup>

- **Specialty Doctor Emergency Medicine (EDGH)**

Eastbourne, BN21 2UD

Salary:

Negotiable

Type:

Permanent

Employer:

East Sussex Healthcare NHS Trust

[Apply now on NHS Jobs for Specialty Doctor Emergency Medicine \(EDGH\) job \(opens in a new window\)](#) <sup>[20]</sup>

- **Speciality Doctor in Emergency Medicine**

Chesterfield, S44 5BL

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Chesterfield Royal Hospital NHS Foundation Trust

[Apply now on NHS Jobs for Speciality Doctor in Emergency Medicine job \(opens in a new window\)](#) <sup>[21]</sup>

- **Specialty Doctor in Palliative Medicine**

Manchester, M280FE

Salary:

£59175.00 to £75998.00

Type:

Permanent

Employer:

St Ann's Hospice

[Apply now on NHS Jobs for Specialty Doctor in Palliative Medicine job \(opens in a new window\)](#) <sup>[22]</sup>

- **Trust Grade Doctor in Renal Medicine**

Leeds, LS9 7TF

Salary:

£61825.00

Type:

Fixed-Term

Employer:

Leeds Teaching Hospitals

[Apply now on NHS Jobs for Trust Grade Doctor in Renal Medicine job \(opens in a new window\)](#) <sup>[23]</sup>

- **Trust Doctor in Critical Care Medicine**

London, E1 1FR

Salary:

£41750.00 to £64288.00

Type:

Fixed-Term

Employer:

Barts Health NHS Trust

[Apply now on NHS Jobs for Trust Doctor in Critical Care Medicine job \(opens in a new window\)](#) <sup>[24]</sup>

- **Specialty Doctor Emergency Medicine (Conquest Hospital)**

St Leonards-on-sea, TN37 7RD

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

East Sussex Healthcare NHS Trust

[Apply now on NHS Jobs for Specialty Doctor Emergency Medicine \(Conquest Hospital\) job \(opens in a new window\)](#) <sup>[25]</sup>

- **ST3+ equivalent doctor in Geriatric Medicine**

London, NW1 2BU

Salary:

£61825.00

Type:

Fixed-Term

Employer:

University College London Hospitals NHS Foundation Trust



[Apply now on NHS Jobs for ST3+ equivalent doctor in Geriatric Medicine job \(opens in a new window\)](#) <sup>[26]</sup>

- **Trust Doctor (Chief Registrar) In Emergency Medicine**

London, E13 8SL

Salary:

£49909.00 to £64288.00

Type:

Fixed-Term

Employer:

Barts Health NHS Trust

[Apply now on NHS Jobs for Trust Doctor \(Chief Registrar\) In Emergency Medicine job \(opens in a new window\)](#) <sup>[27]</sup>

- **Clinical Research Fellow - Trust Doctor in Medicine**

London, NW1 2BU

Salary:

£31621.00 to £35757.00

Type:

Fixed-Term

Employer:

University College London Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Clinical Research Fellow - Trust Doctor in Medicine job \(opens in a new window\)](#) <sup>[28]</sup>

- **Locally Employed Doctor in General Medicine (IM3 equivalent)**

Barnsley, S75 2EP

Salary:

£61825.00

Type:

Fixed-Term

Employer:

Barnsley Hospital NHS Foundation Trust

[Apply now on NHS Jobs for Locally Employed Doctor in General Medicine \(IM3 equivalent\) job \(opens in a new window\)](#) <sup>[29]</sup>

- **Locally Employed Doctor (Higher) in Acute 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 Acute Medicine QEHB job \(opens in a new window\)](#) <sup>[30]</sup>

- **Specialty Doctor in the Integrated Geriatric and Stroke Medicine**

Sheffield, S5 7AU

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

Sheffield Teaching Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Specialty Doctor in the Integrated Geriatric and Stroke Medicine job \(opens in a new window\)](#) <sup>[31]</sup>

- **Locally Employed Doctor (ST3-5 equivalent) in Emergency Medicine**

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 \(ST3-5 equivalent\) in Emergency Medicine job \(opens in a new window\)](#) <sup>[32]</sup>

- **Trust Doctor in Paediatric Accident & Emergency Medicine - ST3+ level**

London, E11 1NR

Salary:

£47524.00 to £64288.00

Type:

Fixed-Term

Employer:

Barts Health NHS Trust

[Apply now on NHS Jobs for Trust Doctor in Paediatric Accident & Emergency Medicine - ST3+ level job \(opens in a new window\)](#) <sup>[33]</sup>

- **Trust Doctor (Equiv to ST4+) in Renal Medicine and Transplantation**

London, E1 1FR

Salary:

£49559.00 to £64288.00

Type:

Fixed-Term

Employer:

Barts Health NHS Trust

[Apply now on NHS Jobs for Trust Doctor \(Equiv to ST4+\) in Renal Medicine and Transplantation job \(opens in a new window\)](#) <sup>[34]</sup>

- **Somerset Ambulance Doctor Service Sessional Doctor**

Taunton, TA1 2LB

Salary:

Negotiable

Type:

Bank

Employer:

South Western Ambulance Service NHS Foundation Trust

[Apply now on NHS Jobs for Somerset Ambulance Doctor Service Sessional Doctor job \(opens in a new window\)](#) <sup>[35]</sup>

- **Dermatology Doctor**

Macclesfield, SK116HB

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) <sup>[36]</sup>

- **ENT Doctor**

Leeds, LS16 6EB

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for ENT Doctor job \(opens in a new window\)](#) <sup>[37]</sup>

- **ENT Doctor**

Swindon, SN3 3RB

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for ENT Doctor job \(opens in a new window\)](#) <sup>[38]</sup>

- **Dermatology Doctor**

Milton Keynes, MK11 3LW

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

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

- **PCAS Doctor**

Kent & Sussex, TN240GP

Salary:

£110240.00 to £110240.00

Type:

Permanent

Employer:

Integrated Care 24 Ltd

[Apply now on NHS Jobs for PCAS Doctor job \(opens in a new window\)](#) <sup>[40]</sup>

- **Specialty Doctor**

Leeds, LS9 7BE

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Leeds and York Partnership NHS Foundation Trust

[Apply now on NHS Jobs for Specialty Doctor job \(opens in a new window\)](#) <sup>[41]</sup>

- **Specialty Doctor**

Salford, M6 7WQ

Salary:

£82000.00

Type:

Permanent

Employer:

Cygnnet Health Care

[Apply now on NHS Jobs for Specialty Doctor job \(opens in a new window\)](#) <sup>[42]</sup>

- **Dermatology Doctor**

Sheffield, S9 1XH

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

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

- **ENT Doctor**

Bedford, MK42 0GS

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for ENT Doctor job \(opens in a new window\)](#) <sup>[44]</sup>

- **Dermatology Doctor**

Greater London, SE14 6BL

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

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

- **Dermatology Doctor**

Leicester , LE1 2BU

Salary:

£550.00

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) <sup>[46]</sup>

- **Specialty Doctor**

Sidcup, DA14 6LT

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

King's College Hospital NHS Foundation Trust

[Apply now on NHS Jobs for Specialty Doctor job \(opens in a new window\)](#) <sup>[47]</sup>

- **Dermatology Doctor**

Leicester, LE1 2BU

Salary:

£550.00

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) <sup>[48]</sup>

- **ENT Doctor**

Nottingham, NG8 5DQ

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for ENT Doctor job \(opens in a new window\)](#) <sup>[49]</sup>

- **Dermatology Doctor**

Slough, SL1 2EJ

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) <sup>[50]</sup>

- **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 \(opens in a new window\)](#) <sup>[51]</sup>

- **Dermatology Doctor**

Leicester, LE1 2BU

Salary:

Negotiable

Type:

Permanent

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) <sup>[52]</sup>

- **Dermatology Doctor**

Leicester, LE1 2BU

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) <sup>[53]</sup>

- **Dermatology Doctor**

Swindon, SN1 1GW

Salary:

£550.00

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) <sup>[54]</sup>

- **Specialty Doctor**

Whitechapel, E1 1DN

Salary:

£90317.14 to £101316.49

Type:

Fixed-Term

Employer:

Change Grow Live

[Apply now on NHS Jobs for Specialty Doctor job \(opens in a new window\)](#) <sup>[55]</sup>

- **Dermatology Doctor**

Milton Keynes , MK11 3LW

Salary:

£550.00

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) <sup>[56]</sup>

- **Dermatology Doctor**

Swindon, SN3 3RB

Salary:

Negotiable

Type:

Bank

Employer:

CHEC

[Apply now on NHS Jobs for Dermatology Doctor job \(opens in a new window\)](#) <sup>[57]</sup>

- **Resident Doctor PICU**

London, W1W 5AH

Salary:

£80000.00 to £98000.00

Type:

Permanent

Employer:

HCA Healthcare UK

[Apply now on NHS Jobs for Resident Doctor PICU job \(opens in a new window\)](#) <sup>[58]</sup>



- **Specialist Doctor D2A**

Burslem, ST67AG

Salary:

£96990.00 to £107155.00

Type:

Permanent

Employer:

Midlands Partnership NHS Foundation Trust

[Apply now on NHS Jobs for Specialist Doctor D2A job \(opens in a new window\)](#) <sup>[59]</sup>

- **Specialty Doctor, Gastroenterology**

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, Gastroenterology job \(opens in a new window\)](#) <sup>[60]</sup>

- **Bank Resident Doctor**

Nottingham, NG12 4GA

Salary:

Negotiable

Type:

Bank

Employer:

Spire Healthcare Ltd

[Apply now on NHS Jobs for Bank Resident Doctor job \(opens in a new window\)](#) <sup>[61]</sup>

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

<sup>[62]</sup>

- **Specialist Doctor, Respiratory**

Watford, WD18 0HB

Salary:

£96990.00 to £107155.00

Type:

Permanent

Employer:

West Hertfordshire Teaching Hospitals NHS Trust

[Apply now on NHS Jobs for Specialist Doctor, Respiratory job \(opens in a new window\)](#) <sup>[63]</sup>

- **Resident Doctor Oncology**

London, W1G 8BJ

Salary:

£70000.00 to £80000.00

Type:

Permanent

Employer:

HCA Healthcare UK

[Apply now on NHS Jobs for Resident Doctor Oncology job \(opens in a new window\)](#) <sup>[64]</sup>

- **Specialty Doctor in Cardiology**

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 Cardiology job \(opens in a new window\)](#) <sup>[65]</sup>

- **Specialist Grade Doctor Dermatology**

Taunton, TA1 5DA

Salary:

£96990.00 to £107155.00

Type:

Permanent

Employer:

Somerset NHS Foundation Trust

[Apply now on NHS Jobs for Specialist Grade Doctor Dermatology job \(opens in a new window\)](#) <sup>[66]</sup>

- **Specialist Doctor in Dermatology**

Truro, TR1 3LJ

Salary:

£96990.00 to £107155.00

Type:

Permanent

Employer:

Royal Cornwall Hospitals Trust

[Apply now on NHS Jobs for Specialist Doctor in Dermatology job \(opens in a new window\)](#) <sup>[67]</sup>

- **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 \(UK\)](#) <sup>[68]</sup>

[The Royal College of Surgeons of Edinburgh](#) <sup>[69]</sup>

[Royal College of Physicians](#) <sup>[70]</sup>

[Royal College of Physicians of Edinburgh](#) <sup>[71]</sup>

[Royal College of Physicians and Surgeons of Glasgow](#) <sup>[72]</sup>

[British Association of Sport and Exercise Medicine- The specialty association](#) <sup>[73]</sup>

[General Medical Council – SEM section](#) <sup>[74]</sup>

[Joint Royal Colleges Physicians Training Board](#) <sup>[75]</sup>

## Other roles that may interest you

- [Rehabilitation medicine](#) <sup>[76]</sup>
- [Occupational medicine](#) <sup>[77]</sup>
- [General practitioner](#) <sup>[78]</sup>
- [Rheumatology](#) <sup>[79]</sup>

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