

# Clinical Reviews in Sports Medicine – Science Transfer for Sports Medicine Practice

*Klinische Standards der Sportmedizin –*

*Wissenschaftlicher Transfer für die sportmedizinische Praxis*

**S**ports medicine is a clinical and scientific discipline which addresses the topics physical activity, inactivity, prevention, rehabilitation and training of healthy and ill people. In this context it covers areas of performance, recreational, rehabilitation and disabled sports. The term sports medicine physician was already in use early in the 20th century and was probably documented for the first time in the dissertation by Arthur Mallwitz in 1908 (4, 6). During the 20th century, sports medicine developed as an independent discipline and was defined for the first time in 1958 by Wildor Hollmann (3).

In the medical faculty, sports medicine is usually taught in the cross-sectional field of „Prevention and Health Promotion“ and in Physiology, career exploration or as a separate subject. Education apart from the obligatory subjects usually consists of only a few lectures and seminars and is thus underrepresented in the medical education of doctors, given the enormous importance of physical activity for the prevention and therapy of diseases (2, 5).

In many countries, sports medicine is a medical specialty of its own, characterized primarily by interdisciplinary outpatient activities. According to the recommendations of the European Union of Medical Specialists (Union Européenne des Médecins Spécialistes – UEMS) training as a specialist in sports medicine should comprise at least 12 months internal medicine, 6-12 months traumatological-orthopedic, 6-12 months physical and rehabilitative medicine as well as 12-24 months of post-grad sports medicine (8). While there was a sports medicine specialty in the former German Democratic Republic, sports medicine in Germany is currently an additional post-grad title which can be taken before or after specialist recognition, depending on the respective medical chamber. This post-gradual training can be taken either as 6-12 months of working with a physician authorized to conduct further medical education in sports medicine or by 240 hours of course-based further education. Beyond this, at least 120 hours of work as a sports doctor in a sport club or federation are required. In addition to the course system for post-gradual training and additional training,

national and international sports-medical conferences are held on a regular basis (7). There are many good sports medicine textbooks, but these obviously cannot keep pace with the latest scientific developments and current evidence. Providing for this need, the German Journal of Sports Medicine published the format „Clinical Reviews in Sports Medicine“ until the year 2017 (1). In light of the continuous scientific and clinical development in sports medicine, the Format „Clinical Reviews in Sports Medicine“ will be published again starting with this issue and is intended as an important resource for students, but also for post-gradual and continuous medical education in sports medicine.

The plan is to publish a „Clinical Reviews in Sports Medicine“ at regular intervals, which will present a precise and current overview of a topic important in sports-medical practice in the form of a compact clinical review. The article will undergo a peer review procedure and will be published in English as a printed text and in German in Open Access Format on our Homepage.

For this, a working group „Clinical Reviews in Sports Medicine“ has been founded by the team of editors and junior editors and by the German Society for Sports Medicine and Prevention (DGSP). It is explicitly hoped that suggestions or initiatives – for example from members of the DGSP, or any colleagues interested in sports medicine – will be submitted and included. Sports medicine profits greatly from interdisciplinary and interactive exchange, and the „Clinical Reviews in Sports Medicine“ is intended to offer an appropriate platform for this exchange. ■

## EDITORIAL

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**Karsten Hollander**

*MSH Medical School  
Hamburg, Germany*

**Dieter Böning**

*Charité – University Medicine Berlin, Germany*

**Susanne Kobel & Jürgen Steinacker**

*University Hospital Ulm, Germany*

**Karsten Königstein**

*University of Basel, Switzerland*

**Patrick Müller**

*German Center for Neurodegenerative Diseases (DZNE), Magdeburg, Germany*

**Claus Reinsberger**

*University of Paderborn, Germany*



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### CORRESPONDING ADDRESS:

Prof. Dr. Dr. Karsten Hollander  
Professor für Sportmedizin, Fakultät Medizin  
Institute of Interdisciplinary Exercise  
Science and Sports Medicine  
MSH Medical School Hamburg  
Am Kaiserkai 1, 20457 Hamburg, Germany  
✉: karsten.hollander@  
medschool-hamburg.de

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