

ATHLETICS MEDICINE CERTIFICATE

Course brochure



The Athletics Medicine Certificate is an international university certificate focusing on the Medicine of Athletics (track and field) involving :

- **Université Jean Monnet Saint-Étienne** (France),
- **MSH Medical School Hamburg** (Germany),
- **European Athletics** (Switzerland)

GOALS

The goals of the Athletics Medicine Certificate are :

- to update and/or improve the knowledge and practical skills of the sports physician in athletics,
- to give more discipline specific understanding of athletics, on all aspects of sports medicine (e.g. sports physiological demands, athletes' health risk factors, acute and overuse injuries, nutritional aspects),
- to improve sustainability of athletics as a sport, based on the improvement knowledges and skills of the sports physician to protect athletes' health and prevent injury and illness in athletics.

AUDIENCE

- physicians, medical doctors,
- resident or medicine students,
- professional working or aiming to work with athletics athletes.

ORGANISATION

The Athletics Medicine Certificate is a **one-year programme**, composed of a theoretical part with online lectures and a practical part based on an intership, shadowing an experienced mentor on the field.

Teaching units	Number of hours
UE 1 : Athletics organisation and characteristics	15
UE 2 : Musculoskeletal problems	15
UE 3 : Medical (outside of Musculoskeletal) problems/aspects	15
UE 4 : Team physician aspects	15
Internship	30

The successful completion of the program requires :

- sufficient English level to follow lectures and interactions with the team
- reading/watching all the online documents,
- reaching at least 60% at each of the 4 modules during an online examination,
- 5 days of practical experiences by shadowing experienced mentors on the field (during national/international competitions, in dedicated sports centres, training camps, during consultations of athletics athletes...)

FOR REGISTRATION,
please send your CV and cover letter to :

fcsante-mixte@univ-st-etienne.fr and pascal.edouard@univ-st-etienne.fr