Sports Medicine and Sports Rehabilitation courses

Develop and extend best practice in sports medicine and rehabilitation

100% online

THE UNIVERSITY OF MELBOURNE

ONLINE SPORTS MEDICINE AND SPORT REHABILITATION COURSES

Overview

The University of Melbourne has developed a range of innovative courses in the field of global sports medicine and sports rehabilitation. This interdisciplinary suite of courses has been designed for professionals who are passionate about excellence in clinical sports and exercise medicine, performance enhancement and injury management.

The suite of 100% online courses offer flexibility for students who already have professional commitments, and will advanced knowledge and networks that will help progress your engagement with sports and exercise practices worldwide. Developed specifically for the digital environment, the content is cutting-edge, contemporary and delivered by leaders in the industry.

The University of Melbourne offers the following courses:

- **Specialist Certificate in Sports Medicine**
- **Graduate Certificate in Sports Medicine**
- **Graduate Diploma in Sports Medicine**
- **Master of Sports Medicine**
- **Master of Sports Rehabilitation**

These courses can be studied both full-time and part-time. Single subject study is also available.

Subjects constituting the Specialist Certificate, Graduate Certificate and Graduate Diploma in Sports Medicine can be undertaken singly as 'stand-alone' continuing professional development (CPD) units or as a progression towards the Masters' of Sports Medicine degree.

"A masters level qualification is integral to extending your career in sports medicine and is often required for the award of professional specialist titling. It is a tangible component of lifelong learning, developing and recognising the required specialist knowledge to provide high quality healthcare and performance enhancement to athletes of all ages and abilities, in different sports and exercise contexts".

Sonya Moore, Course Coordinator Sports Medicine, and Subject Development Coordinator, The Modern Athlete, The University of Melbourne.

Who is this course for?

Sports Medicine suite of courses

The sports medicine suite of courses is designed for doctors, physiotherapists, and podiatrists who have a minimum of three years relevant sports medicine clinical experience who want to develop or extend their career in this dynamic industry. It is designed for clinicians who are passionate about excellence in sports performance, exercise engagement and injury management and want to work with athletes and sporting organisations worldwide.

Sports Rehabilitation

The Master of Sports Rehabilitation has been designed specifically for exercise science graduates who have a minimum of three years' relevant sports and exercise injury management experience. This course is designed for professionals who want to develop expertise in injury prevention and exercise rehabilitation, and who want to drive best performance and participation for teams and individuals. This course includes a pathway from a Specialist Certificate and Graduate Certificate in Sports Medicine.

What are the benefits?

The graduate programs in sports medicine and sports rehabilitation are delivered by a distinguished network of internationally recognised experts and clinicians working with sports teams and institutions. You will have the opportunity to explore authentic case-scenarios. These interdisciplinary courses will prepare and extend graduates capability to work with sports people of all ages and abilities in clinical, exercise and sports-specific contexts.

With a range of contemporary subjects, the unique course structure allows you to personalise your degree, which means you can choose to study from a single subject right up to a masters level qualification to meet your own career goals and build your professional profile.

As a graduate of this program, you will gain an internationally recognisable degree, having developed an advanced knowledge-base and clinically reasoned, master's level approach to practice. You will be able to apply your learning within your own practice setting and also extend your contribution to the success and wellbeing of people engaged in a wide range of sports, exercise and physical activities.

What will I learn?

As a graduate of the Master of Sports Medicine, you will:

- Have advanced knowledge of biological, social and medical sciences relevant to sports medicine that you can apply to best-practice injury and case management
- Have advanced understanding, application and monitoring of the processes of clinical reasoning and develop strategies of expert reasoning
- Be able to provide evidence-informed advice and education to athletes and other professionals regarding the optimal activity or sport for specific individuals and the ways in which they can minimise risk of injury and promote health
- Have the expertise to critically evaluate your practice in relation to new information, promoting the appropriate application of new knowledge and innovations in multidisciplinary practice and decision-making processes
- Be able to communicate and collaborate with the interdisciplinary team and all involved parties in case management.

On completion of the Master of Sports Rehabilitation, you will be able to:

- Manage athletes of varying ages and abilities through a deeper understanding of rehabilitation, injury management, safe physical activity participation and training interventions
- Design and implement advanced clinical management plans for injury prevention, restoring optimal function and the enhancement of sports performance
- Engage in evidence-informed reasoning and integrate interdisciplinary practice models within your own professional and ethical practice framework
- Support athletes of all ages and abilities in varying sporting contexts
- Apply rehabilitation strategies for optimising the cardiorespiratory and neuromusculoskeletal health of individuals
- Gain an understanding of the influence of technology on performance and injury
- Apply contemporary approaches to health promotion and health behaviour change.

Subject summaries

Please note the core subjects differ for sports medicine and sports rehabilitation courses. Please visit **online.unimelb.edu.au/sports-medicine** for more information.

Core subjects and elective subjects		Points
The Modern Athlete	Explore the multi-faceted approach to modern athlete-centred management using a case-based approach. Students will appraise their own professional roles and responsibilities, consider special athlete populations and dissect challenges typical to the to the sports medicine environment.	12.5
Musculoskeletal Rehabilitation	Engage in a best practice approach to the assessment and management of patients with neuro-musculoskeletal disorders. Focus will be on habilitation and rehabilitation strategies for optimising the neuro-musculoskeletal health of individuals.	12.5
Diagnosis in Sport	Explore theory and practice of sports injury differential diagnosis, including clinical reasoning strategies, hypotheses formation and testing, clinical pattern recognition and specific diagnostic and evaluation qualities of assessment tools.	12.5
Injury Pathophysiology & Management	Design, implement, evaluate and modify evidence-informed interventions that aim to safely return an athlete to optimal and safe performance in their specific sport/s.	12.5
Biomechanics & Sports Injury Prevention	Analyse biomechanics and pathomechanics in a range of sports and exercise contexts, with emphasis on assessing load patterns and mechanics in athletic movements and interpreting and predicting potential implications on injury and performance.	12.5
Sports Psychology	Engage with sports psychology approaches in sports medicine as a member of the interdisciplinary team; and as a key responder in different case scenarios. This includes mental health literacy, performance psychology and psychology of health. Also evaluate communication and behavior change psychology in context.	12.5
Research & Evidence in Practice	This subject provides an opportunity to build on your knowledge and skills in the use of research and evidence in habilitation and rehabilitation practices, with a primary focus on critical analysis of research. Critically engage with research and evidence in the context of searching and reviewing literature, research project design, methodology and application to practice.	12.5
Foundations of Rehabilitation	Explore selected core theory and frameworks that underpin the development and delivery of best practice, evidence informed rehabilitation services across a range of disciplines and clinical practice contexts over the lifespan.	12.5
Health Behaviour Change	Explore and evaluate key theories underlying contemporary approaches to health promotion and health behaviour change in individuals across the health-illness spectrum and at the population level. Apply evidence to sustained behaviour change within relevant sports medicine contexts, such as athlete lifestyle and performance.	12.5
Evaluation of Rehabilitation Practice	Develop skills in the areas of selection, application and interpretation of rehabilitation treatment and evaluation for individuals, groups and rehabilitation and sports contexts.	12.5
Rehabilitation for Women's Health	Build and evolve your practice in the safe and effective application of rehabilitation principles to meet the health needs of women. Attention is focused primarily on musculoskeletal disorders with attention to conditions affecting women from young adulthood through to their reproductive and older years.	12.5

Subject summaries cont.

Core subjects and elective subjects		Points
Rehabilitation for Paediatrics	Build and evolve your practice in the safe and effective application of intervention and rehabilitation principles to meet the health needs of infants, children and adolescents and their families.	12.5
Rehabilitation, Activity & Exercise	Critically explore and apply research evidence to physical activity and exercise; including evaluating the health risks of sedentary behaviour. Design and evaluate appropriate programs to maximize health benefits and manage these risks.	12.5
Innovation and Emerging Technologies	Examine emerging therapies and technologies, which extend rehabilitation practices. Critically reason and evaluate the value of these therapies and technologies in rehabilitation at the individual and population level.	12.5
Neuromusculoskele-tal Radiology	Apply advanced knowledge of anatomical structure and function to critically select and interpret radiological investigations. Scrutinise normal and pathological findings as displayed by a variety of imaging modalities including x-rays, CT scans, MRI and US imagining.	12.5
Capstone subjects		**Points**
Professional Project	Integrate and apply an advanced body of knowledge and cognitive, technical and creative skills to design and complete a substantial professional project, based on a needs assessment within your professional practice context. Systematically and ethically design, execute, data-manage and evaluate your project to improve practice outcomes. Engage in peer review processes and dissemination of project outcomes to relevant audiences.	25
OR		
Research Project	Extend, deepen and apply knowledge, skills and attributes in the context of undertaking a research project within an established research team. Engage in peer review processes and dissemination of project outcomes to relevant audiences.	12.5

Entry requirements

Master and Graduate Diploma in Sports Medicine

1. In order to be considered for entry, applicants must have completed:
   - a bachelor degree or equivalent in the discipline of Physiotherapy, Medicine, Podiatry, or another relevant discipline; and
   - at least three years of documented practice experience in clinical, sport or health

Graduate Certificate and Specialist Certificate in Sports Medicine

1. In order to be considered for entry, applicants must have completed:
   - a bachelor degree or equivalent in the discipline of Physiotherapy, Medicine, Podiatry, Exercise Science or another relevant discipline; and
   - at least three years of documented practice experience in clinical, sport or health

Master in Sports Rehabilitation

1. In order to be considered for entry, applicants must have completed:
   - a bachelor degree or equivalent in the discipline of Physiotherapy, Medicine, Podiatry, Exercise Science or another relevant discipline; and
   - at least three years of documented practice experience in clinical, sport or health

Please note: meeting these requirements does not guarantee selection

2. In ranking applications, the Selection Committee will consider:
   - Prior academic performance; and
   - Professional work experience.

All applicants are required to provide a current curriculum vitae describing their work experience and tertiary and other qualifications, as a supplement to transcripts.

3. The Selection Committee may seek further information to clarify any aspect of an application in accordance with the Academic Board rules on the use of selection instruments.

4. Applicants are required to satisfy the university's English language requirements for graduate courses. For those applicants seeking to meet these requirements by one of the standard tests approved by the Academic Board, **performance band 7** is required.

Course structure and fees

Course	Structure	Point program	Fee
CAP subject	• Single subject	12.5 points	AU$3,296 assessed AU$1,984 unassessed*
Specialist Certificate in Sports Medicine	• 2 core subjects (The Modern Athlete & Musculoskeletal Rehabilitation)	25 points	AU$6,112
Graduate Certificate in Sports Medicine	• 2 core subjects (The Modern Athlete & Musculoskeletal Rehabilitation) • 2 elective subjects	50 points	AU$12,224
Graduate Diploma in Sports Medicine	• 6 core subjects • 2 elective subjects	100 points	AU$24,448
Master of Sports Medicine	• 7 core subjects • 3 elective subjects • 1 capstone subject	150 points	AU$37,283
Master of Sports Rehabilitation	• 6 core subjects • 4 elective subjects • 1 capstone	150 points	AU$37,283

Course fees are the same for both domestic and international students.

Fees are paid on a per subject basis each term, and total course fees are not required to be paid up-front.

In cases of part-time study, the fee is based on the study load the student is taking.

The fees listed are the indicative costs for 2018*. The University reviews fees annually. The indicative total course fee is based on typical subject enrolments, and includes an indexation of 5 per cent per annum.

For more information about fees and if you are eligible for fee assistance please visit: **futurestudents.unimelb.edu.au/admissions/fees** or contact our Student Support team on **study-online@unimelb.edu.au** or +61 3 8344 0149 (9am – 5pm AEST Monday – Friday).

A world class university

The University of Melbourne is consistently ranked among the leading universities in the world. The Times Higher Education World University Rankings placed us number one in Australia and number 33 in the world in its most recent release (2017-2018).

Studying online

Our courses are designed by a team of clinical experts and academics, graphic designers, education technologists, video producers, video editors and technicians. Our expert e-learning designers work closely with teaching staff to make certain the content we create is ideal for the online medium. And, thanks to recent advances in technology, studying online is more interesting, enjoyable and interactive than ever before.

Online students come from different backgrounds and have many different stories to tell, but one thing that most have in common is that they're very busy. For that reason we make sure their education is as targeted and flexible as possible and available at the times that suit them. We make it possible to connect easily with experts and fellow students and to quickly access grades and academic feedback.

Although it's an entirely different learning experience to face-to-face, you will receive exactly the same qualification and graduation certificate as an on-campus student because you will achieve identical learning outcomes from the same academics that teach our on-campus courses. If you complete a master degree you will also be invited to attend a graduation ceremony in Melbourne.

As an online student at the University of Melbourne you can expect:

- Enriching and engaging learning
- Flexibility and choice
- Connection with leading experts
- Interaction and feedback
- Dedicated Student Support team
- Virtual student community

Dedicated student support

As an online student with the University of Melbourne you can expect a high level of administrative, technical and academic support from your initial expression of interest in the course, through to your graduation.

Don't be surprised if you get to know our Student Support team members by name; they are dedicated, personal and friendly and they understand that every student experience is unique. And if a challenge arises, they'll do everything in their power to assist you so that you can continue to have excellent learning experiences.

Key dates

Term	Intake
Term 1	January
Term 3	July

Learn more

To learn more about this course, contact our Student Support team on **study-online@unimelb.edu.au** or **+61 3 8344 0149** (AEST: Mon - Fri 8am - 9pm, Sat - Sun 10am - 5pm, Public Holidays 10am - 5pm)

Ready to apply?

Apply online at
online.unimelb.edu.au/sports-medicine

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