

## The Chairman writes:

As we move through the early part of 2009 and with the current world climate, thoughts must move towards positive things happening to counter worries and concerns that seem to be increasing everywhere.

People often turn to sport and exercise as a form of release from the stresses and strains of daily living. Similarly, many people look for alternative and new careers at times like this either through choice or necessity. With both thoughts in mind, The Society of Sports Therapists is aware that an increase in sporting activity is often associated with a rise in injuries. It is, therefore, important that anyone who suffers from an injury or problem seeks assessment, advice and treatment from appropriately trained and qualified practitioners. Such practitioners must not only understand what is required but also be members of a professional organisation that ensures that its members work under clearly defined standards of proficiency and codes of conduct. Members of The Society of Sports Therapists fulfil these criteria and, as such, are in a position to help should injuries occur.

Sports therapy has also become an exciting, established and attractive career either as first choice or when considering a potential change in later life.

For anyone who is interested in sport and exercise and thinks that it is an area that they would like to work in, it is imperative that they undertake training and education programmes that are professionally recognised, accredited and both academically and practically sound.

Each of the universities and colleges with which The Society of Sports Therapists collaborates, offer progressive programmes of study which meet the criteria for training, as mentioned earlier. More importantly, all offer opportunities for mature students, as well as school leavers, with flexible modes of attainment.

Further details on universities, colleges and courses recognised and accredited by The Society of Sports Therapists can be found under the education section on the website.

Other exciting developments that The Society of Sports Therapists is proud to be linked with are covered in greater detail in News Update and include the recent appointment of Professor George Borden to the Executive Committee of The Society of Sports Therapists, with a specific role of developing and enhancing The Society's international links. You will also find a report of my recent visit to Canada which will result in the opportunity for a recent graduate to spend some time in the summer gaining experience in a university and multi-disciplinary sports medicine environment, details of which will be circulated to student members.

2009 will be an interesting and exciting year. It is also hoped that it will be a year where the Society's national and international profile, status and credibility continue to develop and be enhanced.

**Professor Graham N Smith**  
**Chairman**



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