



**Route 1 – Irish trained candidates**

**CCST in a Primary Specialty**

(Any specialty recognised by the Medical Council of Ireland)

**Route 2 – Overseas trained candidates**

Specialist Registration in a recognised specialty with the Medical Council of Ireland

ENTRY CRITERIA FOR HST SEM PROGRAMME



**Year 1**

National Rehab. Hospital  
3 months

AMNCH Tallaght  
3 months

SVUH  
6 months



**Year 2**

Cappagh National Orthopaedic Hospital  
6 months

Sports Surgery Clinic Santry  
6 months



**MSc in Sports and Exercise Medicine**

(TCD, UCC etc.)

or equivalent thereof, as approved by the FSEM Training Committee

MSc degree can be completed either before entering the HST SEM programme or while on the HST SEM programme

The Sports and Exercise Medicine Training Pathway for completion of Sports and Exercise Medicine Training is divided into **four distinct phases**:

### Phase 1 - Entry Criteria

#### Route 1 – Irish trained candidates (Republic of Ireland Specialist Training Programmes)

- CCST / CCT / CSCST in a recognised specialty (\*)  
[Or evidence of satisfactory completion of GP training & MICGP]

(\*) PLEASE NOTE: Trainees in their last 6 months of specialist training in their primary specialty on the date of the HST SEM short-listing are eligible to apply for the training programme in sports and exercise medicine if they meet the entry criteria; it should be noted that successful applicants will be asked to submit verification of CCT / CCST / CSCST at the time of the intake start date in July.

#### Route 2 – Overseas trained candidates

- Specialist registration with the Medical Council of Ireland in a recognised specialty

### Phase 2 - HST SEM Programme Rotations

3 months	<ul style="list-style-type: none"> <li>• NATIONAL REHABILITATION HOSPITAL (NRH)</li> <li>• Dr Eimear Smith</li> </ul>
3 months	<ul style="list-style-type: none"> <li>• TALLAGHT UNIVERSITY HOSPITAL (TUH)</li> <li>• Dr Deirdre Ward</li> </ul>
6 months	<ul style="list-style-type: none"> <li>• NATIONAL ORTHOPAEDIC HOSPITAL, CAPPAGH</li> <li>• Prof John O'Byrne</li> </ul>
6 months	<ul style="list-style-type: none"> <li>• ST VINCENT'S UNIVERSITY HOSPITAL (SVUH)</li> <li>• Prof John Ryan</li> </ul>
6 months	<ul style="list-style-type: none"> <li>• SPORTS SURGERY CLINIC, SANTRY (SSC)</li> <li>• Dr Andrew Franklyn-Miller</li> </ul>

### Phase 3 – MSc SEM degree

**Awarding of MSc SEM** by an institution recognised by the FSEM Training Committee (trainees can either already have an MSc SEM at the point of entry on the HST SEM programme, or complete the MSc SEM while on the HST SEM programme).

### Phase 4 – CCST in SEM

**Awarding of a Certificate of Completion of Specialist Training (CCST) in Sports and Exercise Medicine** upon satisfactory completion of the HST SEM Programme (Rotations & Educational component) & awarding of MSc SEM.