

I have been in the physiotherapy world for the past 10 years, five of them as a professional. Throughout this journey, I have been exposed to different work settings, ranging from acute medical wards, orthopaedic outpatients, various sport disciplines, musculoskeletal and physiotherapy in mental health amongst other settings. Each of these opportunities granted me invaluable experience as a developing and growing physiotherapist. However, it was when I was working in an orthopaedic, musculoskeletal and sports settings that always felt the most fruitful from a personal point of view.

For this reason I decided to enrol for the Sports Medicine, Exercise and Health MSc at University College London (UCL). Various factors made this the ideal course to choose. The first was the taught modules offered. These modules seemed to cover my main areas of interest, that being the musculoskeletal assessment and management approaches for injuries effecting the lower limb, upper limb, head, neck and spine, modules regarding the physiology of exercise and modules regarding public health and the use of exercise as prevention and management of non-communicable disease within the community. The second reason for choosing this MSc was the sterling reviews given by alumni of the university who were my colleagues or mentors. The final reason was the outstanding reputation of UCL as one of the top universities and the exposure I would attain from studying abroad with other health professionals of different backgrounds and nationalities.

The experience at UCL was an excellent one. Lectures were of a high quality standard, delivered by various guest lecturers, all experts in their fields. The knowledge attained through this course has given me greater confidence in my assessment and treatment of patients or clients, as well as a better awareness to know when to ask for help or refer to other professionals.

Finally, this masters has helped me to achieve a promotion in my full time employment as well as becoming the head physiotherapist with a Maltese premier league football club. The degree was carried out following the award of a Tertiary Education Scholarships Scheme Scholarship.