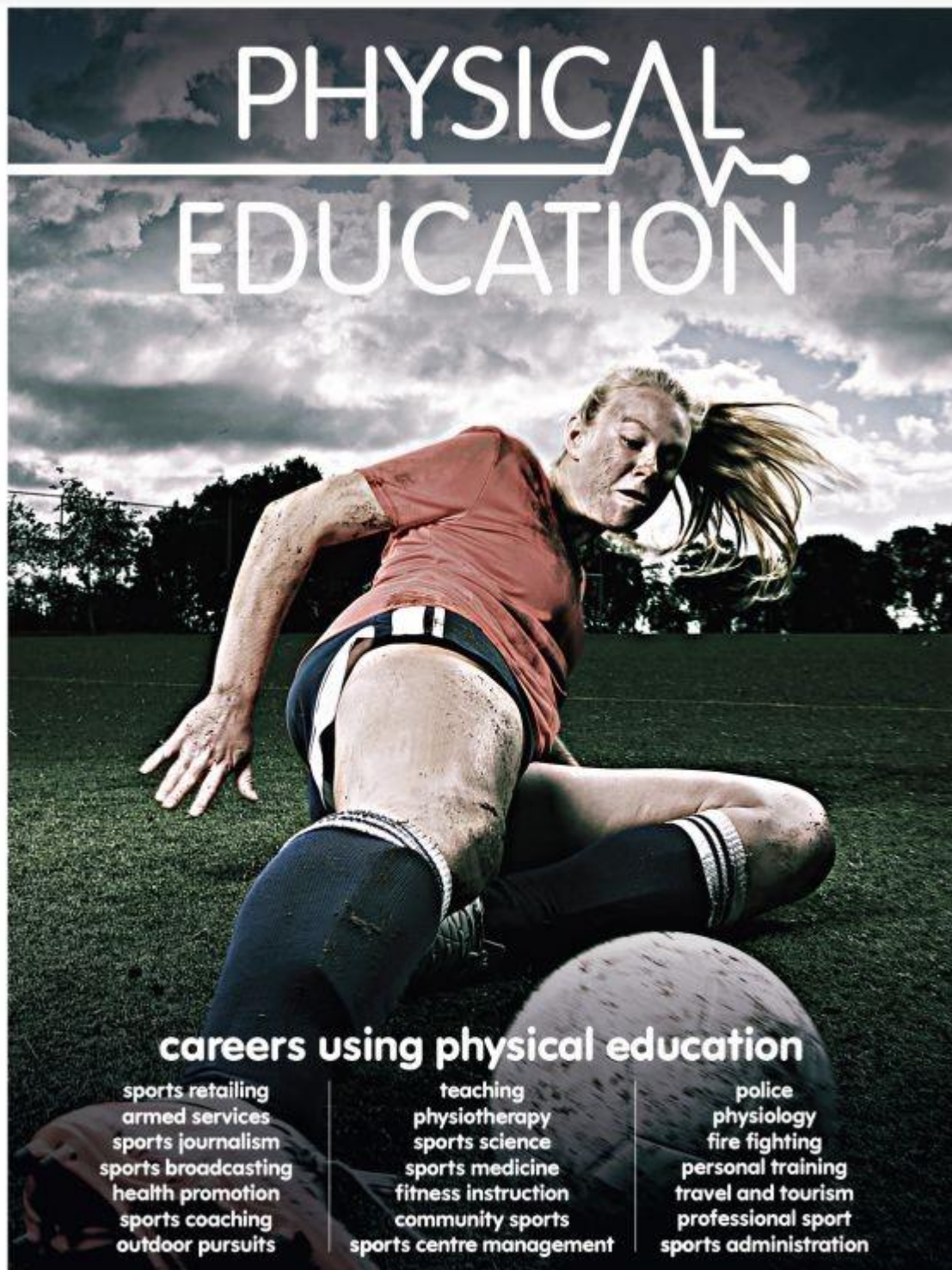


Careers in Physical Education



careers using physical education

sports retailing
armed services
sports journalism
sports broadcasting
health promotion
sports coaching
outdoor pursuits

teaching
physiotherapy
sports science
sports medicine
fitness instruction
community sports
sports centre management

police
physiology
fire fighting
personal training
travel and tourism
professional sport
sports administration



find out more at

planitplus.net



5 WORK SKILLS PHYSICAL EDUCATION WILL GIVE YOU



COMMUNICATION



In school: When you're playing team sports at school you'll need to communicate with your teammates to motivate them or to highlight errors. You'll use verbal and non-verbal communication. You'll also learn how to teach sport techniques and explore various ways of interacting with people of different ages and...

LEADERSHIP



In school: You'll have to plan, coordinate and lead participants in a competitive sporting setting. You'll also have to plan and deliver a progressive session to help an individual improve a particular skill or apply a particular strategy. In the classroom you'll explore different styles of leadership.

TEAMWORK



In school: You'll be encouraged to participate in team sports at school. As a player or a trainer you'll be working with other people all the time. You'll also learn about group dynamics and how these can influence performance. You'll learn how to manage social situations and work with people who have...

STRATEGIC THINKING



In school: You'll learn about different strategies and tactics for different sporting scenarios. You will have to identify what the strengths of your opposition are and what gaps you have in your own team. You'll have to implement strategies as a coach and be able to explain your tactical decisions after a sporting...

TIME MANAGEMENT



In school: You'll plan sessions that run for a specific time. You'll need to include time for instruction as well as practice. You'll think carefully about what you have time to teach and how to help people get the most out of your sessions.



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Sources: For source data please request the information by emailing data@successatschool.org

Careers in Sport

There is a wide range of courses in the sports sector, from sports science, to performance and sports psychology. This subject area offers access to a huge choice of job roles, from hands-on fitness, to administration and management. Sports studies is one of the subject areas which has seen a big increase in course provision since 1990. It is an increasingly popular career sector, with demand for higher level expertise in performance analysis, business management, and community engagement, as well as hands-on participation.

You can choose to study through vocational and academic routes, either through an apprenticeship or on more traditional higher education courses. Universities and colleges in the UK offer diplomas, foundation degrees, higher education diplomas, honours degrees, and postgraduate and professional qualifications in sport including the following:

Jobs directly related to Sport include:

- Exercise physiologist
- Fitness centre manager
- Personal trainer
- Secondary school teacher
- Sports administrator
- Sports coach
- Sports development officer
- Sports therapist

Jobs where Sport would be really useful include:

- Choreographer
- Clinical scientist, cardiac sciences
- Event manager
- Health improvement practitioner
- Higher education lecturer
- Nutritionist
- Outdoor activities/education manager
- Sport and exercise psychologist

Typical employers

Jobs are available with a range of organisations in the public, private and not-for-profit sectors, including:

- 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

Skills for your CV

A degree in sport and exercise science gives you an understanding of sports performance and the factors that affect behaviour in sport. You gain subject-specific knowledge in areas such as physiology, psychology, biomechanics and nutrition.

You'll also develop a set of core skills that can be used in lots of different careers, including:

- research and data analysis
- the ability to work on your own initiative and as part of a team
- presentation and oral communication skills
- written communication skills, including report writing
- time management and planning
- effective problem-solving
- professionalism and customer focus
- a good understanding of information technology.

Sport and fitness apprenticeships

Sport is about more than just teams and competition—it's all forms of physical activity that improve physical fitness and mental wellbeing. Sport can even help people form social relationships. Millions of people enjoy sports at community leisure centres, private health clubs, outward bound centres, and after-school clubs—and all of these need keen and motivated staff to make sure things run smoothly and safely, as well as to instruct, inspire, and keep an eye on people. Sport and fitness covers all aspects of sport and recreation, from professional sport to exercise instruction—including work in leisure centres, gyms, swimming pools, stadiums, and private sports clubs, as well as a range of outdoor activities.

There are multiple sports and fitness apprenticeships in this sector and many jobs are customer focused, so you'll need great people skills. As a community activator coach, you could promote, deliver and coach fun, inclusive and engaging activities that help whole communities to change their behaviour, and adopt and keep to a physically active lifestyle. There are also apprenticeships focusing on particular sports, working at leisure centres and coaching personal fitness.

Alternatively, as an outdoor activity instructor, you could supervise and guide children and adults in activities and pastimes such as canoeing, sailing, climbing, surfing, cycling, hillwalking, archery, bushcraft, rock pooling, geology, plant identification, or habitat or wildlife walks.

Whatever role you choose, excellent customer service skills and a love for sport and exercise will be essential. <https://apprenticeshipguide.co.uk/apprenticeship->

[category/industry-sectors/sport-and-fitness-apprenticeships/](#)

<https://www.apprenticeships-in-sussex.com/>

Further study

Some sport-related careers require further study at postgraduate level. For example, if you want to become a sport and exercise psychologist you'll need to complete relevant accredited psychology qualifications. To get a job as a sports coach, you'll need to gain the appropriate coaching qualification that's offered by the national governing body of your chosen sport.

If you want to become a PE teacher, you can go on to complete a postgraduate teaching qualification. A Masters or PhD may open you up other teaching and research opportunities in higher education.

You could also go on to specialise by studying a different subject area, such as by studying journalism to become a sports journalist, law to advise about employment legalities and contracts for sports professionals, or marketing to carry out marketing activities for a sports venue.



Being active improves your **physical & emotional health & wellbeing.**



PE and sport can improve your:

**self-confidence
self-image
self-esteem**

Exercise **reduces stress** and makes you **sharper mentally.**



Physical activity can improve your **balance** and **co-ordination.**



WHY ARE PE & SPORT IMPORTANT?



Team sports help you work well with others and learn skills like **collaboration, communication** and **leadership.**



Whether you're watching or taking part, sport creates a sense of **community** and **togetherness.**

PE and school sport can be the starting point for an exciting range of **careers.**



Physical activity can give you **strength** and **power.**



Being active and playing sport with your **friends** is fun!



Physical activity can make you more **agile** and **flexible.**



Getting good at a sport teaches you the value of **hard work, dedication** and **determination.**



Physical activity can improve your **endurance** – it helps you keep going.



PE and sport make you look and feel GREAT!

APPRENTICESHIPS LINKED TO PHYSICAL EDUCATION

- COMMUNITY ACTIVATOR COACH
- COMMUNITY SPORT AND HEALTH OFFICER
- GOLF GREENKEEPER
- LEISURE TEAM MEMBER
- OUTDOOR LEARNING SPECIALIST
- PERSONAL TRAINER
- SPORTS COACH
- SPORTS TURF OPERATIVE
- TEACHER
- YOUTH WORKER
AND MANY MORE!



Interested in apprenticeships, but not sure what to do next? Take a look at our 'What Now?' guide...
www.amazingapprenticeships.com

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