



## EDITORIAL

# Masters in team sports medicine from the University of Barcelona



Since 2014, the Spanish Ministry of Health has withdrawn sports medicine as an option for specialist medical training (MIR), such that no more specialists can be trained in sports medicine. For this reason, there is a clear current need to train doctors for professional sports teams for the coming years. To address this need, the idea of creating a curriculum and practical training has been pushed forward by the University of Barcelona together with two reference hospitals, Hospital Clínic and Hospital Sant Joan de Deu, and with the collaboration of FC Barcelona. This initiative takes the form of a master's degree in Sports Medicine, with a focus on team sports.

## Content and objectives of this master's degree

This master's degree in team sports medicine will have broad and transversal content and will be based on clinical and surgical specialties such as internal medicine, traumatology, rehabilitation, cardiology, endocrinology, imaging diagnosis, and paediatrics, among others. It will also cover aspects of sports science, exercise physiology, training planning, biomechanics, podiatry, psychology, nutrition, and other areas. The objectives will be to acquire knowledge and practice in sports medicine applied to teams, as detailed in [Table 1](#).

## Characteristics of this masters

Some key characteristics of this Master are provided in [Table 2](#). This will be an eminently face-to-face Masters, with an 8-h daily schedule, where students will always be guided by a specialist in each area during the course.

## Location

Due to the characteristics of this Master's degree, during the first 5 months participants will be at Hospital Clínic and Hospital Sant Joan de Deu in Barcelona. The remaining 6 months will be spent at the FC Barcelona facilities at the Joan Gamper Sports Center, close to Barcelona ([Table 3](#)).

## Title

On completion, this course confers the title of Masters from the University of Barcelona. It does not provide training or confer the qualification of Specialist in Sports Medicine. We believe that this Masters will be very useful in filling a knowledge gap that is currently difficult to address, and will serve as complementary training for many medical professionals interested in the medicine of physical exercise and sports.

**Table 1** Key contents of this master's degree.

Pre-participation evaluation and athlete monitoring. Functional assessment and control, training
Providing immediate medical attention to players on the pitch. Advanced CPR
Managing sports injuries: Prevention, diagnosis, treatment, rehabilitation, and return to play
Managing the most common pathologies: cardiology, dermatology, etc.
Practical imaging interpretation: Ultrasound, UTC, CT, MRI, PET
Nutrition, ergogenic aids, and doping
Travel management, competitions, and special groups
Leadership, multidisciplinary team management, and communication with stakeholder

**Table 2** Key characteristics of this masters.

Type of Master:	Taught MSc from the University of Barcelona
EPTS credits:	60
Duration and intensity:	11 months; 8 h per day
Methodology:	Face-to-face teaching
Methodology:	For Doctors (Spanish-speaking)
Basic Admission	€15,000
Criteria:	Medical Services of Futbol Club Barcelona, Hospital Clinic (HC) and Hospital Sant Joan de Deu (HSJD) in Barcelona, and the Instituto de Estudios de
Cost:	Emergencias (IEM), Barcelona
Associates:	

IEM, Emergency Medicine Institute, Barcelona; FCB, Medical Services, Futbol Club Barcelona; HC, Hospital Clínic, Barcelona; HSJD, Hospital Sant Joan de Deu, Barcelona.

**Table 3** Modules of this masters.

Modules	Content	Location	Credits
Module 1	Online Course: Introduction of Sports Medicine	On-line	5
Module 2	Immediate action in the field, most common situations	IEM	5
Module 3	Medical issues related to physical exercise and sports	HC and HSJD	20
Module 4	Sports injuries in the team sports environment	FCB	20
Module 5	Research work	FCB	10

## Further information

<https://barcainnovationhub.com/master/master-in-team-sports-medicine/>

[https://www.ub.edu/web/ub/en/estudis/oferta\\_formativa/masters\\_propis/fitxa/F/201711834/index.html](https://www.ub.edu/web/ub/en/estudis/oferta_formativa/masters_propis/fitxa/F/201711834/index.html)

Email address: [grodas@ub.edu](mailto:grodas@ub.edu)

<sup>a</sup> *FCBarcelona Medical Department and Barça Innovation Hub, Barcelona, Spain*

<sup>b</sup> *Sports Medicine Unit in Hospital Clinic and Sant Joan de Déu, Barcelona, Spain*

\* Corresponding author.

E-mail address: [gil.rodas@fcbarcelona.cat](mailto:gil.rodas@fcbarcelona.cat) (G. Rodas).

Available online 27 February 2020

Gil Rodas<sup>a,b,\*</sup>, Ricard Pruna<sup>a</sup>, Youssef Mourtabib<sup>b</sup>,  
Toni Turmo<sup>b</sup>