Sport and Exercise Medicine (SEM) Specialty Training Scheme
Health Education Thames Valley (HETV)

Introduction:
The Oxford Deanery SEM training scheme is highly regarded. It is 4 years in length, ST3 to ST6. There are 5 posts in HETV in SEM. The scheme has evolved over the last 8 years due to feedback from previous and current trainees. The scheme prides itself in being flexible and the rotation is built up on an individual basis taking into account the trainee’s interests, training requirements and prior experience. These requirements will be balanced by the availability of local posts and the needs of others in the Training Programme. The scheme has consistently placed in the top 2 for trainee satisfaction in the GMC survey since its inception.

Entry criteria:
Currently entry can be via CMT, ACCS and GP. Please check the Royal College of Physicians website for the most up to date information and curriculum.

Content of the Training Scheme:
The general outline comprises:
6 months GP
6 months Emergency Department
12 months Musculoskeletal medicine, Orthopaedics and Rheumatology
6 months Chronic disease and Exercise Medicine
6 months Public Health
12 months elite and team sport

Training locations:
- Oxford University Hospitals NHS Trust; Nuffield Orthopaedic Centre, John Radcliffe Hospital and Churchill Hospital
- English Institute of Sport, Bath University and Bisham Abbey.
- Southampton Football Club
- Stoke Mandeville Hospital, Buckinghamshire NHS Trust

We have links with:
- British Athletics
- London Wasps
- OUWBC (Oxford University Womens Boat Club)
- OURFC (Oxford University Rugby Football Club)
- Inter-Spinal Games – based at Stoke Mandeville Hospital

Academic training:
We fully encourage our trainees to pursue academic activities to take out of program time for research time to complete a higher degree.
**Exercise Medicine:**
We are one of the only training schemes to offer direct experience in the delivery of exercise medicine initiatives in the community and academic training opportunities through our links with the Public Health Department in the University of Oxford.

**Teaching:**
The HETV trainees attend the weekly teaching sessions in London. This provides the opportunity to meet other SEM trainees and this time is protected throughout the rotation. There is also a local meeting every month.

**Education Supervisors:**
We believe that the continuity of one single ES throughout the 4 year scheme provides significant benefits in terms of mentoring and individual development of the trainee. Each training post will have one or more clinical supervisor(s) but each trainee will have a named ES from day 1 who they will meet 3 monthly.

**Trainee representative:**
The trainee representative is an important liaison position between the Specialty Training Committee and the trainee body. The reps responsibilities include:
- Sitting on the STC and liaising with the STC and the Training Program Director (TPD)
- Collating feedback data in the form of a survey at the end of each 6 months
- Collating anonymous feedback after the GMC survey to facilitate rotation improvements by the STC
- Point of contact for potential new trainees and enquiries about the scheme

The current trainee representative is Stefan Kluzek who can be contacted via e mail at stefankluzek@doctors.net.uk.

**Enquiries:**
If you have any enquiries about the scheme then please contact the TPD, Dr Julia Newton, Consultant in Rheumatology/SEM at julia.newton@ouh.nhs.uk.