Course Introduction

1. **SMTC5001 Principles of Sports and Exercise Medicine**
   Covers the physiological and biomechanical aspects of physical activity and exercise. The principles of injury rehabilitation and prevention will also be included. Upon completion of the course, students should be able to:
   - Describe the physiological responses and adaptation to both acute and chronic exercise training, understand the relationship between biomechanics, movements and musculoskeletal injuries
   - Understand the principles of rehabilitation and injury prevention

2. **SMTC5002 Sports Injuries I**
   Covers principles of diagnosis and investigations in sports medicine, as well as common injuries and causes of pain affecting the foot and ankle, leg, knee, thigh, hip, pelvis and groin. Upon completion of the course, students should be able to:
   - Describe the epidemiology of injuries affecting the lower limbs
   - Understand the mechanisms of injury and their relationship to biomechanics
   - Obtain a relevant history and perform a targeted clinical examination for diagnosis
   - Order and interpret the relevant investigations
   - Describe the management of these injuries

3. **SMTC5003 Sports Injuries II**
   Covers the common injuries and causes of pain affecting the shoulder, elbow, wrist, hand and spine. Upon completion of the course, students should be able to:
   - Describe the epidemiology of injuries affecting the upper limbs and spine
   - Understand the mechanisms of injury and their relationship to biomechanics
   - Obtain a relevant history and perform a targeted clinical examination for diagnosis
   - Order and interpret the relevant investigations
   - Describe the management of these injuries

4. **SMTC5004 Medical Considerations in Exercise and Sport**
   Covers benefits of regular physical activity. It will also include pre-participation screening guidelines and methodology, as well as equip candidates with the knowledge required to prescribe exercise for the healthy and low risk patient. Upon completion of the course, students should be able to:
• Describe the physical and mental benefits of regular exercise
• Describe the risks associated with exercise
• Perform risk-stratification and identify patients who require pre-exercise screening
• Describe the resources available for screening
• Prescribe exercise for healthy and low risk patients

5. **SMTC5005 Exercise in Special Populations**
   Covers exercise prescription in children and adolescents, women, the elderly, and injuries in the military environment. Upon completion of the course, students should be able to:
   - An understanding of the issues related to exercise and sports participation in these client groups.
   - To prescribe exercise safely for these clients

6. **SMTC5006 Thermal Stress, Drug Use in Sports, Sports Nutrition and Event Medical Cover**
   Covers the effects of exercise in extreme environments as well the rules and regulations in the WADA code. The relationship between nutrition and athletic performance, as well as the administrative aspects of providing medical cover for a sporting event or team are also included. Upon completion of the course, students should be able to:
   - Sports performance in cold and hot environments
   - Regulations on drug use, drug testing and exemptions
   - Nutrition and hydration considerations at different phases of training and performance
   - Requirements for providing safe and effective on-site medical cover