ACSEP ENTRANCE EXAMINATION - EXTRA INFORMATION FOR APPLICANTS

This document provides some extra information to Applicants applying to become a trainee on the Australasians College of Sport and Exercise Physicians Postgraduate Sport & Exercise Medicine Specialist Training Program.

The purpose of the Entrance Examination is to assess whether the Applicant has an appropriate level of knowledge in the basic medical sciences to undertake training in the specialty of Sport and Exercise Medicine within the ACSEP Training Program.

The Entrance Exam is governed by the ACSEP Examination and Assessment Committee.

Applicants should refer to the ACSEP website for full details about the applicant process into the Training Program > https://www.acsep.org.au/page/about/education-and-training

All communication and questions are to be referred to National Office NationalOffice@acsep.org.au

WHAT IS THE FORMAT OF THE ENTRANCE EXAM?

The Entrance Examination is split into two core topics sections and one RPL topic sections:

- **Part A – Anatomy**: This section consists of anatomy questions with an emphasis on functional and musculoskeletal anatomy.

- **Part B – Physiology**: This section consists of questions covering general physiology, exercise physiology and pathology General Pathology (including immunology).

- **Part C – Exercise Physiology**: This section contains only the exercise physiology questions within Part B.

Applicants holding the RACS, RACP or ACEM equivalent Entrance Exam that is no more than 10 years old, may be eligible for recognition of prior learning (RPL) exemptions to Parts A and B of the ACSEP Entrance Exam and may only be required to sit Part C.
The table below indicates which sections Applicants are required to complete:

<table>
<thead>
<tr>
<th></th>
<th>PART A - ANATOMY</th>
<th>PART B - PHYSIOLOGY</th>
<th>PART C - EXERCISE PHYSIOLOGY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STANDARD PATHWAY</strong></td>
<td></td>
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<tr>
<td>Has not passed a RACS, RACP or ACEM Entrance Exam</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td><strong>RPL PATHWAY</strong></td>
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<tr>
<td>Has passed the College's equivalent Entrance Exam within the last 10 years</td>
<td>RACS</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td></td>
<td>RACP</td>
<td>X</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>ACEM</td>
<td>✓</td>
<td>✓</td>
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Applicants who would like to apply for RPL must submit proof of the successful completion of the alternate exam as part of their ACSEP Entrance Exam application.

All sections of the ACSEP Entrance Exam must be passed for the Applicant to proceed to the next round of the ACSEP Training Program Application Process.

If the Applicants fails one or both sections of the Entrance Exam, they may resit the failed sections at a later sitting.

The ACSEP Entrance Examination has a “currency expiration date”. Applicants who pass the Entrance Exam and choose to continue through the Application Process to join the ACSEP Training Program, must complete the next step in the process (CV Submission) prior to this currency expiration date. If the Applicant chooses to continue applying to the College at a time after their original Exam expiry date, they must resit the Entrance Exam (if the total number of past attempts allow them to do so).

ACSEP Entrance Exam Currency Expiration Date:
- Applicants who completed the Entrance Exam in 2018 and earlier: 10 years
- Applicants who complete the Entrance Exam in 2019 and later: 5 years

This date is calculated on the Applicant’s most recent passed section of their Entrance Exam.

Applicants are not permitted to resit section(s) of the Entrance Exam they have already passed, unless it falls outside of the Currency Expiration Date.

**HOW IS THE ENTRANCE EXAM CONDUCTED?**

The Entrance Exam is held in central location(s) in Australia +/- New Zealand, according to the availability of secure online examination centres and the number of applicants sitting.

Applicants are to arrive at least 15min prior to their section of the Exam commencing to advise their attendance of the Exam section.
All sections of the Exam are computer-based.

Applicants must leave phones, bags, smart watches, calculators, study notes/resources and all other items in an allocated section within the exam center (usually within a locker or at the front of the exam room). Blank paper and pens will be available for making notes. The computers have a clock to help candidates monitor time as they progress through the exam.

Applicants can bring a bottle of water to have at their desk but are not allowed to eat during the exam (unless special consideration has been sort and approved by the ACSEP Examination and Assessment Committee).

Transportation to and from the Exam and accommodation, if required are costs incurred at the expense of the Applicant.

The usual Exam timeframes are (Applicants will be provided with a firm timeline on confirmation of Exam booking):

- **Part A - Anatomy**  
  9:30am - 12:00pm  
  Lunch break ~1hr
- **Part B - Physiology**  
  1:00pm - 3:30pm  
  2.5 hours
- **Part C - Exercise Physiology (RPL only)**  
  1:00pm - 2:00pm  
  1 hour

**HOW DO I APPLY AND WHAT ARE THE EXAM COSTS?**

Application to sit the Entrance Exam is completed and submitted via the [ACSEP Website](#). Applications must be made during the specific Application Period for that particular exam sitting.

Your application will be submitted to ACSEP National Office for review and consideration. National Office will respond to you within 2 business days and if you're approved to sit the Exam, you will be provided with an on-line link to pay the Examination fee. Payment of the Exam fee is expected within 24hrs. These fees MUST be paid in full by the due date. Applicants who fail to pay this fee will be withdrawn from the Exam sitting.

Applicants who fail a section of the Exam and choose to resit it at another time, must still pay the full Exam fee before they resit the failed Exam section.

Deferral and Withdrawal fees apply – see topic below.
CAN I DEFER MY EXAM PLACEMENT TO ANOTHER TIME OR WITHDRAW FROM THE ENTRANCE EXAM?

Applicants who have applied to sit the Entrance Exam may choose to defer their sitting to another time or to withdraw from the Entrance Exam. The Applicant must contact the College as soon as they are aware they wish to withdraw from the Examination.

The following refunds and administration fees apply:

<table>
<thead>
<tr>
<th>TIMEFRAME</th>
<th>DEFERRAL</th>
<th>WITHDRAWAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within 3 calendar months prior to the Exam</td>
<td>Exam Fee transferred to next sitting &amp; $350 Admin Fee</td>
<td>Refund of Exam Fee LESS 30% &amp; $350 Admin Fee</td>
</tr>
<tr>
<td>Within 2 calendar months prior to the Exam</td>
<td>Exam Fee transferred to next sitting &amp; $350 Admin Fee</td>
<td>Refund of Exam Fee LESS 50% &amp; $350 Admin Fee</td>
</tr>
<tr>
<td>Less than 1 calendar month before the Exam</td>
<td>Not Available</td>
<td>No Refund of Exam Fee &amp; No Admin Fee</td>
</tr>
<tr>
<td>No-show on the day</td>
<td>Not Available</td>
<td>No Refund of Exam Fee &amp; No Admin Fee</td>
</tr>
</tbody>
</table>

An Applicant can defer and/or withdrawal from as many exam sittings as they need. Deferral or withdrawal does not impinge on an Applicants good standing with the College or future application requests, unless the deferral/withdrawal fees have not been paid. An Applicant may not participate in an Entrance Exam unless all deferral/withdrawal fees have been paid in full.

If an Applicant withdraws or is a no-show due to exceptional circumstances, the ACSEP Examination and Assessment Committee can assess the Applicants circumstances and may reduce or waive the withdrawal fees. The Applicant must contact the College as soon as they are aware of their change in circumstances and advise why their circumstances are exceptional and worthy of consideration. The Applicant must submit documentation to support their circumstances. Any assessment outcome made by the Examination and Assessment Committee is at the discretion of the Examination and Assessment Committee, and any refunds applicable relate to the date the Applicant’s request is received by ACSEP’s National Office.

WHAT SHOULD I CONSIDER IN PREPARING FOR THE ENTRANCE EXAM?

A significant knowledge base in Basic Sciences, as they apply to Sport and Exercise Medicine, is required for success in the examination

It is not expected that Applicants have studied age, sex or disability considerations in sport and exercise, nor will Applicants be required to have studied the application of exercise prescription for chronic disease states.
The following topics and suggested readings are a guide only:

**ANATOMY:**
- General concepts of regional anatomy
- All facets of upper limb anatomy
- All facets of lower limb anatomy
- Thorax- the body wall, the thoracic wall, the thoracic cavity, the superior mediastinum,
  thoracic osteology
- Abdomen/Pelvis- the anterior and posterior abdominal walls, the pelvic cavity, the urogenital region, the pelvic joints and ligaments, the lumbar and sacral plexuses, pelvic osteology
- Head and Neck- the sternocleidomastoid muscle, the posterior triangle of the neck, the pre-vertebral region, the root of the neck, the cervical plexus
- Spine- the vertebral column, vertebral osteology, the spinal cord

Recommended reading: *Last’s Anatomy: Regional and Applied* by Sinnatamby

**GENERAL PATHOLOGY:**
- Cell injury, death and adaptation
- Acute and chronic inflammation
- Tissue repair
- Hemodynamic disorders, thrombosis and shock
- Normal immune responses
- Immune Hypersensitivity and Autoimmune diseases
- Injury by: mechanical trauma, therapeutic drugs, heat/cold, ionizing radiation
- Nutritional diseases
- The musculoskeletal system.
- Primary diseases of myelin
- Diseases of the peripheral nervous system

Recommended reading: *Robbins Basic Pathology* by Kumar, Abbas et al,

**GENERAL PHYSIOLOGY:**
- Cellular and molecular basis of medical physiology
- Physiology of nerve and muscle cells
- Control of posture and movement
- Physiological mechanisms of pain
- Autonomic nervous function
• Cardiovascular physiology
• Respiratory physiology
• Renal physiology

Recommended reading: *Ganong’s Review of Medical Physiology* by Barrett, Barman et al.
*Guyton and Hall Textbook of Medical Physiology* by Hall.

**EXERCISE PHYSIOLOGY:**

• Testing methods and nomenclature in exercise physiology
• Skeletal muscle structure, function, control and metabolism at rest and during exercise
• Hormonal regulation at rest and during exercise
• Energy expenditure during exercise including concepts in fatigue
• The cardiovascular system during exercise
• The respiratory system during exercise including Boyle’s and Henry’s laws
• Cardiorespiratory responses to exercise
• Exercise training methods and application
• Environmental influences on exercise
• Optimisation of exercise performance including nutrition, training and ergogenic aids

Recommended readings:

1. *Physiology of Sport and Exercise* by Kenney, Wilmore and Costill
3. *Exercise physiology: Theory and Application to Fitness and Performance* by Powers and Howley

**WHAT DO THE MULTIPLE CHOICE QUESTIONS LOOK LIKE?**

All questions require the candidate to choose a single most correct answer from five options. Negative marking is not taken into consideration.

1. Which of the following statements about the sciatic nerve is correct?
   A. It always emerges from below the piriformis muscle
   B. It passes vertically over the anterior aspect of the obturator internus
   C. It is crossed in the thigh posteriorly by the long head of biceps
   D. It is completely made up of nerve fibres from the L5, S1, S2 and S3 levels
   E. It does not contact any bony structures in the buttock

   (Correct response C)
2. In physiological measurements, mixed venous blood is sampled from the:
   A. Superior vena cava
   B. Inferior vena cava
   C. Right atrium
   D. Pulmonary vein
   E. Pulmonary artery
   (Correct response is E)

3. What is the nerve supply of the deltoid muscle?
   A. Suprascapular nerve
   B. Axillary nerve
   C. Musculocutaneous nerve
   D. Accessory spinal nerve
   E. Lateral pectoral nerve
   (Correct response is B)

4. Cell membranes:
   A. Are freely permeable to electrolytes but not to proteins
   B. Contain relatively few protein molecules
   C. Contain many carbohydrate molecules
   D. Have variable protein contents depending on their location in the cell
   E. Have a stable composition throughout the life of the cell
   (Correct response is D)

I’VE SUCCESSFULLY COMPLETED THE ENTRANCE EXAM, NOW WHAT?

Applicants are advised of their results within 3-5 weeks after sitting the Entrance Exam. These results are released by email and accompanied by an official College letter.

For Applicants who are unsuccessful, a one-page report will be provided outlining the Exam cut score and Applicants’ performance in relation to this. For those who would like to resit the failed section, they are encouraged to submit an Application for the next Entrance Exam sitting and pay the full Examination Fee.

If you have passed successfully and you meet all the eligibility requirements, the next step is to submit your CV for consideration.