Quick Start Guide: Understanding High-Level CPD Requirements (HLRs) for Sport and Exercise Medicine

As a Specialist Sport and Exercise Physician, you are required to complete a high-level CPD requirement (HLR) Educational Activity (EA).



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- WADA/Sport Integrity Australia anti-doping
- education every three years; and ANY ONE of the following courses in every three-year period:
 - management of Sports Trauma course (MOST)
 - basic cardiac life support course (BCLS)
 - advanced cardiac life support course (ACLS)
 - AFL emergency care course
 - immediate care in rugby course (Level 2/3 course).



To self-record your completed HLR, please follow these steps.

Self-record on the CPD Home Desktop or App

- Log in to CPD Home or click your App
- 2 From the Dashboard, click the Upload Activity button
- 3 Tick Sport and Exercise Medicine
- Enter the details of the activity, including the date, month and year of completion, in the Details section. All fields are mandatory
- 5 Reflect on the learning you have undertaken
- 6 Upload your certificate as supporting evidence
- 7 Click Save

You do the CPD. We do the paperwork.

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Edit a CPD activity record uploaded by the **Certified Learning Provider on your behalf**

If you have completed a CPD activity through an AMA CPD Home Certified Learning Provider or Partner, they will upload your learning record on your behalf (unless otherwise stated on the CPD activity listing). You can edit your CPD activity record to tag it to your mandatory HLR by following the below steps.

- 1 Log in to CPD Home or click your App
- 2 Click CPD Activities
- 3 Click Uploaded Activities
- Click the relevant year from the drop-down menu
- 5 Locate the CPD activity you wish to update
- 6 Click Edit
- 7 Tick the HLR for Sport and Exercise Medicine
- 8 Click Save



Please note: You will not be able to edit HLR activities once you click Save. If you need to edit, please contact us and we will make the changes on your behalf.







