

BASM education programme

The foundation course of this programme is the **Introductory Sports Medicine Course** which is designed for chartered physiotherapists and doctors with an interest in sports medicine. It is also suitable for professionals in related of healthcare. The curriculum is multidisciplinary and has a wide focus, including sessions on health benefits, exercise training principles, children and elderly in sport, exercise physiology, sports nutrition, CPR, and resuscitation. Sporting injuries and their management are also covered. Five days PGEA approval in Health Promotion and Disease Management are given for this course.

The interdisciplinary **Intermediate Sports Injury Course** concentrates on the proper examination of normal joints with regard to the diagnosis and management of sports specific injuries. There is a strong focus on the coaching and training involved in a variety of sports. Five days PGEA approval in Health Promotion and Disease Management are given for this course.

The **Practical Sport and Medicine Course** held at Club La Santa, Lanzarote, has a curriculum that varies each year. Delegates and families are welcome. This course further develops the practical examination and sporting themes of the Intermediate Course. Physiological training principles are also reviewed and the course makes use of the coaching staff from the complex to gain practical skills and knowledge of a number of different sports. Individual GPs have gained PGEA approval for this course.

In response to many requests received, an **Advanced Sports Nutrition Course** is being run for the first time. It is suitable for everyone who has previously attended the BASM Introductory Course or an appropriate alternative. Two days PGEA approval in Health Promotion have been given for this course.

Forthcoming courses

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| Advanced Sports Nutrition Course,
£170.00 to £230.00, Pollock Halls, Edinburgh (Residential) | 29–31 March 1996 |
| Introductory Sports Medicine Course,
£295.00 to £440.00, Lilleshall Hall National Sports Centre, Shropshire (Residential) | 21–26 April 1996 |
| Intermediate Sports Injury Course,
£395.00 to £545.00, Lilleshall Hall National Sports Centre, Shropshire (Residential) | 7–12 July 1996 |
| Introductory Sports Medicine Course,
£295.00 to £440.00, Lilleshall Hall National Sports Centre, Shropshire (Residential) | 22–27 September 1996 |
| Practical Sport and Medicine Course
Price to be confirmed, Club La Santa, Lanzarote (Residential, non-delegates welcome) | 3–10 October 1996 |
| BASM National Congress
Price to be confirmed, Slieve Donard Hotel, Newcastle, Co Down | 31 October–3 November 1996 |
| Intermediate Sports Injury Course,
£395.00 to £545.00, Lilleshall Hall National Sports Centre, Shropshire (Residential) | 17–22 November 1996 |

For further details, application forms and membership enquiries, please contact the Education Office at British Association of Sport and Medicine, c/o The National Sports Medicine Institute, Medical College of St Bartholomew's Hospital, Charterhouse Square, London EC1M 6BQ (tel 0171 253 3244; fax 0171 251 0774).