

Sport and Exercise Medicine ARCP Decision Aid – November 2014

The table that follows includes a column for each training year which documents the targets that have to be achieved for a satisfactory ARCP outcome at the end of the training year. This document replaces previous versions from August 2014.

	ST3	ST4	ST5	ST6
Examinations		FSEM Diploma attempted/passed	FSEM Diploma passed	
ALS Certificate	Valid	Valid	Valid	Valid
Scientific Knowledge		All scientific knowledge competencies should be achieved as evidenced by the attainment of the FSEM Diploma examination.	Ongoing evidence of the application of scientific principles in patient and athlete care.	Ongoing evidence of the application of scientific principles in patient and athlete care.
Population Health			All competencies to be achieved by completion of Public Health Medicine and General Practice attachments, generally by end of ST5.	
Musculoskeletal Medicine	Some competencies to be achieved during General Practice attachment.	Competent in the assessment and management of common sports related injuries as evidenced by the attainment of the FSEM Diploma examination	70% of competencies to be achieved.	100% of competencies to be achieved.
Working within the Team Environment			50% of competencies to be achieved	All competencies to be achieved
Medical Emergencies	Valid ALS	Valid ALS. FSEM Diploma examination.	Valid ALS Evidence of managing on field emergencies as team physician.	Valid ALS Evidence of managing on field emergencies as team physician.

Drugs in Sport	Awareness of regulations regarding the use of drugs by athletes and doctor's responsibilities in this area – attained during GP attachment.	Knowledge competencies to be achieved – FSEM Diploma examination.	Has attained practical experience of drugs in sport through working with athletes and teams.	All competencies to be achieved.
Psychosocial Aspects of SEM	Demonstrates an awareness of the psychosocial influences that affect exercise participation and adherence to exercise prescription.	Demonstrates an awareness of the psychosocial influences that affect exercise participation and adherence to exercise prescription.	Demonstrates the ability to communicate effectively with athletes and their coaches, both within the individual and team environment. Shows an awareness of the psychosocial factors influencing athletic performance.	Demonstrates the ability to communicate effectively with athletes and their coaches, both within the individual and team environment. Shows an awareness of the psychosocial factors influencing athletic performance.
Investigations and Procedures		Should be familiar with the investigations commonly used in the assessment of the injured athlete – FSEM Diploma examination	Should be competent to perform a biomechanical assessment. Should be competent to safely perform injections of at least two joints.	All competencies to be achieved
Spinal Injuries, Amputee Rehabilitation and Disability		Should be aware of the challenges facing the disabled individual with respect to exercise and sports participation – FSEM Diploma examination	Evidence of managing exercise related problems in these groups.	All competencies to be achieved
Physical Activity in Special Groups		Should be aware of the challenges facing these groups with respect to exercise and sports participation – FSEM Diploma examination	Evidence of managing exercise related problems in these groups.	Evidence of managing exercise related problems in these groups. All competencies to be achieved.
Research, Statistics and Audit	Evidence of participation in an audit	Evidence of completion of an audit – with major involvement in design, implementation, analysis and presentation of results and	Evidence of ongoing involvement in audit and of critical thinking in clinical practice.	Satisfactory portfolio of audit involvement,

		recommendations Evidence of critical thinking around relevant clinical questions		
Teaching and Presentational Skills		Evidence of participation in teaching of medical students, junior doctors and other AHPs	Evidence of participation in teaching with results of students' evaluation of that teaching Evidence of understanding of the principles of adult education	Portfolio evidence of ongoing evaluated participation in teaching Evidence of implementation of the principles of adult education
Medical Management		Evidence of participation in, and awareness of, some aspect of management – examples might include responsibility for organising rotas, teaching sessions or journal clubs	Evidence of awareness of managerial structures and functions within the NHS. Such evidence might include attendance at relevant courses, participation in relevant local management meetings with defined responsibilities.	Evidence of understanding of managerial structures e.g. by reflective portfolio entries around relevant NHS management activities.
Ethical and Medicolegal Aspects	Demonstrates knowledge of the principles of medical ethics and shows evidence of applying these principles in clinical practice, eg patient confidentiality, consent procedures, medical records etc.	Demonstrates knowledge of the principles of medical ethics and shows evidence of applying these principles in clinical practice, eg patient confidentiality, consent procedures, medical records etc.	Demonstrates knowledge of the principles of medical ethics and shows evidence of applying these principles in clinical practice, including when working in the sports environment, eg patient confidentiality, consent procedures, medical records etc.	Demonstrates knowledge of the principles of medical ethics and shows evidence of applying these principles in clinical practice, including when working in the sports environment, eg patient confidentiality, consent procedures, medical records etc.
Self Directed Learning	Evidence of satisfactory CPD activity and reflective learning, mapping CPD requirements to ongoing training needs	Evidence of satisfactory CPD activity and reflective learning, mapping CPD requirements to ongoing training needs.	Evidence of satisfactory CPD activity and reflective learning, mapping CPD requirements to ongoing training needs.	Evidence of satisfactory CPD activity and reflective learning, mapping CPD requirements to ongoing training needs.
Educational Supervisor's Report	Satisfactory – to include summary of MCR and any	Satisfactory – to include summary of MCR and any	Satisfactory – to include summary of MCR and any	Satisfactory – to include summary of MCR and any

	actions resulting	actions resulting	actions resulting	actions resulting
Multiple Consultant Report	2	2	2	2

Notes:

1. All competencies to be explained using appropriate assessment tools detailed in the training syllabus and evidence of satisfactory progression to be included in the trainee's portfolio at each ARCP. It is recognised that the assessment tool used will vary depending on the trainee's experience during a particular year, however an average of 6 miniCEX, 6 CbDs and 6 DOPS should be undertaken per annum. 2 MSF and 2 PS should be undertaken in ST3 – ST5 and in ST6 1 MSF and 1 PS must be completed. SLES and workplace based assessments should be performed proportionately throughout each training year by a number of different assessors and should include structured feedback and actions plans to aid the trainees' personal development
2. Relevant aspects of the Common Competencies Framework, Medical Leadership Curriculum and Health Inequalities Curriculum are detailed in the training syllabus and trainees are expected to show a progression in attaining these competencies throughout training, It is recognised that many aspects of the Common Competencies Framework and Health Inequalities Curriculum will be covered during the early years of training prior to entering specialty training and evidence of continued application of these principles to clinical practice in Sport and exercise Medicine should be evident in a trainee's portfolio. Trainees would be expected to show an increasing leadership role as they progress through the training programme.