

## Sports and Exercise Medicine - Overview



### ***“Health and Science Promotion of Physical Activity And Excellence in Sports Performance”***

Sports and Exercise Medicine (SEM) involves the care of people who exercise at all levels and of all ages.

The Sports and Exercise Medicine Specialist requires a broad range of skills to manage acute or chronic exercise related injuries, medical problems associated with sport and exercise, doping related issues, as well as exercise prescription for healthy people, but also for those suffering from chronic illness.

The SEM Specialist is key to liaising with a wide variety of specialist medical professionals in various specialties (Cardiology, Rheumatology, Respiratory Medicine, Trauma and Orthopaedic Surgery, Radiology, Rehabilitation Medicine, Primary Care, Psychiatry, Anaesthesia – pain medicine, etc.). Team care – at both elite and local level – is also an integral part of the duties of the Sports and Exercise Medicine Specialist.

Training is governed by the FSEM Training Committee which is a Standing Committee of the Faculty of Sports and Exercise Medicine, and reports back to the FSEM Board. The Faculty of Sports and Exercise Medicine is the officially recognised postgraduate training body for Sports and Exercise Medicine in the Republic of Ireland. It is recognised for this purpose by the Medical Council and the Health Service Executive (HSE). The FSEM Training Committee is the advisory body to the Faculty of Sports and Exercise Medicine for all matters in relation to Higher Specialist Training and makes recommendations for the award of the Certificate of Completion of Specialist Training (CCST).