



## World Authorities in Sports & Exercise Medicine visit London Metropolitan University

L-R Professor Graham N Smith, Kevin Campbell, Jill Cook, Professor Karim Khan, Rachel Storr, Jo Baker, Kimberley Hutt, Nick Gardiner

Sports Therapy students at London Metropolitan University were treated to an awe-inspiring morning of lectures and talks recently when three of the world's leading experts in Sports + Exercise Medicine visited the university.

Professor Karim Khan, Editor in Chief of the British Journal of Sports Medicine and Jill Cook, Associate Professor at the Centre for Physical Activity and Nutrition Research, Deacon University, Melbourne, were visiting London for a BJSM review meeting and were invited to the university by Senior Lecturer Nick Gardiner. Professor Graham N Smith, Chairman of The Society of Sports Therapists was also visiting the university to talk with the final year sports therapy degree students. The three experts provided a hugely memorable occasion.

Professor Khan, from the University of British Columbia, is co-author of the world renowned 'Clinical Sports Medicine' - universally regarded as one of the most significant and widely known sports medicine books ever to be published. Now in its 3rd edition, Clinical Sports Medicine is, in all probability, the 1st point of reference for anyone looking to work in Sport & Exercise Medicine, be they sports therapists, physiotherapists or doctors.

Under an umbrella title of 'Exercise Therapy Works' Professor Khan gave the students a short but intense teaching session on why exercise and movement is beneficial and promotes healing.



Some of the students pictured with staff and guests

While we know that exercise can be good for us he showed, in a succinct but evidence based way, what happens physiologically to tissue when you exercise and how those principles can be applied to promote healing.

Jill Cook acknowledged as one of the leading gurus on tendon injuries and tendon repair then reinforced a lot of what Professor Khan said and importantly addressed 5 specific questions that often come up when the research associated with this area of pathology is explored. In particular these included 'Should a patient experience

pain and discomfort when they exercise before a benefit is achieved?' and 'Can healing be promoted with that type of loading?'

Once again, in a short period of time, she gave a presentation to enhance the knowledge of students present and gave practical examples that would have clarified many of the theoretical areas that they will previously have tried hard to understand.

Both presentations complimented each other. More importantly, both were delivered in such a way that anyone in the room could not fail to be impressed by the enthusiasm, knowledge and clinical skills that both presenters undoubtedly have.

Professor Graham Smith, as Chairman of the Society of Sports Therapists then gave a rousing talk to the final year students which was informative, empowering and hugely relevant as the students approached their final few weeks of university life, before embarking on a career in sports therapy. With the sports therapy lecturing team sitting in on the session, he covered a number of topics and issues from encouraging the students to be proud of the title Graduate Sports Therapist, through to the responsibilities that each Graduate Sports Therapist will have towards



Professor Smith talking to final year students

their patients once they qualify. He pointed out that, until statutory regulation goes through, anyone can call himself or herself a sports therapist and highlighted how, in an ever increasing litigious society, there is a greater need to be associated with a professional body that would provide, not just insurance, but sound advice and support.

Professor Smith also drew attention to the respect that Professor Khan and Jill Cook had shown to the students for what they are doing now at the university and, for what as graduates, they could do in the future.



Professor Khan chatting with one of the students after the lecture

It was refreshing for the students to hear such positive words of encouragement from Professor Khan who has recognised that, sports therapists who graduate under the collaborative agreement with The Society of Sports Therapists, clearly have a very positive future ahead of them

It was indeed a significant day for all the students who attended and a very proud time for the London Metropolitan University Sports Therapy lecturing team.

#### Editor's note:

If you wish to follow up on Professor Khan's lecture, log onto <http://bjsm.bmj.com/cgi/content/full/43/4/247> at the British Journal of Sports Medicine.

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<http://www.society-of-sports-therapists.org>



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