



MALAYSIAN MEDICAL COUNCIL

SPECIALTY-SPECIFIC REQUIREMENTS (SSR)

(SPORTS MEDICINE)

Prepared By:

Specialty Education Subcommittee (SEC)
of the Medical Education Committee (MEC),
Malaysian Medical Council

Approved by the Malaysian Medical Council:

19th November 2024

Preface

1. The Specialty-Specific Requirements (SSR) pertain to requirements within each specialty and specify the minimum requirements pertaining to the training curriculum, trainers, educational resources and head of programme.
2. The Specialty-Specific Requirements (SSR) are intricately linked to the MMC Malaysian Standards for Medical Specialist Training 2019, and the Standards and SSR must be read and applied together.

Specialty-Specific Minimum Requirements for Training Curriculum (Based on Area 1.2.4 of Malaysian Standards for Medical Specialist Training) - Sports Medicine													
Specialty-Specific Requirements (Reference Standard)	Criteria												
1) Minimum entry requirements for postgraduate training (Standard 3.1.)	<ol style="list-style-type: none"> 1. Fully registered with the Malaysian Medical Council with a current annual practicing certificate. 2. Successful entry evaluation into the programme. 												
2) Minimum duration of training programme (Standard 1.2.4 - Table 2)	Completion of a minimum of 48 months of specialised training in the specialty programme.												
3) Structure of training (rotation/modules) (Standard 1.2.4 - Table 3 & Table 4)	<p>The programme should have a clear pathway encompassing phases of training which shall include the basic and advanced components in Sports Medicine.</p> <p>Compulsory Rotation Program:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Areas</th> <th style="text-align: center;">Minimum Duration (months)</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Sports Medicine</td> <td style="text-align: center;">38</td> </tr> <tr> <td style="text-align: center;">General Medicine</td> <td style="text-align: center;">3</td> </tr> <tr> <td style="text-align: center;">- Cardiovascular - Respiratory - Metabolic & Endocrine - Rheumatology</td> <td style="text-align: center;">3</td> </tr> <tr> <td style="text-align: center;">Radiology</td> <td style="text-align: center;">1</td> </tr> <tr> <td style="text-align: center;">Orthopedics</td> <td style="text-align: center;">2</td> </tr> </tbody> </table>	Areas	Minimum Duration (months)	Sports Medicine	38	General Medicine	3	- Cardiovascular - Respiratory - Metabolic & Endocrine - Rheumatology	3	Radiology	1	Orthopedics	2
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Orthopedics	2												
Training overview													
Training rotation/modules and case mix													

	Emergency Medicine	2
	Rehabilitation Medicine	2
*Duration of training per year is 48 weeks		
<p>4) Assessments</p> <p>(Standard 2.2.1)</p>	<p>Assessments should</p> <ol style="list-style-type: none"> i. Employ appropriate methods and levels that are well-aligned with learning outcomes. These include a variety of methods and tools such as CBD, Mini-CEX, DOPS, theory examination, clinical examination, logbook, supervisor’s report, training and practice diaries. ii. Include methods appropriate to assess communication skills, ethics and professionalism. iii. Include formative and summative assessments throughout each rotation, semester, or year of study. iv. Include clear criteria for progression to next year of study. v. Include an exit evaluation/assessment. 	
<p>5) Additional requirements for completion of training</p> <p>(Standard 1.2.4)</p>	<ol style="list-style-type: none"> i. Completion of graduate-level research or clinical audit project. ii. Satisfactory completion of required courses which includes: <ol style="list-style-type: none"> a. Research methodology course b. Good clinical practice course 	
<p>6) List of competencies to be acquired upon completion of training</p> <p>(Standard 1.1.4)</p>	<p><u>Generic competencies</u></p> <p>Upon completion of training, the trainee must be able to</p> <ol style="list-style-type: none"> 1. Diagnose, investigate and manage common Sports Medicine cases using evidence-based medicine with consideration to patient safety and health economics. 2. Anticipate and manage complications and make timely referrals. 3. To work independently and within teams maintaining ethical conduct and professionalism. 4. Display good communication and counseling skills for effective management of patient care. 5. Perform critical review, plan and conduct of scientific research using effective digital skills. 6. Exemplify self-advancement and improving patient care through participation in continuous academic and professional development activities. 7. Demonstrate exemplary leadership qualities in healthcare. 8. Demonstrate an entrepreneurial mindset and be able to identify problems for improvement in healthcare system. 	

Specialty Specific Competencies

1. Management of Acute and Chronic Musculoskeletal (MSK) injuries.
2. Interpret MSK Radiological imaging.
3. MSK Rehabilitation including pre- and post-Orthopedics surgery and return to sport and physical activities.
4. Sports emergencies management.
5. Prescribe clinical exercise regime including post-operative cases.
6. Provide clinical sports expertise in national/international sports events.
7. Able to perform competently procedures, including but not limited to:

Joint injection and aspiration
Soft tissue aspiration and injection
Diagnostic musculoskeletal ultrasound
Ultrasound guided musculoskeletal injection
Application of Orthosis
Application of Taping
Biofeedback assessment and evaluation for rehabilitation
Exercise Stress Testing
Lung Function Test and interpretation
Fitness test: <ul style="list-style-type: none">- Field test,- flexibility,- balance and- muscle strength
Cardiopulmonary Exercise Testing (CPET)
Electrocardiography (ECG) assessment and interpretation
Anthropometric & Body Composition Assessment and analysis
Isokinetic Testing

Note: These criteria represent the minimum standards. Each educational programme provider may exercise their autonomy to state criteria above and beyond these minimum standards.

**Specialty-Specific Minimum Requirements for Training
Centres and Head Programme (Based on Areas 3-6 of
Malaysian Standards for Medical Specialist Training) -
Sports Medicine**

Item no	Specialty-Specific Requirements (Reference standard)	Criteria						
4	Trainer-to-trainee ratio. (Standard 3.1.3)	1:4						
5	Minimum qualifications and experience of trainers (Standard 4.1.2)	i. Registered with National Specialist Register. ii. Completed Training-of-Trainer course/equivalent.						
6	Minimum requirements for educational resource (Standard 5.1.1)	<p>The diagnostic facilities and equipment requirement of the programme training centres must collectively be able to accommodate the following minimum requirements:</p> <p>i. Physical Facilities:</p> <ul style="list-style-type: none"> a. Tutorial rooms for regular scheduled educational activities b. Internet access c. Access to library or electronic resource d. Computer room with internet facility <p>ii. Service area:</p> <table border="1" data-bbox="788 1648 1410 2056"> <thead> <tr> <th align="center">Service Area</th> </tr> </thead> <tbody> <tr> <td>Outpatient clinic</td> </tr> <tr> <td>Inpatient ward</td> </tr> <tr> <td>Gymnasium or Rehabilitation area</td> </tr> <tr> <td>Physiotherapy unit</td> </tr> <tr> <td>Radiological facility</td> </tr> </tbody> </table>	Service Area	Outpatient clinic	Inpatient ward	Gymnasium or Rehabilitation area	Physiotherapy unit	Radiological facility
Service Area								
Outpatient clinic								
Inpatient ward								
Gymnasium or Rehabilitation area								
Physiotherapy unit								
Radiological facility								

Pathology and Microbial laboratory

Pharmacy department

Other relevant departments:
- Cardiology
- Accident and Emergency
- Orthopedics
- Rehabilitation Medicine
- Internal Medicine

iii. Equipment:

Equipment
Isokinetic Machine
Cardiopulmonary Exercise Testing Machine
Bioimpedance Analysis
Hand Grip Dynamometer
Biofeedback Machine
Ultrasound Machine
Lung Function Machine
Electrocardiography (ECG) Machine
Gymnasium equipment
Weighing and height scale

iv. Case Mix and Case Load:

The case load of the programme training centers must collectively be able to accommodate the following minimum requirements for each trainee:

Areas	Minimum Quantity (cases/trainee/year)
Acute and Chronic	200

		<table border="1" data-bbox="810 129 1402 658"> <tr> <td data-bbox="810 129 1098 237">Musculoskeletal Disorders</td> <td data-bbox="1098 129 1402 237"></td> </tr> <tr> <td data-bbox="810 237 1098 658"> Prescribing Exercise for individuals with: <ul style="list-style-type: none"> - Diabetes - Obesity - adult and children - Hypertension - Ischemic Heart Disease - Cancer </td> <td data-bbox="1098 237 1402 658" style="text-align: center; vertical-align: middle;">100</td> </tr> </table> <p data-bbox="826 725 1123 757">v. Total procedure:</p> <table border="1" data-bbox="786 824 1461 1496"> <thead> <tr> <th data-bbox="786 824 1126 931">Procedure</th> <th data-bbox="1126 824 1461 931">Minimum Quantity (cases/trainee/year)</th> </tr> </thead> <tbody> <tr> <td data-bbox="786 931 1126 1039">Diagnostic MSK ultrasound</td> <td data-bbox="1126 931 1461 1039" style="text-align: center;">50</td> </tr> <tr> <td data-bbox="786 1039 1126 1106">Soft Tissue Injection</td> <td data-bbox="1126 1039 1461 1106" style="text-align: center;">50</td> </tr> <tr> <td data-bbox="786 1106 1126 1214">Joint Injection or Aspiration</td> <td data-bbox="1126 1106 1461 1214" style="text-align: center;">20</td> </tr> <tr> <td data-bbox="786 1214 1126 1281">Fitness Testing</td> <td data-bbox="1126 1214 1461 1281" style="text-align: center;">50</td> </tr> <tr> <td data-bbox="786 1281 1126 1388">Muscle Strength Test and Interpretation</td> <td data-bbox="1126 1281 1461 1388" style="text-align: center;">10</td> </tr> <tr> <td data-bbox="786 1388 1126 1496">Application of Athletic Taping and Bracing</td> <td data-bbox="1126 1388 1461 1496" style="text-align: center;">20</td> </tr> </tbody> </table>	Musculoskeletal Disorders		Prescribing Exercise for individuals with: <ul style="list-style-type: none"> - Diabetes - Obesity - adult and children - Hypertension - Ischemic Heart Disease - Cancer 	100	Procedure	Minimum Quantity (cases/trainee/year)	Diagnostic MSK ultrasound	50	Soft Tissue Injection	50	Joint Injection or Aspiration	20	Fitness Testing	50	Muscle Strength Test and Interpretation	10	Application of Athletic Taping and Bracing	20
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7	<p data-bbox="300 1568 756 1644">Minimum qualifications and experience of Head of Programme</p> <p data-bbox="300 1733 513 1765">(Standard 6.2.2)</p>	<p data-bbox="786 1568 1422 1644">i. 5 years or more of working experience after national specialist registration</p> <p data-bbox="786 1715 1450 1787">ii. Experience in administration and/or academic management</p>																		

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ACKNOWLEDGEMENT

Authors:

Specialty Education Subcommittee (SSC) Edu Sports Medicine 2022 – 2024

1. Prof. Madya Dr. Mohd Nahar Azmi Mohamed (Chair)
2. Dr. Rozaiman Bin Ebrahim
3. Dr. Aparajitha Krishnan
4. Dr. Devamalar Selvi Naicker A/P Subramaniam
5. Dr. Zulkarnain Jaafar
6. Dr. Samihah Abd. Karim

Specialty Education Subcommittee (SSC) Edu Sports Medicine 2024 – 2026

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