

## CAREERS IN SPORTS AND EXERCISE

**FOLLOW YOUR PASSIONS.  
WORK WITH A VARIETY OF  
PEOPLE. DEDICATE YOUR  
CAREER TO SPORT AND  
FITNESS.**

### SO, YOU WANT TO WORK IN SPORT?

If you are passionate about the human body, physical fitness, health, sports performance or coaching then a career in sports and exercise could be a really rewarding avenue for you. But before you make any career decisions it is important that you understand the industry as a whole and the skills you will need to succeed in this field to insure it is the right choice for you as a career in sport requires more than just passion. This leaflet is here to help you evaluate your options and explore whether a career in sports and exercise is right for you.

**"THE KEY ISN'T THE WILL TO WIN... EVERYBODY HAS THAT. IT IS THE WILL TO PREPARE TO WIN THAT IS IMPORTANT."**

**Bobby Knight, Basketball Coach**

### FIRST GET SOME EXPERIENCE

Getting some experience is always important when making career decisions. In the sports sector experience can come in many shapes and forms including:

- Sign up for the SU V-Team and volunteer in local schools/ community groups.  
[essexstudent.com/volunteering](http://essexstudent.com/volunteering)
- Join an Essex Blades sports club  
[essexstudent.com/sport](http://essexstudent.com/sport)
- Approach schools or local sports clubs directly to arrange work experience.
- Work with CHUMS at Essex Sport  
[chums@essex.ac.uk](mailto:chums@essex.ac.uk)
- Look for part time work opportunities with local organisations like [Active Essex \(activeessex.org\)](http://ActiveEssex.org)
- Reach out to those in positions that interest you to ask for information and experience.

### TYPES OF SPORTS CAREERS

Careers in sport are widely varied and can be found in multiple sectors including education, leisure/ tourism, health, and catering to name a few. Here are just some of the careers containing sport you can get into:

- **Exercise Physiologist** – A career exploring the way the body responds to exercise and training to aid performance and fitness.
- **Personal Trainer** – Help clients achieve their fitness goals and share your passion for health and exercise.
- **Teaching** – This could be at primary or secondary or beyond to educate young people about health, fitness, or another subject.
- **Sports coach** – Work with individuals or teams to achieve their full performance potential with your coaching and guidance.
- **Sports Therapist** – Help by providing treatment, rehabilitation and health/ mental support to clients who have experienced sporting injuries.
- **Physiotherapist** – Work with patients to improve their movement and aid with physical issues that may result with injury, illness, disability, or age.
- **Nutritionist** – Combining health and food sciences to help a range of clients improve and address their nutrition intake.
- **Sports Administrator** – Using administration skills to ensure the smooth operation of sports organisations including marketing, human resources, and reception work.

The above are just a few of the career options within sports and exercise so it is important you do your research. Other sources of sports career information include:

- [Prospects.ac.uk](http://Prospects.ac.uk) – job profiles and more.
- [Careers-in-sport.co.uk](http://Careers-in-sport.co.uk) – job postings and info.
- [uksport.gov.uk](http://uksport.gov.uk) – News, events, and jobs.
- [Globalsportsjobs.com](http://Globalsportsjobs.com) – Sports work abroad.
- [Womeninsport.org](http://Womeninsport.org) – Resources for women.
- [Teachpe.com](http://Teachpe.com) – About careers in sports teaching.
- [Healthcareers.nhs.uk](http://Healthcareers.nhs.uk) – Careers in health.

## FURTHER STUDY

Once you have researched your desired career options you may find that the career in sports you are considering requires additional qualifications. If you are considering further study what are your next steps?

- [Findamasters.com](https://findamasters.com) – Use this website to search for masters' qualifications in your chosen field.
- [prospects.ac.uk/postgraduate-study](https://prospects.ac.uk/postgraduate-study) – A guide outlining all you should consider when looking for a masters.
- [gov.uk/funding-for-postgraduate-study](https://gov.uk/funding-for-postgraduate-study) – Guide to government funding available for postgraduate study.

Some sports careers may not require a postgraduate qualification but instead require specialist training or qualifications instead. Examples of some training requirements including personal training, coaching, teaching, first aid and others. You can start by finding the job profile for the career you are considering and reading the qualification requirements on [prospects.ac.uk](https://prospects.ac.uk)

## PROFESSIONAL BODIES

Most career routes are linked with a professional body who oversee that area of the labour market. The sports industries are no exception, and some career routes will even require you to join the professional body to work in that field. Here are just some of the professional bodies associated with careers in sport:

- The British Association of Sport and Exercise Sciences (BASES) – [bases.org.uk](https://bases.org.uk)
- UK Coaching – [ukcoaching.org](https://ukcoaching.org)
- Chartered Institute for the management of sport and physical activity (CIMSPA) – [cimspa.co.uk](https://cimspa.co.uk)
- UK sports has a list of all National Governing Bodies (NGBs) for each sport - [Uksport.gov.uk/sports](https://uksport.gov.uk/sports)
- The Society of sports therapists – [society-of-sports-therapists.org](https://society-of-sports-therapists.org)
- Association for Nutrition (AfN) – [associationfornutrition.org](https://associationfornutrition.org)
- Chartered Society of Physiotherapy (CSP) – [csp.org.uk](https://csp.org.uk)

## TIME TO REFLECT

Self-awareness is generally a very important skill, but it is most important when you are exploring career options or entering the labor market. Activities like journaling can help you better understand what skills you have and how you want to use them in your career. You could even use personality quiz tools like [16personalities.com](https://16personalities.com) to begin your self-reflection process and consider how much you agree with your results. When you do work experience keep a diary of what went well, what didn't and what you learnt.

## GOT SKILLS?

A career in sport requires much more than a passion for sport or even a specific level of fitness. To have a successful career in the sports industry you need to identify a range of transferable skills including:

- Communication
- Listening
- Creativity
- Teamwork
- Commitment/ Dedication
- Time management
- Leadership
- Organisation
- Adaptability
- Resilience

These are just a handful of the skills you might already have or that you need to work on when perusing a career in sport. Doing self-reflection will help you identify some of the skills you already have or need to develop. You can read more about the skills you need to work in sport at [careers-in-sport.co.uk/news\\_articles/what-personal-skills-do-you-need-working-in-sport/](https://careers-in-sport.co.uk/news_articles/what-personal-skills-do-you-need-working-in-sport/)

## START YOUR SEARCH

If you think a career in sport is right for you then you can use job websites including:

- [Careers-in-sport.co.uk](https://careers-in-sport.co.uk)
- [Jobsinfootball.com](https://jobsinfootball.com)
- [Uksport.gov.uk/jobs-in-sport](https://uksport.gov.uk/jobs-in-sport)
- [Leisurejobs.com](https://leisurejobs.com)
- [Globalsportsjobs.com](https://globalsportsjobs.com)