

POSTGRADUATE CERTIFICATE IN SPORTS AND EXERCISE MEDICINE

Programme Learning Outcomes

Programme Learning Outcomes for Postgraduate Certificate in Sports and Exercise Medicine (NFQ Level 9, Minor 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;
- Demonstrate a systematic understanding of the basics of Sports medicine, exercise physiology and exercise prescription;
- Justify the design of evidence-based exercise programmes for a range of patient profiles;
- Formulate an evidence-based multidisciplinary management plan liaising medical, rehabilitation and strength and conditioning resources to manage successful return to function/activity.