

# MMEDSC (SPORTS AND EXERCISE MEDICINE)

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## 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.