

POSTGRADUATE DIPLOMA IN SPORTS AND EXERCISE MEDICINE

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.