



BOTSWANA NATIONAL OLYMPIC COMMITTEE



## SPORTS MEDICINE AND PROTECTION OF CLEAN ATHLETES TRAINING

### IOC DIPLOMAS/CERTIFICATES (2020-2022)

As per circular No. 10 of 2020 below is a list of available opportunities for training in the field of Sport Medicine and Protection of Clean Athletes. The deadline for all submissions is as per the circular.

**NOTE:** Along with the requirements as per each course, candidates should submit the below:

- Support letter/ reference from a Sport Organisation or proof of recent activity in sports
- Motivational letter by the applicant to the BNOC demonstrating intention/commitment to utilize the acquired skills to benefit Botswana Sport
- Detailed CV
- Professional certificates & licenses

#### **1. IOC CERTIFICATE IN DRUGS IN SPORT (6 months)**

##### **Course Structure**

The Diploma program is offered by Distance Learning on a part-time basis, running for a period of six months.

- Delivery of the program will involve a variety of teaching methods, including lectures in electronic format, web-based materials, paper-based reading, and an on-line discussion forum.
- Each of the five Program modules will consist of lectures in electronic format, supported by directed private study, and will include self-assessment elements. Lectures will consist of online lectures by leading experts in the field
- Lecture material will be supplemented by a program of directed study, including review papers and original research publications
- Students will be provided with a comprehensive portfolio of reading material in electronic format. The core program textbook (Drugs in Sport, Routledge) and online

access to the British Journal of Sports Medicine will also be provided to all students as part of the registration fee

The program will include a formal examination to be completed by students.

#### **Timetable for 2020 intake (September)**

- September 1, 2020: Program Begins
- February 2021: Written examination
- TBC: Graduation in Lausanne (optional)

#### **Requirements for acceptance**

1. English language proficiency is required.
2. Students must hold a relevant undergraduate degree in medicine, nursing, pharmacy, sports science, or an allied health science.
3. They must be eligible to practice in their profession, and, where appropriate, registered with their national healthcare regulatory agency.
4. Individuals able to demonstrate professional experience of working in the anti-doping environment may also be considered for admission.

## **2. IOC CERTIFICATE IN MENTAL HEALTH (3 months)**

### **Program structure**

The Certificate program is offered by Distance Learning. Students may sign up for and begin the program at any time and take any amount of time to complete it that they wish.

- Delivery of the program will involve a variety of teaching methods, including lectures in electronic format, web-based reading materials, and an on-line discussion forum.
- The program will consist of six lectures in electronic format, supported by directed private study.
- Lectures will consist of computer-based lectures by leading experts in the field and will incorporate self-assessment elements where appropriate.
- Students are provided with a portfolio of reading material in electronic format.
- The program will include a formal examination to be completed by students if a certificate of completion is desired. If no official certificate is desired, participants may simply choose to participate in any aspects of this curriculum, without taking the examination, as they see fit.
- Students and lecturers will have access to an online discussion forum where interactive discussion on relevant topics can take place. All students are encouraged to engage with this forum and to play an active role in the discussions.

### **Timeline**

Annually offered curriculum to start September 2020. There will be set dates for the examination every 3 months. The first examination will be held in December 2020. Students can select any examination date 3 months after they enrolled and within 1 year (4 exam sittings) of completing the 3 month program.

### **Ideal candidate**

The Program is aimed at all members of the athlete entourage other than: 1) physicians or 2) licensed practitioners who are qualified to provide mental health services. For example, this Program is available to: physiotherapists/athletic trainers, kinesiologists, chiropractors, nutritionists/dieticians, physiologists and other sport scientists, as well as coaching and management staff.

### **3. IOC PROGRAMS IN MENTAL HEALTH IN ELITE SPORT (1 year)**

#### **About the Programme**

The Diploma course is offered by Distance Learning on a part-time basis, and takes ten months to complete. In addition to the coursework contained in modules, students are required to complete assignments and a written examination. All teaching and assessment is conducted online. Upon successful completion of all elements of the program, students are eligible to graduate with an IOC Diploma in Mental Health in Elite Athletes.

Lectures will consist of computer-based presentations with audio and video, and will incorporate self-assessment and interactive elements where appropriate.

#### **Eligibility & Registration**

- The Program is aimed at sports medicine physicians or other physicians who work with athletes, and licensed practitioners who are qualified to provide mental health services (e.g., clinical or counselling psychologists, licensed clinical social workers, licensed mental health counsellors, psychiatric mental health nurses).
- Students enrolling in this program will normally be in possession of a degree or equivalent qualification in medicine and/or a sports medicine/mental health field from a recognised University and will be eligible for professional registration/licensure as a health care practitioner.
- The language of instruction will be English. Students whose native language is not English, or whose degree program was not taken at an English-speaking institution, should provide evidence of competence in English, e.g. TOEFL at 500 or above, ILET6 at 6 or above, GCSE or equivalent in English language.

#### **Timetable for 2021 intake (Graduating class of 2022)**

- September 1, 2020 - Program begins
- July 2021 - Written examination
- Autumn 2021 – Graduation

#### **4. IOC DIPLOMA IN PHYSICAL THERAPIES (2 years)**

The Diploma program is offered by Distance Learning on a part-time basis, running for a period of six months from October of each year, and takes two years to complete.

Delivery of the program will involve a variety of teaching methods, including lectures in electronic format, web-based materials, paper-based reading, an on-line “chat room” and other Internet-based activities,. There may be an option of attending a residential workshop.

- Each part of the program will consist of lectures in electronic format, supported by directed private study, and will include formal assessment elements.
- Lectures will consist of computer-based lectures by leading experts in the field, and will incorporate self-assessment and interactive elements where appropriate.
- Lecture material will be supplemented by a program of directed study, including review papers and original research publications.
- Students will be provided with a comprehensive portfolio of reading material in electronic format. Core program textbooks will also be provided to all students as part of the registration fee.
- Each program will include regular assignments and a formal examination to be completed by students.

Upon successful completion of all compulsory elements of the program, including coursework, assignments and examinations, students are eligible to graduate with the IOC Diploma in Sports Physical Therapies.

##### **Timetable for 2020 intake (Graduating class of 2022)**

- October 1, 2020: Program Begins
- April 2021: Written examination and end of Part 1
- October 1, 2021: Part 2 begins
- April 2022: Written examination and end of Course

##### **Entry Requirements**

Students enrolling for this program will normally be in possession of a degree or equivalent qualification in Physical Therapy (Physiotherapy) or Athletic Training from a recognised

University and will be eligible for professional registration in countries where such registration is recognised.

The language of instruction will be English, and students whose native language is not English should provide evidence of competence in English, eg TOEFL at 500 or above, ILET6 at 6 or above, GCSE or equivalent in English language.

The following list contains the main English language qualifications which are acceptable prerequisites for entry onto the Diploma Program. Other English Language Qualifications held by applicants will be considered on a case-by-case basis by the Program Directors or Academic Advisory Board.

- English as first language or successful completion of High School and/or Degree Level Education in English Language
- UK based O-level, GCSE or Standard Grade English Language - Grade C or above.
- International GCSE English as a Second Language - Grade C or above.
- International Baccalaureate (IB): Grade 4 minimum in English Language
- IELTS band 6 or above, provided that no individual band score is less than 6
- TOEFL (including the Tests in Written and Spoken Practice), minimum score of 500 (paper-based test), 213 (computer-based test) or 94 (internet-based test)
- Test in English for Educational Purposes (TEEP) - Grade 3
- Oxford Certificate of English as a Foreign Language at Higher Level
- University of London - School Examinations Board Certificate of Attainment in English, grade 5
- Passes in the Cambridge Higher School Certificate at Subsidiary level or in the Cambridge Overseas School Certificate count as O levels.

## 5. IOC DIPLOMA IN SPORTS MEDICINE (2 years)

### Program Structure

The Diploma program is offered by Distance Learning on a part-time basis, running for a period of six months from 1st October of each year, and takes two years to complete.

Delivery of the program will involve a variety of teaching methods, including lectures in electronic format, web-based materials, paper-based reading, an on-line “chat room” and other Internet-based activities, and residential workshops.

- Each part of the program will consist of lectures in electronic format, supported by directed private study, and will include formal assessment elements.
- Lectures will consist of computer-based lectures by leading experts in the field, and will incorporate self-assessment and interactive elements where appropriate.
- Lecture material will be supplemented by a program of directed study, including review papers and original research publications.
- Students will be provided with a comprehensive portfolio of reading material in electronic format. Core program textbooks will also be provided to all students as part of the registration fee.
- Each program will include regular assignments and a formal examination to be completed by students.
- In addition to the coursework contained in these modules, students will participate in an annual residential program consisting of practical work, seminars and tutorials.

Upon successful completion of all compulsory elements of the program, including coursework, assignments and examinations, students are eligible to graduate with the IOC Diploma in Sports Medicine.

Individual parts of the Diploma program may form the basis of continuing education studies for those who do not wish to follow the whole program or to qualify for the award of the IOC Diploma.

## Timetable for 2020 intake (Graduating class of 2022)

- October 1, 2020: Program Begins
- April 2021: Written examination and end of Part 1
- October 1, 2021: Part 2 begins
- April 2022: Written examination and end of Course

## Entry Requirements

Students enrolling for this program will normally be in possession of a degree or equivalent qualification in Medicine from a recognised University and will be eligible for professional registration as a medical practitioner.

The language of instruction will be English, and students whose native language is not English should provide evidence of competence in English, eg TOEFL at 500 or above, ILET6 at 6 or above, GCSE or equivalent in English language.

The following list contains the main English language qualifications which are acceptable pre-requisites for entry onto the Diploma Program. Other English Language Qualifications held by applicants will be considered on a case-by-case basis by the Program Directors or Academic Advisory Board.

- English as first language or successful completion of High School and/or Degree Level Education in English Language
- UK based O-level, GCSE or Standard Grade English Language - Grade C or above.
- International GCSE English as a Second Language - Grade C or above.
- International Baccalaureate (IB): Grade 4 minimum in English Language
- IELTS band 6 or above, provided that no individual band score is less than 6
- TOEFL (including the Tests in Written and Spoken Practice), minimum score of 500 (paper-based test), 213 (computer-based test) or 94 (internet-based test)
- Test in English for Educational Purposes (TEEP) - Grade 3
- Oxford Certificate of English as a Foreign Language at Higher Level
- University of London - School Examinations Board Certificate of Attainment in English, grade 5
- Passes in the Cambridge Higher School Certificate at Subsidiary level or in the Cambridge Overseas School Certificate count as O levels.



## **6. IOC DIPLOMA IN SPORTS NUTRITION (2 years)**

### **About the program**

The Diploma program is offered by Distance Learning on a part-time basis and takes two years to complete. The number of places on each intake will be limited.

The Diploma consists of two parts:

- Part 1 Foundations of Sports Nutrition
- Part 2 Practical Sports Nutrition

Delivery of the program involves a variety of teaching methods, including lectures in electronic format, web-based materials, paper-based reading, on-line “chat room” and other Internet based activities and residential meetings.

Each part of the program consists of lectures in electronic format, supported by directed private study, and includes formal assessment elements.

### **Program Delivery and Structure**

Lectures consist of computer-based presentations with audio and video, and incorporate self-assessment and interactive elements where appropriate. Lecture material is supplemented by a program of directed study, including review papers and original research publications.

Students are provided with a comprehensive portfolio of reading material in electronic format. Core course textbooks and a subscription to the International Journal of Sports Nutrition and Exercise Metabolism are provided to all students as part of the registration fee.

Each course includes regular assignments and a formal examination to be completed by students. In addition to the coursework contained in these modules, students are offered the opportunity to participate in an annual residential meeting.

Upon successful completion of all compulsory elements of the program, including coursework, assignments and examinations, students are eligible to graduate with an IOC Diploma in Sports Nutrition.