

Programme Title: BSc (Intercalated) in Sports & Exercise medicine



## Programme Specification (UG)

Awarding body / institution:	Queen Mary University of London
Teaching institution:	Queen Mary University of London
Name of award and field of study:	BSc (Intercalated) in Sports & Exercise Medicine
Name of interim award(s):	
Duration of study / period of registration:	One year (Full Time)
QMUL programme code / UCAS code(s):	
QAA Benchmark Group:	
FHEQ Level of Award :	Level 6
Programme accredited by:	
Date Programme Specification approved:	
Responsible School / Institute:	William Harvey Research Institute

Schools / Institutes which will also be involved in teaching part of the programme:

Collaborative institution(s) / organisation(s) involved in delivering the programme:

### Programme outline

Sports and Exercise Medicine has proven to be a very popular option for students choosing to intercalate at QMUL.

With an increasing interest in public health and the growing problem of obesity and other chronic diseases, the programme has the unique opportunity to expand its diet in order to offer an additional area of specialty within this field.

Students currently undertake five modules for their programme, and also complete a Research Project.

An additional stream including a Level 6 version of the Applied Exercise Physiology module, which is currently offered at Level 7 to students on the MSc and PG Dip in Sports and Exercise Medicine, will allow students to choose this module or the established Biomechanics and Rehabilitation module.

### Aims of the programme

This programme is an innovative and exciting course in Sports and Exercise Medicine, which gives students the knowledge and skills necessary to assess sports injuries and understand the treatment options available to their patients. In addition, students learn the physiological and psychological benefits of exercise and its use as a health tool.

The aim of the programme are:

- Expose medical students to Sports and Exercise Medicine common injury
- Understand the treatment options available to the patients
- Learn about the physiological and psychological benefits of exercise in general population
- Critically review the literature
- Perform a research project
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### What will you be expected to achieve?

Students will have confidence in their ability to recognise, evaluate, and treat sports injuries, and also to advise patients on exercise programmes in relation to health. In addition they will have the experience of undertaking a research project and a systematic review in the field.

### Please note that the following information is only applicable to students who commenced their Level 4 studies in 2017/18, or 2018/19

In each year of undergraduate study, students are required to study modules to the value of at least 10 credits, which align to one or more of the following themes:

- networking
- multi- and inter-disciplinarity
- international perspectives
- enterprising perspectives.

These modules will be identified through the Module Directory, and / or by your School or Institute as your studies progress.

#### Academic Content:

A 1	An understanding of sports injuries, aetiology, pathology and assessment principles, and of the management options.
A 2	To understand the medical problems that occur in sport, their prevention and treatment, including environmental problems and team medicine.
A 3	To understand the benefits of exercise both to the healthy and to those with disease, and know the potential adverse effects.
A 4	To advise patients on an exercise treatment programme.
A 5	To understand the anatomy, biomechanics and common injuries to the lower limbs, and to be aware of biomechanical assessments and diagnostic interventions used.

Disciplinary Skills - able to:

B 1	To gain the knowledge and skills needed to understand, design and execute a research project.
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Attributes:

C 1	Ability to understand and critically analyse precisely and effectively.
C 2	Ability to participate confidently in academic and professional debate.
C 3	

### How will you learn?

The programme is delivered as a combination of face to face and asynchronous activities; this is in line with the Mixed Mode of Education delivery as per Queen Mary University of London approach. Each taught is organized as 15 hours of asynchronous activities alternate with 15 hours of face to face activities.

Teaching and Learning strategies include the following (used to enable outcomes to be achieved and demonstrated):

- Lectures
- Practicals
- Group Discussion
- Tutor-facilitated tutorials
- Clinical demonstrations
- Inter- professional assignments

### How will you be assessed?

Assessment strategies include:

- Coursework
- Written unseen examinations
- Project dissertation
- Online examinations
- Online quizzes
- Presentation

### How is the programme structured?

Please specify the structure of the programme diets for all variants of the programme (e.g. full-time, part-time - if applicable). The description should be sufficiently detailed to fully define the structure of the diet.

One academic year consisting of two terms  
Five compulsory modules at present, plus research project:

Semester 1  
WHR6020 Injuries and Medical Problems in Sport  
WHR6021 Biomechanics and Rehabilitation (stream1) or Applied Exercise Physiology (module pending) (stream 2)  
WHR6023 Research Methods

Semesters 1 and 2  
WHR6026 Literature Reviewing

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Semester 2

WHR6027 Exercise Medicine and Physical Activity Promotion

WHR6025 iBSc Sports and Exercise Medicine Research Project

We wish to amend the programme for future academic years so that students will have the option to take either stream 1 (Sports Medicine) or stream 2 (Exercise for General Population) by choosing an elective; they would choose between WHR6021 Biomechanics and Rehabilitation (Sports Medicine stream) or Applied Exercise Physiology (module code pending) (Exercise for General Population stream). Irrespective of their choice, this module will be completed in Semester 1 of their intercalated year.

Academic Year of Study FT - Year 1

Module Title	Module Code	Credits	Level	Module Selection Status	Academic Year of Study	Semester
Injuries and Medical Problems in Sport	WHR6020	15	6	Core	1	Semester 1
Biomechanics and Rehabilitation	WHR6021	15	6	Elective	1	Semester 1
Research Methods	WHR6023	15	6	Core	1	Semester 1
Literature Reviewing	WHR6026	15	6	Core	1	Semesters 1 & 2
Exercise Medicine and Physical Activity Promotion	WHR6027	15	6	Core	1	Semester 2
iBSc Sports and Exercise Medicine Research Project	WHR6025	45	6	Core	1	Semester 2
Applied Exercise Physiology	WHR6038	15	6	Elective	1	Semester 1

**What are the entry requirements?**

The course is of one academic year's duration. It is designed specifically for medical students following the completion of year 2 of MBBS (or equivalent).

The course is open to all eligible students within Queen Mary University of London and also to students who have fulfilled the above entrance requirements or equivalent at other UK or International medical schools. The course is offered within the Academic Department of Sports & Exercise Medicine, and the successful candidates will receive a BSc degree of the University of London. The entrance requirements are:

- Completion of a course and satisfactory performance in the examinations in basic medical and human sciences
- Satisfactory performance in the course and examinations completed by the time of application.
- The course is offered for a minimum of 10 students with a possible maximum of 31.
- No candidate is accepted without interview

**How will the quality of the programme be managed and enhanced? How do we listen to and act on your feedback?**

Methods of Evaluating and improving the Quality and Standards of Teaching and Learning.

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Mechanisms for review and evaluation of teaching, learning, assessment, the curriculum, and outcome standards.

1. Module system reviews (feedback questionnaires and staff reports).
2. Annual staff appraisal and peer observation and teaching.
3. Annual review of teaching considered by Medical School and College.
4. Reports by external examiners.

Committees with responsibility for monitoring and evaluating quality and standards.

1. Quality Enhancement Committee (College).
2. Education Board (School).
3. Medical Education Committee.
4. Staff-Student Committee.

Staff development priorities include

1. Staff appraisal scheme.
2. Encouragement to attend CILT/SEDTECT workshops, or gain ILT membership.
3. Regular course team meetings and annual review for full training for PBL tutors.

### What academic support is available?

Student support and guidance.

1. Regular access to programme organiser and core teaching team.
2. Access to medical school and college support services, including student welfare officer, student counselling service, together with learning development and continuing education unit.

### How inclusive is the programme for all students, including those with disabilities?

Queen Mary has a central Disability and Dyslexia Service (DDS) that offers support for all students with disabilities, specific learning difficulties and mental health issues. The DDS supports all Queen Mary students: full-time, part-time, undergraduate, postgraduate, UK and international at all campuses and all sites.

Students can access advice, guidance and support in the following areas:

- Finding out if you have a specific learning difficulty like dyslexia
- Applying for funding through the Disabled Students' Allowance (DSA)
- Arranging DSA assessments of need
- Examination Access Arrangements (e.g. additional time)
- Accessing loaned equipment (e.g. digital recorders)
- Specialist one-to-one "study skills" tuition
- Ensuring access to course materials in alternative formats (e.g. Braille)
- Providing educational support workers (e.g. note-takers, readers, library assistants)
- Mentoring support for students with mental health difficulties and conditions on the autistic spectrum.

### Programme-specific rules and facts

Students are expected to attend any scheduled face to face teaching and to access the material provided asynchronously.

### Links with employers, placement opportunities and transferable skills

The students will be provided with opportunities to network with professionals who specialized in the field of Sports and Exercise Medicine. Graduates from this programme have successfully applied to Sport and Exercise Medicine specialty route and

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work as Consultants. The programme offer transferable skills, particularly for research-related activities; this is because of the exposure to conducting both a systematic literature review as well as a research project.

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## Programme Specification Approval

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**Person completing Programme Specification:**

Gillian Morrey

**Person responsible for management of programme:**

Dr Manuela Angioi

**Date Programme Specification produced / amended by  
School / Institute Education Committee:**

10/01/2025 (for Sept 2025)

**Date Programme Specification approved by Taught  
Programmes Board:**