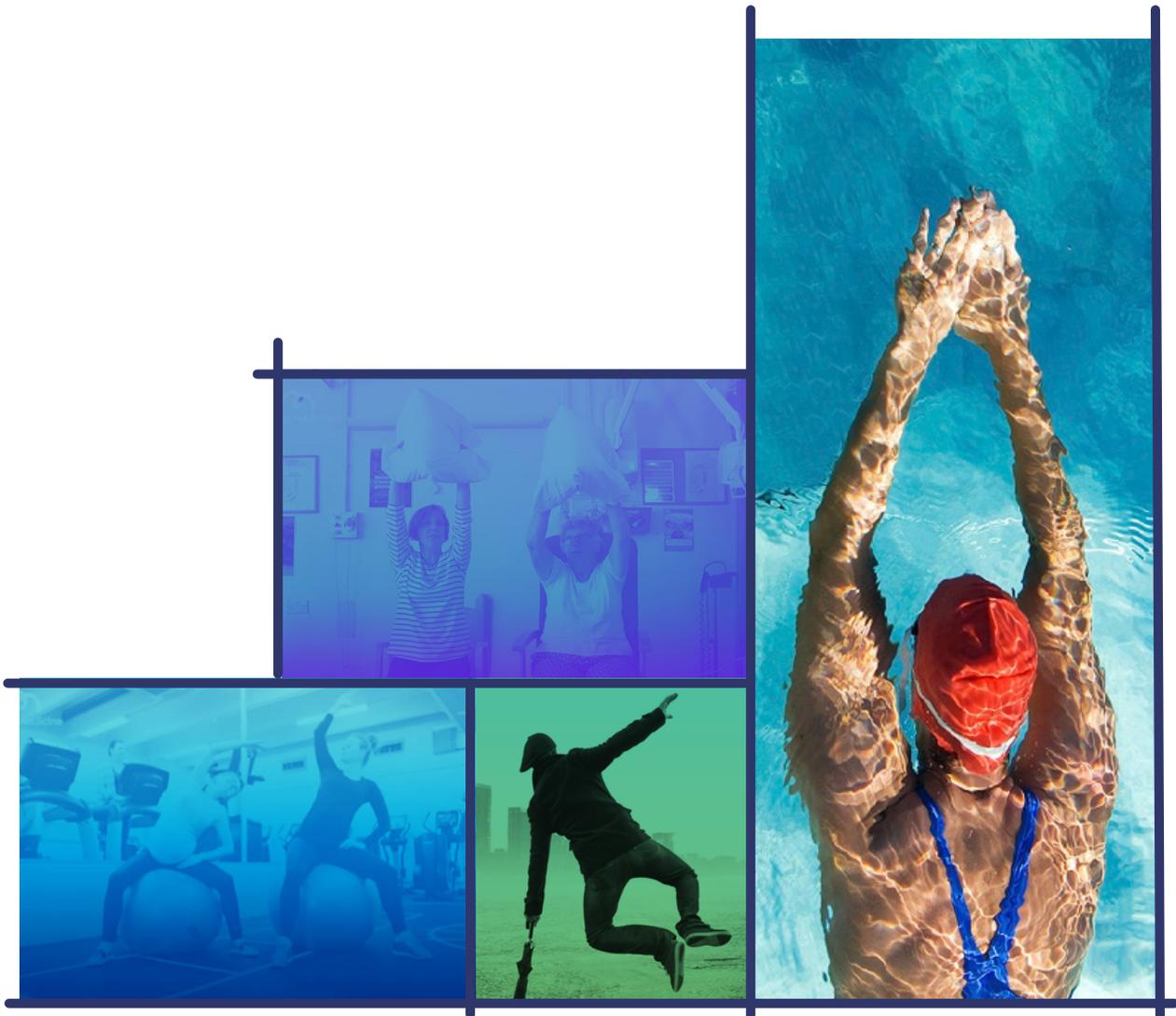




# Strategy 2022-25

Grow. Unite. Support.



# Introduction



Welcome to the 2022-25 FSEM strategy. Our enduring vision 'to improve the health of the nation through physical activity' inspires and unites us all. As we work towards this vision through our three objectives, we will be guided by our values; to unite, to grow and to support.

We are an increasingly diverse Faculty. We work in different areas, in different specialties and different disciplines. But whether you work through the inspiration of elite sport, through the understanding that physical activity is dependent on musculoskeletal health, or through promoting physical activity in healthcare for the prevention and treatment of disease, it is our vision that unites us. Celebrating our differences, while remembering our shared purpose, is at the heart of the thinking behind this strategy.

As we unite behind our common vision, our faculty will naturally grow. Thanks to our specialist training scheme, our specialty develops every year. But we welcome others, from other medical specialties and from other disciplines. Whether you choose to join us through our membership or fellowship route, through our diplomate or associate route, you are a valued member to us. We know that the bigger and more diverse our membership, if we speak with a common voice and purpose, the more influence we can all have.

As we grow, we must ensure that we support our members and fellows. By setting the highest standards for Sport, Exercise and Musculoskeletal Medicine, we provide a benchmark for our professional practice. But it is not enough to simply set standards. It is our responsibility to coach, mentor and develop our membership so that not only are our standards upheld but we develop the next generation of leaders in Sport, Exercise and Musculoskeletal medicine.

We hope you are inspired by our strategy. If you are, please do come forwards to help us achieve it. Whoever you are, wherever you work, if you share our vision and are prepared to work with us to achieve it, we will welcome you.

**Dr Natasha Jones**  
**President, Faculty of Sport and Exercise Medicine (UK)**

## Our Vision

Improve the health of the nation  
through physical activity

## Our Mission

Develop a strong, unified voice in the  
sport, exercise, and musculoskeletal  
medicine community

## Our Values

**We Grow**

**We Unite**

**We Support**

# Our Objectives

Develop and demonstrate the value of Exercise and MSK Medicine in the NHS

Support practitioners working in Elite Sport

Develop FSEM as a collaborative, multi-disciplinary organisation, capable of uniting the specialty and delivering our goals



# Develop and demonstrate the value of Exercise and MSK Medicine in the NHS

## What we will do

Increase our influence within the NHS

Work with national partners to develop collaborative models for integrated care systems

## How we will do it

- Define role of SEM within multi-disciplinary MSK care pathways
- Demonstrate role of SEM within multi-disciplinary care pathways
- Work with partners to develop system and place based approach to exercise medicine - [see our Moving Medicine Strategy for more](#)
- Develop exercise medicine diploma and corresponding diplomate membership

# Support practitioners working in Elite Sport

## What we will do

Review

Consult

Set Standards

## How we will do it

- External review of SEM systems and processes for supporting doctors working in isolation
- Define our role through detailed consultation with leaders in elite sport
- Develop educational materials in consultation with BASEM
- Develop diploma in governance and ethics in elite sport with associated diplomate membership
- Work with RCGP to support accreditation for GPwER in team sport

# Develop FSEM as a collaborative, multi-disciplinary organisation

## What we will do

Work with BASEM to explore potential for a single multi-disciplinary organisation

Develop and nurture leadership skills within SEM community

Unite stakeholders within SEM

## How we will do it

- Emerging leaders programme in collaboration with BASEM
- Enhanced mentorship programme
- Establish FSEM as independent charity
- Exploratory work with BASEM to establish risks, benefits and solutions to potential merged organisation
- Establish an equality, diversity and inclusion committee and strategy