

MMEDSC (SPORTS AND EXERCISE MEDICINE)

Overview

NFQ Level 9, Major Award

The Master of Medical Science in Sports and Exercise Medicine is available on a full-time or part-time basis. The full-time programme is run over one calendar year (12 months) from the date of first registration for the programme. The part-time programme is run over two years from the date of first registration for the programme. Year 1 is run over one academic year (9 months) and Year 2 is run over one calendar year (12 months).

See also General Regulations for the Degree of Master (<https://ucc-ie-public.courseleaf.com/postgraduate/master/master-research/>).

Exit Award: Postgraduate Certificate in Sports and Exercise Medicine

Upon successful completion of 30 credits, to include modules SX6010 Exercise Physiology and Prescription, SX6011 Sports Injuries I and SX6012 Sports Injuries II, students may opt not to complete the dissertation and to exit the programme with a Postgraduate Certificate in Sports and Exercise Medicine (<https://ucc-ie-public.courseleaf.com/programmes/pcsem/>) (NFQ Level 9, Minor Award). A student who subsequently applies to continue to Master's level must do so within 5 years of completion of the Postgraduate Certificate.

Exit Award: Postgraduate Diploma in Sports and Exercise Medicine

Upon successful completion of 60 credits, to include all taught modules, students may opt not to complete the dissertation and to exit the programme with a Postgraduate Diploma in Sports and Exercise Medicine (<https://ucc-ie-public.courseleaf.com/programmes/pdsem/>) (NFQ Level 9, Major Award). A student who subsequently applies to continue to Master's level must do so within 5 years of completion of the Postgraduate Diploma.

Programme Requirements

For information about modules, module choice, options and credit weightings, please go to Programme Requirements (p. 1).

Programme Requirements

Full-time

Students take **90** credits in total - all listed core modules (**50** credits), elective modules to the value of **10** credits, and a research dissertation (**30** credits).

Code	Title	Credits
Part I		
<i>Core Modules</i>		
Students take 50 credits as follows:		
SX6010	Exercise Physiology and Prescription	10
SX6011	Sports Injuries I	10
SX6012	Sports Injuries II	10
SX6013	Exercise as Medicine	10
SX6014	Health Promotion	5

SX6019	Research Methods in Sports and Exercise Medicine ¹	5
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Elective Modules
Students take modules to the value of **10** credits from the following: ² 10

SX6016	Advanced Rehabilitation for Injuries (5)	
SX6017	Team Medicine (5)	
SX6018	Independent Study (5)	
SX6020	Standard Approach to Field Emergencies Level 2 (5)	

Part II
Students take **30** credits as follows:

SX6015	Research Dissertation in Sports and Exercise Medicine	30
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Total Credits 90

¹ In accordance with UCC's Policy for Recognition of Prior Learning students who have completed a relevant University research methods module, at similar NFQ level, do not have to complete SX6019 Research Methods in Sports and Exercise Medicine upon documented evidence that the module has been taken within the last 5 years.

² 15 credits if not taking SX6019 Research Methods in Sports and Exercise Medicine as core.

Part-time

Students take **90** credits in total, comprising taught modules to the value of **60** credits over two years and a research dissertation (**30** credits) in Year 2.

Code	Title	Credits
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Part I - Year 1
Students take **30** credits as follows:

<i>Core Modules</i>		
SX6010	Exercise Physiology and Prescription	10
SX6011	Sports Injuries I	10
SX6012	Sports Injuries II	10

Elective Modules
Students may take modules up to the value of **10** credits from the following: ² 0-10

SX6016	Advanced Rehabilitation for Injuries (5)	
SX6017	Team Medicine (5)	
SX6018	Independent Study (5)	
SX6020	Standard Approach to Field Emergencies Level 2 (5)	

Part I - Year 2
Students take **20** credits as follows:

<i>Core Modules</i>		
SX6013	Exercise as Medicine	10
SX6014	Health Promotion	5
SX6019	Research Methods in Sports and Exercise Medicine ¹	5

Elective Modules
Students may take modules up to the value of **10** credits from the following: ^{2,3} 0-10

SX6016	Advanced Rehabilitation for Injuries (5)	
SX6017	Team Medicine (5)	

SX6018	Independent Study (5)
SX6020	Standard Approach to Field Emergencies Level 2 (5)

Year 2 - Part II

Students take **30** credits as follows:

SX6015	Research Dissertation in Sports and Exercise Medicine	30
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Total Credits **80-100**

¹ In accordance with UCC's Policy for Recognition of Prior Learning students who have completed a relevant University research methods module, at similar NFQ level, do not have to complete SX6019 Research Methods in Sports and Exercise Medicine upon documented evidence that the module has been taken within the last 5 years.

² Students may choose to take elective modules in Year 1 or in Year 2 or over both years. Elective choice is subject to final decision of Programme Co-ordinator.

³ 15 credits if not taking SX6019 Research Methods in Sports and Exercise Medicine as core.

Examinations

Full details and regulations governing Examinations for each programme will be contained in the *Marks and Standards Book* and for each module in the *Book of Modules*.

Programme Learning Outcomes**Programme Learning Outcomes for MMedSc (Sports and Exercise Medicine) (NFQ Level 9, Major Award)**

On successful completion of this programme, students should be able to:

- Critically discuss the processes involved in prescribing and choosing appropriate exercise and rehabilitation goals for a variety of health related conditions and in determining successful outcomes;
- Critically appraise the available literature on the diagnosis, management and rehabilitation of common sports injuries;
- Apply a critical understanding and be proficient in the skills required for safe and effective practice including: assessment, intervention planning, intervention delivery, and clinical management and leadership;
- Through intelligent and critical analysis of original research sources, be able to synthesize the evidence base of clinical practice in relation to exercise as a health tool;
- Critically evaluate the evidence for the use of exercise in health, health promotion and chronic disease;
- Plan, execute and disseminate research in the area of sports and exercise medicine.