

# POSTGRADUATE DIPLOMA IN SPORTS AND EXERCISE MEDICINE

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## Overview

NFQ Level 9, Major Award

## Exit Award only

Upon successful completion of 60 credits, to include all taught modules, students on the MMedSc (Sports and Exercise Medicine) (<https://ucc-ie-public.courseleaf.com/programmes/mmedse/>) programme may opt not to complete the dissertation and to exit the programme with a Postgraduate Diploma in Sports and Exercise Medicine (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

Code	Title	Credits
#mmedse:Part I		
<b>Total Credits</b>		<b>0</b>

<sup>1</sup> 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.

<sup>2</sup> 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 Postgraduate Diploma in 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;
- Demonstrate a systematic understanding of the basics of Sports medicine, exercise physiology and exercise prescription;
- Demonstrate a critical awareness of current issues affecting the care of patients with certain sports related injuries and the tailored benefits of exercise in the management of chronic illness;

- Demonstrate an ability to use knowledge to adapt professional practice to meet the changing demands of health care systems.