

### 5.3.2.23 MSc in Sport and Exercise Medicine

#### Specific admission requirements

- An MBChB or equivalent qualification, from this or any other university, approved by Senate for this purpose.
- Satisfactory evidence of an interest in sport and exercise.
- Registration as a medical practitioner with the Health Professions Council of South Africa (or an equivalent registering body outside South Africa).
  - At least one year's experience as a medical practitioner after community service.

#### Selection

The MSc in Sport and Exercise Medicine is a selection programme.

#### Application procedure and closing date

Apply online at [www.maties.com](http://www.maties.com) by **30 September** of the previous year. Applications for prospective international students close on **31 August**.

#### Duration of programme

The programme extends over a minimum period of two years on a part-time basis.

#### Programme description

Sport and Exercise Medicine (SEM) is an emerging medical specialty currently in the process of gaining recognition by the Health Professions Council of South Africa. SEM has three major components:

- prevention, diagnosis, management and rehabilitation of exercise related injuries;
- medical conditions associated with participation in sport and exercise; and
- prevention and rehabilitation of chronic lifestyle related diseases.

This part-time programme consists of coursework, clinical work and a research assignment. Reading and study material are provided by means of email and suggested text books. You must attend three week-long practical sessions per year at Stellenbosch University. Practical instruction consists of lectures, tutorials, clinical case discussions and seminars.

#### Programme outcomes

On completion of this programme, you will:

- have a thorough understanding of the effects of physical activity on the human body and be able to emphasise how this knowledge can be applied to the management of common medical problems in physically active individuals;
- have the requisite knowledge to prevent, treat and rehabilitate injuries and other medical problems arising from exercise and sport;
- have the requisite knowledge to assist in the rehabilitation of those suffering from various chronic illnesses related to lifestyle factors;
- be able to promote the physical health, well-being and productivity of the community; and
- have the requisite knowledge of research methodology, including statistics and critical scientific thinking to enable you to complete a research assignment.

#### Programme content

The programme consists of structured modules with a total of 120 credits and a research assignment of 60 credits.

The research work for the Research Assignment module can be conducted during the first two years of study while you are following the other four modules. You must, however, complete the research assignment by the end of the third year of study. Only in exceptional cases will you be permitted to continue with work for the research assignment after the third year of study.

Basic Sciences in SEM	872(30)
Exercise-related Injuries in SEM	873(45)
General SEM	871(30)
Research Assignment	874(60)
SEM in Special Populations	875(15)

## Assessment and examination

### Basic Sciences in SEM module

- Class tests and assignments done in the course of the first year constitute 30% of the final mark for the module.
- A written examination comprising two papers is completed at the end of the first year and constitutes 70% of the final mark.
- You must obtain a final mark of 50% or more to gain access to the second year of study.

### Exercise-related Injuries in SEM, General SEM and SEM in Special Populations modules

- Class tests, assignments and seminars over the course of the year comprise the year mark for each of the modules Exercise-related Injuries in SEM, General SEM and SEM in Special Populations.
- An examination is written in October/November.
- A clinical examination (clinical cases) and an objective structured clinical examination (OSCE) are also conducted.
- The final mark for each module is calculated as follows:
  - Class tests, assignments and seminars (year mark) – 30%
  - Written examination – 30%
  - Clinical examination and OSCE – 40%
- You must obtain 50% or more for each component of the clinical examination (clinical cases) and OSCE.

### Research assignment

- One internal and one external examiner assess the research assignment.
- You must pass the research assignment with 50% or more to successfully complete the Research Assignment module.

### Enquiries

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Disclaimer:

The content above comes from the 2023 Medicine and Health Sciences Calendar (Yearbook). Make sure to consult the full [Medicine and Health Sciences Calendar](#) to see this extract in context and to check if there have been any changes. Take special note of additional information in the Calendar under section *Postgraduate Programmes*.