



Sports Careers

Studying Sports provides you with science-based knowledge and understanding of sports performance and factors that affect behaviour in sport. You will gain subject specific knowledge in areas such as physiology, psychology, biomechanics and nutrition.

Sports Science courses may be combined with a number of other disciplines, such as coaching and sport and exercise science. Consider the skills developed on your course as well as through your other activities, such as paid work, volunteering, family responsibilities, sport, membership of societies, leadership roles, etc. Think about how these can be used as evidence of your skills and personal attributes. Then you can start to market and sell who you really are, identify what you may be lacking and consider how to improve your profile.

Careers in the Sport Industry are very popular and therefore to give yourself the best chance of being successful, here are some tips of what you can do to set yourself apart from others:

- Seek out a voluntary placement/opportunity at a local sports club/fitness club/local newspaper/local hospital etc.
- If you know someone in the role already (e.g. a Coach) ask them to mentor you.
- Keep a log of your experience.
- Practice writing/taking photos at a sporting event (you can always send these into a local newspaper too). Create your own blog website/Instagram page with photos you have taken.
- Look at the National Governing Body for a Sport you are interested in, are there any qualifications you can do for Coaching/Refereeing etc.?

Careers in Sports are:

- **Exercise Physiologist** — you can work in wellness, training, testing and research etc
- **Sports Training** — personal trainer, strength and conditioning coach, fitness instructors
- **Sports Medicine** — medical practitioners, physiotherapists, physical therapists, sports trainer
- **Sports Dietician** — a career mixing food and athletes
- **Sports Coach** — if you can't do it yourself, tell others how to do it
- **Performance Analyst** — work with cutting edge technology to analyse an athletes performance and use the information to help coaches plan how an athlete can improve
- **Education** — teaching our youngsters about sport, health and fitness
- **Sports Official** — there would be no sport without umpires and referees
- **Sport Psychologist** — get into the minds of athletes
- **Biomechanist** — jobs in biomechanics
- **Sport Journalist** — write about what you like to watch
- **Administration** — work with any sport as an assistant or facilities manager
- **Sports Photography** — getting right next to the action to take photos sounds like a great job
- **Sports Marketing** — including the job as a sports agent
- **Selling Fitness Products** — how to start a business in the fitness industry Sports Science degrees equip graduates with numeracy, literacy and good problem solving skills along with a scientific research based knowledge that underpins their work

Where to find Sports job adverts

Useful websites:

- www.ukssport.gov.uk/jobs
- www.sportengland.org/careers/other-jobs-in-sport
- www.sportsrecruitment.com
- www.globalsportsjobs.com
- www.indeed.co.uk/Sport-Development-jobs
- www.sportsjobfinder.com
- www.sportscareerfinder.com
- [Careers in Sport | News, jobs and career advice for Sport \(careers-in-sport.co.uk\)](http://Careers in Sport | News, jobs and career advice for Sport (careers-in-sport.co.uk))



Careers in Sport

Sport Science Degrees

Subjects to study at A Level:

Physical Education and Biology

Over 70 UK universities offer Sport degrees (the major ones are):

1. **Durham**
2. **Birmingham**
3. **Bath**
4. **Exeter**
5. **Loughborough**
6. **Edinburgh**
7. **Portsmouth**
8. **Leeds**
9. **Brunel**

(check UCAS website for entry requirements for these universities: www.ucas.com)

Graduate Prospects

Jobs are available with a wide range of organisations in the public, private and not-for-profit sectors. Typical employers include:

Professional sports clubs;

- **National sporting associations, governing bodies and other related sporting agencies**
- **Private health and fitness clubs, spas and public sports and recreation facilities**
- **Local authorities**
- **Schools, further education and higher education institutions**
- **The health sector, including the National Health Service**

Sports science graduates may also go on to establish their own businesses and consultancies.

Jobs directly related to your degree:

- **Sports coach/instructor**
- **Sports therapist**
- **Sport and exercise psychologist**
- **Fitness centre manager**
- **Higher education lecturer**
- **Secondary school teacher (PE)**



Jobs where your degree would be useful:

Your sports science degree will also prepare you for work in roles such as:

- **Sports development officer**
- **Sports administrator**
- **Health promotion specialist**
- **Primary school teacher**
- **Event organiser**
- **Outdoor pursuits manager**

