

European Union of Medical Specialists Sports Medicine Section

Sección de Medicina del Deporte de la Unión Europea de Médicos Especialistas (UEMS)

Pedro Manonelles Marqueta, Carlos de Teresa Galván

Spanish representatives at the European Union of Medical Specialists Sports Medicine Section (UEMS) on behalf of the Spanish General Council of Official Medical Colleges.

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The first meeting of the European Union of Medical Specialists Sports Medicine Section (UEMS) took place in Riga (Latvia) on 16 and 17 May 2025.

The European Union of Medical Specialists (UEMS) is a non-profit European organisation representing over 1.6 million medical specialists from every country of the European Union, as well as other countries.

Members of the UEMS are the most representative associations of medical specialists in their respective countries.

The UEMS provides its members with a platform from which to express their options and concerns to the pertinent European institutions in a louder voice. They also receive regular information on the latest news regarding European health issues.

The UEMS seeks to improve patient care throughout Europe by developing and supporting excellence in the practice of specialist medicine.

The activities and projects undertaken by the UEMS are specific ways to help medical specialists in the EU to achieve that goal. For example, significant work is being done to support continuing medical education (CME) and continuing professional development (CPD) among doctors. CME serves to maintain, develop or broaden knowledge, skills, professional performance and the relationships that a doctor uses to provide services to patients, the public or the profession.

This European recognition of the speciality is not only an endorsement of the importance this speciality has in an advanced society but also has legal and professional implications of the utmost significance. For example, all member states of the European Union with training in the speciality have an unavoidable obligation to include the speciality of Sports Medicine in their legislation and this enables any doctor who has obtained a certified qualification in this field in any European country

to work as a medical specialist in Sports Medicine, among other things.

Following 20 years of work by the Spanish Society of Sports Medicine for a return to training in this speciality, this is an opportunity to reinstate such training in those autonomous regions of Spain ready and willing to set up education units for the training of new specialists; something that will no doubt spread to other autonomous regions in the short term.

With the significant backing that European recognition represents, there is no question that the decision by the Spanish Ministry of Health to promote the reinstatement of this speciality will achieve two fundamental goals. Firstly, the creation of new specialists within the shortest time frame possible; and, secondly but no less importantly, the enormous body of knowledge accumulated by Sports Medicine will not be lost through the large-scale retirement of specialists currently taking place and that will lead to dramatic circumstances in only a few years time.

Spain cannot allow itself to lack specialists who provide specific and specialised care to its athletes of all levels (elite, competition and federated) and must use these specialists as the pinnacle of a pyramid that should constitute a system for prescribing exercise as a way to handle and treat chronic disease. This is a task, a challenge, a necessity and, of course, an opportunity to use the prescription of exercise by doctors—the only people with the ability to prescribe—and Sports Medicine specialists, practically the only people who can do this job properly.

A country as large as this one cannot miss the opportunity to harness medical specialists in Sports Medicine to provide quality care to over half the population living in Spain and practising sport on a regular basis.

We look forward to greeting and welcoming our new specialists in Sports Medicine very soon.

Correspondence: Pedro Manonelles Marqueta
E-mail: pmanonelles@semede.es

Recommended bibliography

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