



Application Pack for RSM Sport & Exercise Medicine Scholarships – 2026 Cohort

Introduction

The RSM is delighted to invite applications for the 2026 cohort of the RSM Sport & Exercise Medicine Scholarships.

2 Sport & Exercise Medicine Scholarships are available, each offering a valuable opportunity for resident doctors to enhance their professional development through education, mentoring, networking, and scholarship activities. The programme begins on 29 September 2026 and is designed to support individual growth while fostering innovation and impact within the wider Sport & Exercise Medicine community.

This application pack has been designed to provide all the information you need to understand the scholarships, including their purpose, eligibility criteria, benefits, and the application process.

About the RSM

The [Royal Society of Medicine \(RSM\)](#) is a membership organisation and UK charity dedicated to advancing health. Through learning and collaboration, we empower a global community of healthcare professionals to enhance their practice and improve patient outcomes, while promoting a broader understanding of medicine and healthcare through public engagement.

Our membership connects the full spectrum of healthcare disciplines across career stages, with our educational events programmes and learning resources supporting healthcare professionals worldwide. RSM members, partners and collaborators work collectively, drawing on one another's expertise to raise standards and develop innovative solutions — transforming healthcare and lives for the better.

What is the RSM Scholarship programme?

The RSM Scholarship programme is an exciting development opportunity for resident doctors. Funded by philanthropic donations, the programme is designed not only to support individual scholars but also to extend their impact through scholarship work, enhancing the RSM's support for all resident doctors.

Why should you apply?

The RSM Scholarship programme is a key developmental opportunity, offering education, mentoring, networking, and professional development for resident doctors.

RSM Scholars are financially supported to become RSM members for the remainder of their time as resident doctors, with access to the RSM's extensive learning resources and central London club, and benefiting from networking opportunities as part of our uniquely multidisciplinary global community.

Throughout this time, scholars are further supported to attend relevant specialty and resident doctor events, as well as broader RSM and exclusive scholar events, and receive mentoring and professional development guidance.



In addition, scholars take part in scholarship activities — generally around 5 days per year on a flexible basis — and receive support to share their scholarly work with audiences including peers, RSM members, and the wider Sport & Exercise Medicine community.

Through these opportunities, RSM Scholars aim to make an impact and develop professionally, striving for innovation that benefits both the sector and patient experience and outcomes.

Who can apply?

This round of RSM Scholarships is open to resident doctors who are in their first year of Sport & Exercise Medicine training or those who have been formally accepted onto the Sport & Exercise Medicine training programme.

Application criteria

To qualify for the programme, you need to meet the following criteria:

- *Be a current ST3 in Sport & Exercise Medicine or have a confirmed place on the Sport & Exercise Medicine training programme by 01 September 2026.*
- *Be committed to learning and development from a personal perspective and have a passion for making wider, ongoing impact through your work.*
- *Evidence your commitment to scholarship through work done to date and/or your ideas - this may also include teaching experience and qualifications you have taken.*

Application process

The application will be in two stages: firstly via an application form and, secondly, for those shortlisted, a short interview. To apply, please complete and submit the application form (below) to rsm scholarship@rsm.ac.uk by 23:59pm on 26 August 2026. The application will be judged on the content of the application form and, for those shortlisted, an interview led by an RSM Scholarship panel reporting to the Education Committee. Each application must be supported by an appropriately qualified referee, i.e. a clinician who has been your line manager.

Timeline:

- Deadline for applications: 23:59pm on 26 August 2026
- Applicants in the first round are notified of the outcome: 2 September 2026
- Selected applicants are invited to an interview: w/c 7 September 2026
- Applicants are notified of the final outcome: w/c 14 September 2026
- Closing for acceptance period: 18 September 2026
- Scholarship period begins: 29 September 2026

Equal opportunities

The RSM is committed to equal opportunities. Equal opportunities are provided to all applicants without regard to age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

Fair processing

The RSM is committed to the safeguarding and fair processing of information received from candidates applying for opportunities within it and fully complies with the spirit and regulations of the GDPR. For a full statement about the type of data that the RSM keeps about applicants and the purposes for which it is kept, please visit: <https://www.rsm.ac.uk/fair-processing-notice-for-job-applicants/>

RSM Scholarships Application Form

Please complete all three pages.

About you	
Full name	
Email address	
Home address	
Mobile number	
Date of birth	
Job title	
Place of work	
Qualifications (please list all and where achieved)	
Stage of training (tick box that applies)	ST3 ST4 ST5 ST6 ST7 ST8
GMC number	
Have you ever been a member of the RSM? (if so please give details)	
Please supply one referee who can support your application (this is a work-related referee, not a personal referee)	Add the name and contact details of your referee and the context in which you know the referee. (Please ensure the referee is happy to support you before adding)

Application criteria

Please confirm you are in good standing with the GMC: yes/no

Please confirm if you have any pending investigations into practice: yes/no

Outline the personal developmental impact you believe this scholarship will allow you to achieve, and how this may impact your work (500 words max):

Set out your commitment to scholarship work and identify any areas of interest/ideas you have for scholarship work (500 words max):

Outline the wider, and ongoing, impact that you believe you could achieve by sharing and supporting others/the sector if you are selected as a scholar (500 words max):

Any other information you would like the panel to consider:

I consent to my data being used for the purpose of this application and membership of the RSM.
Signature:

Equal opportunities monitoring	
Which best describes your gender? (tick box that applies)	☐ Male ☐ Female ☐ Intersex ☐ Non-binary ☐ Prefer not to say ☐ Prefer to use own gender identity
Is the gender you identify with the same as your gender registered at birth?	☐ Yes ☐ No ☐ Prefer not to say
What is your sexual orientation?	☐ Heterosexual ☐ Gay ☐ Lesbian ☐ Bisexual ☐ Asexual ☐ Pansexual ☐ Undecided ☐ Prefer not to say ☐ Prefer to use own identity
Do you consider yourself to have a disability or health condition?	☐ Yes ☐ No ☐ Prefer not to say
Do you have a disability or health condition that affects your day-to-day activities?	☐ Yes ☐ No ☐ Prefer not to say
If yes to the question above, do you require any reasonable adjustments to be made – if so what?	
What is your ethnicity?	<i>Arab, Asian or Asian British Asian or Asian British: Indian, Asian or Asian British: Pakistani, Asian or Asian British: Bangladeshi, Asian or Asian British: Chinese, Asian or Asian British other Black or Black British, Black or Black British: African, Black or Black British: Caribbean, Black or Black British: Other, Hispanic or Latin, Indigenous/Native origin, Mixed: White and Black Caribbean, Mixed: White and Black African, Mixed White and Asian, Mixed: Other, white: British, White: Irish, White: Other, Prefer not to say, if any other ethnic group or you prefer your own definition please specify</i>