

Sports Medicine in Norway



Medicine is taught in four medical schools across the country (Oslo, Bergen, Trondheim and Tromsø).

Medical school in Norway is a 6-year education. After that follows 12 months internship at a hospital, before 6 months in general practice. A licence to practice is given after completing 18 months of internship. Sports and exercise medicine are not major topics during medical school in Norway, however, there are different courses with sports medicine and physical activity as a part of the curriculum.

Sports and physical activity medicine is a sub-speciality, so in order to be a specialist in Sports medicine in Norway you need to obtain a main speciality. In Norway, the most common speciality is Orthopaedic surgery, Physical medicine and rehabilitation and Family medicine. The training for these specialities can only take place in accredited hospitals and clinics, and in internship in a university clinic is mandatory. The average time to obtain one of these specialities is 5 years.

As Sports medicine is a “sub-speciality” it is the Norwegian Society for Sports Medicine and Physical activity that governs the training towards a final authorization also issued by the Society. In order to obtain this authorization, the following requirements have to be met.

1. Obtain a specialisation approved by the Norwegian Medical Association
2. Participate and pass exam in the following courses: Sports medicine level 1 and Sports medicine level 2 (40 hours courses each)
3. Obtain 150 hours of other courses in sports medicine, including at least three Norwegian Sports Medicine congresses
4. Participate and pass the Anti-doping course (16h), and participate as an observer on a doping control.
5. Work as a team doctor or in a sport medical clinic, sports federation or club. (over 200h)

There is no renewal of the sports medicine license. At the end of 2020, we have 153 specialists in Sports Medicine in Norway.