



## **USEMS/FSEM ESSAY COMPETITION 2025-26**

Please write your essay in the form of a journal editorial on the following topic:

- **AI in Sport and Exercise Medicine: A Powerful Ally or a Potential Risk?**

### **Eligible applicants:**

- ***Undergraduates*** (medical, physiotherapy, allied healthcare professionals) enrolled on a healthcare course at university in either England, Scotland, Wales, Northern Ireland, or the Republic of Ireland, on the closing date.
- or ***recently graduated*** (within 2 years e.g. foundation year 1 & 2 doctors or equivalent)

### **Award**

The successful award winner will receive:

- £100 prize
- A free one-day BASEM conference ticket
- Mentorship from FSEM to support the winner to publish their editorial piece in BASEM Today journal

### **Deadline/Submission**

Please email your submission [usemscompetitions@gmail.com](mailto:usemscompetitions@gmail.com) , before 12pm on **31<sup>st</sup> January 2026**.

In the body of the email please state the following:

- Full Name
- University
- University course and year of study/date of graduation
- Undergraduate or recent graduate status
- Employer (if graduated)
- Contact details (email and mobile)

Please attach your essay in a word document or PDF format.

Label your essay with the topic title but please do not include your name anywhere in your essay or filename. The competition administration team will rename the files to ensure anonymous marking.

## Guidelines and Requirements:

- The essay should be written in the style of a journal editorial.

An editorial is a piece of writing that expresses the opinion of the author on a topic of public interest. It usually aims to persuade the readers to agree with the author's viewpoint or to take some action (e.g.

<https://bjsm.bmj.com/pages/authors#editorial>)

- Formatting should be Times New Roman, font size 12, maximum word count 800 words (excluding title and references)
- A maximum of 3 tables, graphs, or images may be used, although they are not essential
- Quotes should be identified within quotation marks and appropriately referenced
- No more than 8 references
- Reference format is Vancouver (number superscript)
- Keep the title short and succinct to attract the readers (max two lines Size 12 font).
- Sub-headings are recommended.
- Include total word count at the end

## For information

- All marking will be anonymous and double-marking will be used
- Marks will be awarded according to the marking criteria below
- The purpose of this essay makes it inappropriate for AI tools to be used
- **We will aim to release results as soon as possible**

<b>Criteria</b>	<b>Excellent</b>	<b>Good</b>	<b>Adequate</b>	<b>Inadequate</b>
<b>Structure &amp; Coherence</b>	Highly logical and seamless structure; ideas flow naturally with clear signposting and transitions.	Generally logical structure; minor lapses in flow or clarity.	Basic structure evident; some disjointed sections and unclear progression.	Fragmented or inconsistent structure; ideas lack clear progression.
<b>Argument &amp; Critical Thinking</b>	Sophisticated, persuasive argument demonstrating nuanced understanding and critical engagement with multiple perspectives.	Competent argument with some critical engagement; may rely on generalisations.	Limited critical engagement; argument mostly descriptive.	Superficial argument; minimal evidence of critical thinking.
<b>Use of Evidence</b>	Integrates high-quality, current evidence to support claims; demonstrates synthesis rather than simply listing sources.	Uses relevant evidence but with limited integration or critical appraisal.	Evidence used is basic or inconsistently linked to argument.	Sparse or inappropriate evidence; missing a clear link to argument.
<b>Style &amp; Tone</b>	Professional, authoritative editorial tone; concise and engaging for journal readership.	Generally appropriate tone; occasional lapses into informal or verbose language.	Tone somewhat inconsistent; lacks precision for intended audience.	Inappropriate or unclear tone; difficult for intended audience.
<b>Originality</b>	Demonstrates originality through fresh insights or innovative framing of issues.	Some evidence of independent thought; largely reiterates established ideas.	Minimal originality; mostly descriptive summary.	Little or no originality; heavily reliant on existing sources.
<b>Referencing &amp; Accuracy</b>	Accurate and consistent referencing throughout; adheres fully to required style.	Mostly accurate referencing; occasional errors in format or completeness.	Frequent minor errors in referencing; style inconsistently applied.	Significant referencing errors or omissions; does not meet required style.

