

Faculty of Sports and Exercise Medicine RCPI & RCSI



“Health and science promotion of physical activity and exercise for the whole population and for elite athletes.”

Faculty
Sports and Exercise
Medicine

Dámh Leigheas Spóirt agus Aclaíochta

DEAN'S MESSAGE

There is a strong relationship between physical activity and health. Physical activity is essential to good health and quality of life. Physical activity and exercise exerts a positive influence on muscular-skeletal, cardiovascular, respiratory, hormonal-immunological, hematological, neuro-sensory and gastrointestinal systems. The Sports Medicine specialist and other parties involved in this work may have a substantial impact on all the above points raised including reduction of health care costs.



Sports medicine is a multidisciplinary clinical and academic speciality of medicine dealing with health promotion for the general population, by stimulating a physically active lifestyle and diagnosis, treatment, prevention and rehabilitation following injuries or illnesses from participation to physical activities, exercises and sport at all levels. We in Ireland have a unique faculty that wishes to look after all the above aspects of physical activity and exercise in the general population and the sports person.

Dean, Dr Joseph Cummiskey
MD, FFSEM

MISSION STATEMENT

- Promote a healthy and active lifestyle in the general population
- Protect the physical and mental health and ensure the well-being of all who are engaged in sports, exercise and physical activity
- Be the leader and prime reference in education, ethics and science for sports and exercise medicine in Ireland
- Guide and support National Sports Medicine Federations



VALUES AND VISION

- Leading education and science in sports and exercise medicine
- Caring for the general population and athletes in sports and exercise medicine
- Promote ethics in sports and exercise medicine



WHAT WE ARE

- Home of 72 National Sports Medicine Federations
- Uniting 200 members and fellows in Ireland and abroad
- Founded in 2002 in RCSI and RCPI
- Recognised by the Medical and Olympic Councils of Ireland
- Actively networking and linking with all relevant sports, exercise and political organisations

FSEM PROJECTS



- Train sports and exercise medicine doctors
- Educate and teach through courses, publications, conferences and an annual scientific congress
- Liaise with European and International Sports Medicine organisations

WHY TO SUPPORT FSEM?

- Join a network of members present nationwide
- Annual scientific congress with 150 participants
- Promotion/advertising to qualified customers, over 1,000 attended FSEM events each year
- Access to key stakeholders in sports, health and medicine
- Resources needed and time-frames are defined and transparent

Faculty of Sports and Exercise Medicine, RCPI & RCSI

RCSI House
121 St Stephen's Green, Dublin 2

Phone: + 353 1 402 2780
Fax: + 353 1 402 2781
E-mail: sportsfac@rcsi.ie
Website: www.rcsi.ie/fsem

