



Careers

# Employability



## Opportunities in Sport

*GCSE PE can open many doors to many future opportunities but there may be some careers you hadn't considered or don't know much about.*

**Use this slideshow to find out your steps beyond our GCSE PE lessons including Level 3, degree and beyond into careers in sport.**

*Please speak to any member of PE staff or see our careers display board more information*





Careers

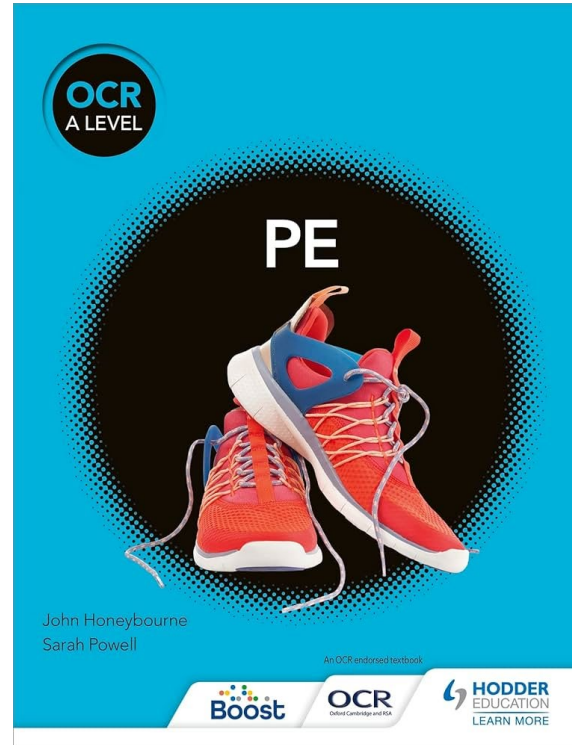
# Next steps from Year 11



You can continue your PE and sport journey at places such as Notre Dame where they study A level PE. This leads on nicely from GCSE level with a 60% theory/exam and 40% practical assessment in performance of your sport.

Don't forget you will also have Pudsey sixth form opening soon....

Click the link below to find out more about the A level specification



Of course, our KS4 GCSE PE course links nicely to any Level 3 options at any establishment



<https://ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/specification-at-a-glance/>



Careers

# Sport at university



**There are so many different sporting degrees. When looking at university options we recommend you try and visit your choices and ask as many questions as possible. Do consider different degree options and make sure you know what your degree offers beyond university life**

## Sports Degrees

- Sport Coaching
- Sport & Exercise Science
- Sport Development
- Strength & Conditioning
- Sport & Management
- Sport Psychology
- Performance Golf
- Exercise & Health
- Sports Journalism
- PE & Sports Science
- Outdoor Recreation
- Golf Operations Management
- Golf Course Design
- International Football Business Management
- Football Studies
- Rugby Coaching & Performance
- Surf Science & Technology
- Cricket Coaching & Management





Careers

# Careers in sport



## Sports Development Officer

### Job Description

- Help to recruit new people into a sport
- Help to retain the people who already play a sport
- Work with local club and schools
- Implement the development plan for the national governing body
- Coaching

### Skills/qualifications needed

- Sports related degree or diploma
- The ability to work autonomously
- Good written, verbal and ICT skills
- Motivation
- The ability to work with professionals and volunteers
- Work from home and travel when required



## Strength & Conditioning Coach

### Job Description

- Provide expertise, guidance and training in the area of strength training and physical conditioning for athletes and teams
- Observe and analyse athletes
- Plan, deliver and review training

### Skills/qualifications needed

- Ability to work as part of a high performance team in challenging situations
- Focus and dedication
- A Master degree in physiology and/or strength and conditioning
- A professional coaching certification in one or two sports (level 3)





Careers

# Careers in sport



## Nutritionist

### Job Description

- Provide nutritional education and services to athletes
- Consult with athletes and help them to develop optimal eating habits
- Design menus/diets
- Research, develop and recommend supplements for athletes
- Investigate the science behind new ingredients



### Skills/qualifications needed

- A level subjects in relevant areas e.g. PE and Biology
- Nutrition degree course recognised by the Nutrition Society
- Dietetics degree recognised by the British Dietetic Association
- The ability to interact with people and a willingness to help athletes achieve their best

## Physiotherapist

### Job Description

- Treating athletes with sports injuries
- Identify an injury and devise a programme to improve the movement and function of the injured area
- Provide advice on how to avoid injury
- Sports physios often travel with teams
- Liaise with team coaches and managers



### Skills/qualifications needed

- Team work
- Long and unsociable hours
- A levels at grade B/C or above, one in a biological science
- A university degree
- Complete your hospital/clinic rotations as a junior physiotherapist





Careers

# Careers in sport



## Performance Analyst

### Job Description

- Monitor, record and analyse sports performance
- Liaise with athletes and coaches to improve performance
- Filming performances and then creating profiling documents for individuals and teams
- Presentations to coaches, teams and individual athletes



### Skills/qualifications needed

- Excellent organisation and communication skills
- ICT and written skills
- Ability to work as part of a team
- A Masters degree in Performance Analysis

## Sport & Exercise Psychologist

### Job Description

- Work with athletes from amateur to elite level
- Help athletes deal psychologically with the demands of the sport in order to improve performance
- Increase motivation and participation in exercise
- Develop strategies and tailored interventions to help athletes

### Skills/qualifications needed

- BPS chartered psychologist with the title 'sport and exercise psychologist'
- BASES accredited practitioner with the title 'accredited sport and exercise scientist'
- An undergraduate degree in psychology or sport and exercise science
- At least an MSc in sport and/or exercise psychology
- Excellent written, social, ICT and communication skills







Careers

# Careers in sport



## Community Sports Coach

### Job Description

- Provide high quality sports coaching and physical activity for young people
- Work with local authorities, governing bodies, schools, clubs and leisure centres
- Increase participation, support talent and provide opportunity for young people

### Skills/qualifications needed

- Good organisation
- The ability to plan, deliver and review
- Excellent communication skills
- The ability to work independently
- First aid training
- CRB check and safeguarding training
- NGB coaching qualifications



## Sports Journalist

### Job Description

- Work in the media industry (newspaper, magazine, radio, TV, internet)
- Source, research, write and present stories for publication
- Interviewing athletes and sports people
- Working very long hours, travel and weekend work

### Skills/qualifications needed

- Research, interview and communication skills
- Excellent writing, shorthand and ICT skills
- A National Council for the Training of Journalists qualification is essential
- A university degree is desired





# LOOKING FOR A CAREER IN SPORTS SCIENCE?

- Biomechanist
- Sports Scientist
- High Performance Sport Physiologist
- Sports Massage Therapist
- Strength and Conditioning Coach
- Talent Development Coordinator
- Clinical Exercise Physiologist
- Physical Performance Coach
- Health Promotion Specialist
- Exercise Referral Specialist
- Performance Nutritionist
- Performance Analyst
- Sports Psychologist
- University Lecturer
- Physiotherapist
- Researcher

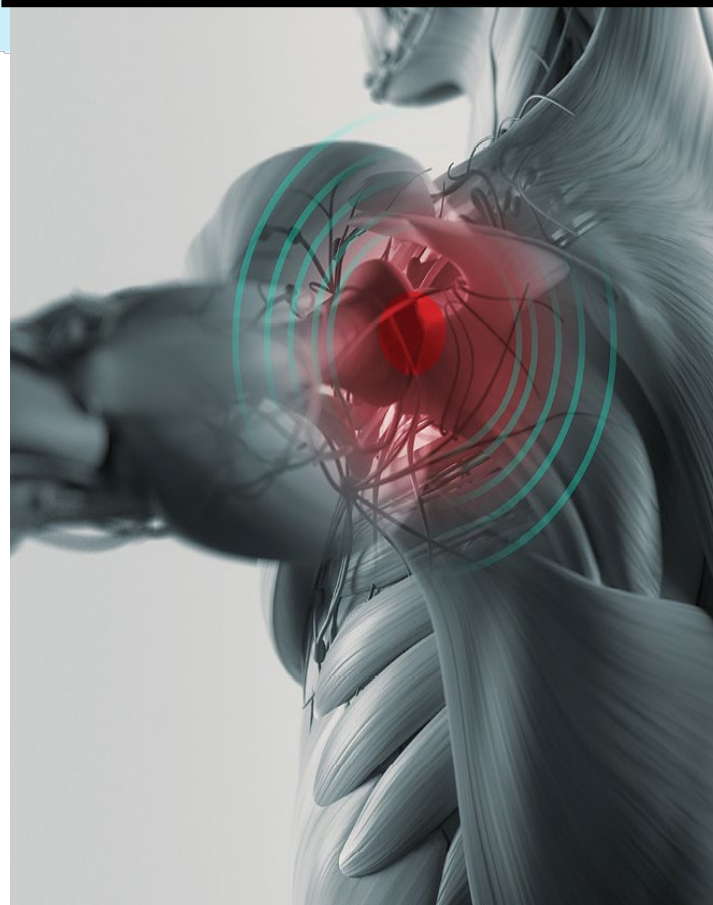
**CAREERS  
IN SPORT**

[www.careers-in-sport.co.uk](http://www.careers-in-sport.co.uk)





# Personal trainer



## Description:

A personal trainer designs programmes for clients to follow, specifically tailored around their fitness and goals. They start with a consultation to determine their current fitness level and set realistic short and long term goals and devise ways for the targets to be met.

## Skills:

- Interest in exercise and healthy lifestyle
- Initiative, patience, sensitivity and tact
- A genuine interest in the health and wellbeing of patients
- Ability to establish a good relationship with patients and their families
- Good strength and Stamina

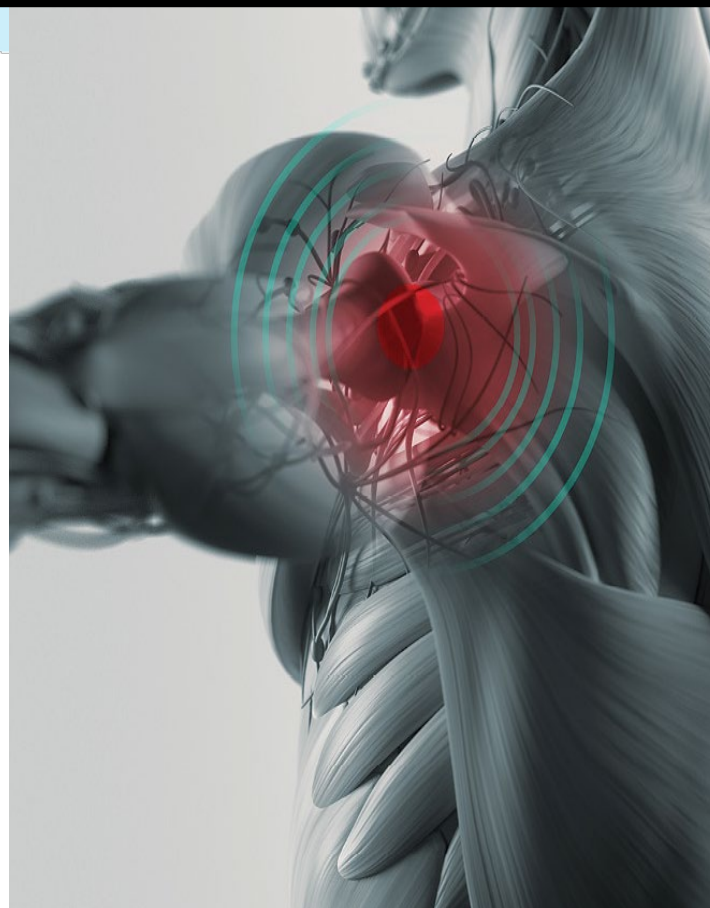
## Qualifications:

Level 3 Sports qualification  
(A level/ BTEC/  
Cambridge technical)

**Salary:** 30,000 average



# Sports therapist



## Description:

Sports therapists work with a variety of people, offering advice on how to train and compete safely, and treating any injuries that may occur. Therapists can be based in a clinic, linked to a sports team or club, or a combination of both.

## What Would I Do?

- Being a sports therapist involves:
- Seeing patients who have injured themselves through sport and assessing the injury
- Treating injuries through massage, mobilisations and electrotherapy and applying strapping
- Developing a programme for patients that is designed to restore the normal range of movement and function
- Helping team players prepare for a game and testing a player's fitness
- Offering first aid during a game if anyone is injured

## Qualifications:

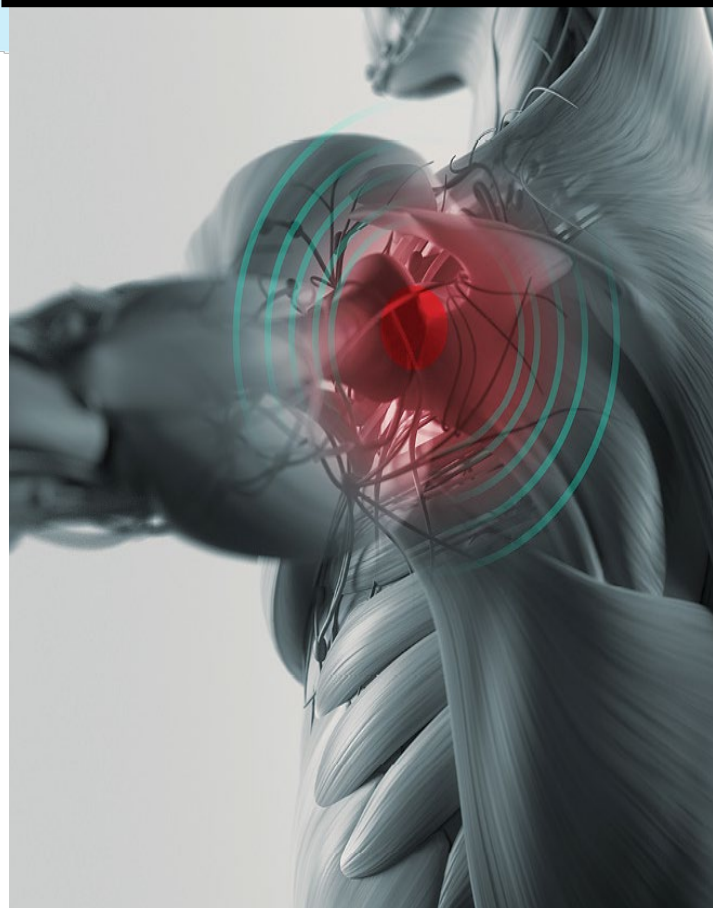
Bachelors degree

Salary: 25,785 average





# Physiotherapist



## Description:

Assist and treat people with physical problems caused by injury, illness, surgery or ageing.

They work with patients to identify and improve the movement and function of their body and treat pain, disease or physical injury

## Skills:

- Interest in anatomy and physiology
- Initiative, patience, sensitivity and tact
- A genuine interest in the health and wellbeing of patients
- Ability to establish a good relationship with patients and their families
- Problem-solving skills

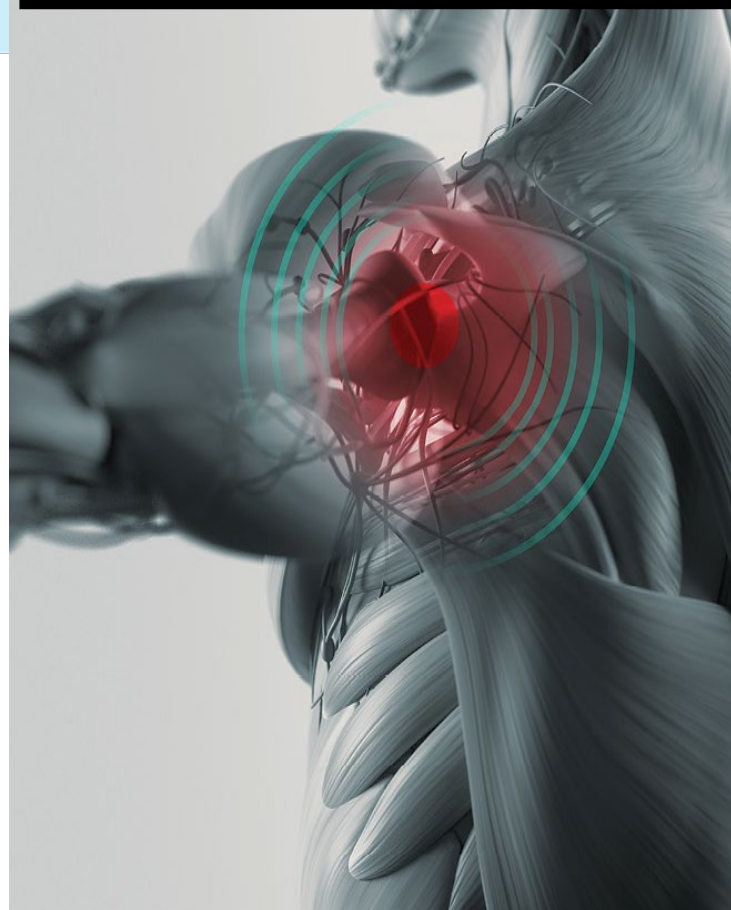
## Qualifications:

Bachelors degree

**Salary:** £38,000 average



# Sport psychologist



## Description:

Sport and exercise psychologists study the effect that sport and exercise has on people, both mentally and emotionally. Usually they would specialise in either sport or exercise. A sports psychologist works with teams and individuals at all levels of ability, whereas an exercise psychologist finds ways of encouraging the general public to become healthier. It is often combined with research work.

## What Would I Do?

- Helping athletes deal with nerves
- Building up self confidence
- Motivating their clients and setting targets
- Showing how to control aggression
- Promoting the health benefits of exercise
- Studying exercise and active behaviour patterns

## Qualifications:

Level 2 + 3 sports science  
Bachelors degree

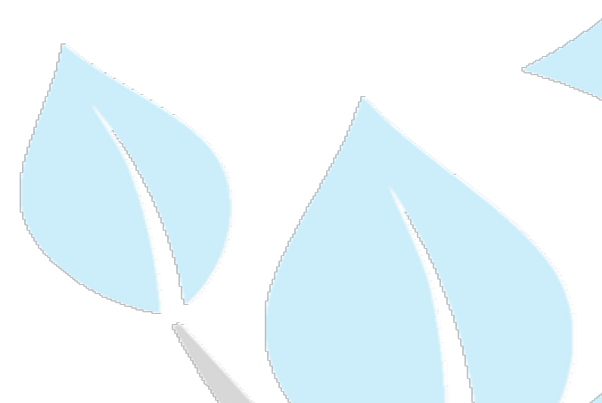
**Salary:** £25,000 average







Job	Salary (k)	Qualification
Biomechanist	£20 - £33	BSc Sports Science PhD in Biomechanics
Clinical Cardio Physiologist	£19 - £38	BSc Natural Science MSc Exercise Physiology
Sports Dietician	£20 - £30	BSc Nutrition Registered Dietician
Exercise Physiologist	£19 - £23	BSc Physiology and Sports Science
Fitness Instructor	£10 - £40	NVQ Level 3 Personal Trainer Award NVQ Level 2 Gym Instructors Award
University Lecturer	£26,896 – £40,335	BSc Sport and Exercise Science MSc (by research) PGCE (teaching qualification for Higher Education)
Physical Activity Manager	£25 - £30	BSc (Hons) Exercise and Health MSc Health Promotion and Health Education
Sports Development Officer	£17 - £30	BSc (Hons) Physiology and Sports Science Sports coaching and teaching
Strength and Conditioning Coach	£18 - 40	BSc (Hons) Sports Science MSc Sports Science National Strength and Conditioning Certificate
PE Teacher	£20,896 - £35+	BSc (Hons) Physical Education and Sports Science PGCE (teaching Qualification for schools) Coaching Awards



### Sports Professionals



Sports professionals on apprenticeships may start on around £6,000 a year.

Accommodation and subsistence may also be provided.

Earnings for established professionals may start at around £20,000 a year.

The most successful professionals in high-profile sports may earn anything from £100,000 to £5 million a year.

- Outstanding talent in their sport
- The dedication and self-discipline to train constantly and improve performance
- Excellent physical fitness and stamina
- Desire to be highly competitive
- Able to follow advice on diet and lifestyle
- Mentally robust to cope with the pressure of major competitions
- Able to recover quickly from defeat or disappointment
- Work well within a team, including with coaches and other specialists as well as fellow players.



# Useful links



- [www.jobswithballs.com](http://www.jobswithballs.com)
- [www.exercisecareers.com](http://www.exercisecareers.com)
- [www.jobs.ac.uk](http://www.jobs.ac.uk)
- [www.leisurejobs.com](http://www.leisurejobs.com)
- [www.uksport.gov.uk](http://www.uksport.gov.uk)
- [www.careers-in-sport.co.uk](http://www.careers-in-sport.co.uk)
- <https://ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/specification-at-a-glance/>
- <https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/specification-at-a-glance>