4th Congress of the European College of Sports & Exercise Physicians (ECOSEP) scores goals! Opportunities for specialists, trainees, and students in many countries

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The European College of Sports and Exercise Physicians (ECOSEP) is a specialty society of physician members within the European community. Our clear mission is to: (1) advance the competence of sports physicians via continuing medical education and research, (2) collaborate with other sports medicine organizations, and (3) provide reputable information to the public.

THIS ISSUE – LEG PAIN, CONCUSSION, OSTEOPOROSIS AND MORE!

As one of BJSM’s 23 member societies we shaped this final issue of 2015. In our editorial on the challenges of managing exercise induced leg pain (see page 1546), we draw attention to the fairly basic unanswered questions. There remains debate about its nomenclature, diagnosis, natural history and treatment options. Other that just that, it’s well understood! Therefore, we call for an international consensus meeting.

One area where an international consensus meeting has made a major difference to management is concussion in sport.1 As 2015 draws to a close, a Hollywood blockbuster – ‘Concussion’ – will be on the big screen near you. http://ow.ly/U1JlC. In this ECOSEP issue, Mrazik and colleagues (see page 1548) review the evidence that education can enhance understanding!

HAVE YOU CONSIDERED THE BENEFITS OF ECOSEP?

ECOSEP members gain at least 7 benefits. You belong to a sports and exercise medicine centers network, get discounted quality education and CPD through major congresses (eg, Muscle Tech Network, ECOSEP Congress) as well as sports and exercise medicine courses such as the sports medicine and physiotherapy world.

ECOSEP ALSO NURTURES SPORTS AND EXERCISE MEDICINE’S FUTURE GENERATIONS

ECOSEP also welcomes medical students and junior doctors who wish to specialise in our growing and important specialty. ECOSEP aims to facilitate personalised mentorship, shadowing experience, elective, research involvement as well as pre- and post-graduate events.

ECOSEP—THE PAN-EUROPEAN SPECIALIST SPORTS MEDICINE GROUP WELCOMES YOU!

Symbolising the importance of cooperation, the European Union won the Nobel Peace Prize in 2012. Today, EU countries are working together to support unfortunate refugees. Sports and exercise medicine bodies have a much, much, easier task and must collaborate for patients’ benefit. Common scientific and educational standards have to be developed to promote a high level of practical skills.

4TH ECOSEP CONGRESS (BARCELONA 2015)

“The best option to abuse a world famous football stadium”

The dream of all footballers around the world to play one time in the famous FC Barcelona stadium was recently fulfilled for many Sports and Exercise physicians. From 7th to 9th October 2015 the 4th ECOSEP (European College of Sports and Exercise Physicians) Congress combined with the 7th Muscle Tech Network Workshop was held in Barcelona. The event was organised by the FC Barcelona Medical Team, Muscle Tech Network, ECOSEP, and Aspeter. The specific highlight for the speakers and delegates was that the plenary sessions were held inside Barcelona’s Camp Nou stadium (featured on the cover of this ECOSEP issue).

REFERENCES
