

# CAREERS IN SPORT

Sport brings together communities, improves health and well-being and provides essential skills, such as teamwork, coaching others, leadership and resilience. Roles available in the sport sector are incredibly diverse; you could become a Coach, a Sports Journalist, a Sports Scientist, or many other careers.

In this section of the website, you can investigate some of the more obvious vocations, such as PE teacher, but also discover the careers that work behind the scenes, but play a vital part in our Sports industry.

There is a job for almost every interest, let's start here by looking at what career you are considering or what you are interested in...

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[Sports Official](#)

[Sports Photographer](#)

[Sports Physiotherapist](#)

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[Sports Psychologist](#)

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[Sports Scientist](#)

## Teaching...

PE Teachers are responsible for leading physical education lessons, teaching children about the fundamentals of fitness, as well as putting the rules of a range of different sports into practice. Most commonly, they can be found working in secondary schools but you would also find PE teachers in primary schools.



### Secondary school PE Teacher

A PE teacher job is a very busy, interactive, interesting and a fun profession to work in. It's definitely never dull! You teach PE lessons to 11-18 year olds and these also include examination PE classes. It does require lots of organisation, including organising after school clubs and fixtures.

### Primary school Teacher

Primary school teachers need to be able to work with very young children. This means that they need to develop games and activities that are relatively simple and easy for their students to understand. You also need to be able to motivate and inspire pupils of all abilities to take part and learn new skills.



## Sports Coach...

There are a variety of specialist sports coaches in the industry. As a sports coach, you'll help people participating in sports to work towards achieving their full potential. They may support professional sportspeople, sports teams, community teams or school groups, working closely with them to improve performance. They may have a role in encouraging underrepresented groups or young people to participate in sporting activities.

Sports coaches bring out ability by identifying needs and planning and implementing suitable training programmes. Whatever the context, coaching involves developing the participants' physical and psychological fitness and providing the best possible practical conditions in order to maximise their performance.

[Football Coach](#)

[Rugby Coach](#)

[Swimming Coach](#)

[Tennis Coach](#)

[Table Tennis Coach](#)

[Cricket Coach](#)

[Athletics Coach](#)

[Gymnastic Coach](#)

[Rowing Coach](#)

[Basket Ball Coach](#)

[Netball Coach](#)

[Boxing Coach](#)

[Horse Riding Instructor](#)

[Hockey Coach](#)

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## Sports Development Officer...

Sport is not only an exciting form of entertainment: it plays a truly valuable role in defining cultures and developing communities. Sport touches people's lives in many different ways, not only in the UK but right across the globe.

The main function of a sports development career is to encourage participation in sport by providing more opportunities for people to get involved.

### Day to Day Working life

A sports development officer will plan and organise sports projects and campaigns in order to get more people involved. They work towards making sport more accessible to everyone and aim to get people living a healthier lifestyle. They may specialise in a particular sport or focus on a particular group of people, or have a more general remit.

Typical job responsibilities include:

- organising, developing and delivering a varied range of sporting activities, projects or programmes
- finding funding and managing budgets
- producing promotional material and displays
- keeping statistical and financial records
- planning
- undertaking administrative tasks
- writing reports and press releases
- liaising and working with relevant organisations or agencies including youth services, schools, clubs, sports coaches and sports councils
- organising and undertaking market research
- monitoring and assessing progress.

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# CAREERS IN SPORT

## Leisure Centre & The Gym...

A leisure centre is the home to all different aspects of sport. It can have a sports hall, swimming pool, spa, sauna, and a gym. There are lots of different job roles that are needed in a leisure centre. Click on the individual Job for more information on this profession.

### Leisure Centre Manager

Leisure centre managers look after the day-to-day running of sports and leisure centres.



### Leisure Attendant

Leisure centre assistants help and supervise visitors using leisure centre facilities.



### Fitness Instructor

Fitness instructors organise exercise programmes to improve people's health and fitness.



### Swimming Teacher

Swimming teachers help people learn to swim, improve their swimming skills and how to exercise in water.



### Lifeguard

Lifeguards look after swimming areas, help swimmers to stay safe and carry out rescues in emergencies.



### Outdoor Activity Instructor

Outdoor activities instructors lead trips and teach skills in activities like hill walking, climbing, canoeing, skiing and snowboarding.



## Personal Trainer...

A personal trainer creates one-on-one fitness programmes for their clients, motivating and guiding them to achieve their goals. Clients may wish to lose weight or gain muscle, and as a personal trainer you'll teach and help them to exercise properly using workouts and specific plans. You'll instruct and advise clients, using a range of fitness machines, classes or weights. Similar roles include fitness instructor and gym instructor, but a personal trainer holds more fitness qualifications, meaning they're able to provide clients with tailored health and exercise advice. It's not uncommon for those new to the industry to train as a fitness or gym instructor first before qualifying as a personal trainer. You'll work in a gym or a similar setting, but can take sessions outdoors or to other venues.

### A typical day includes:

- conducting fitness assessments to establish client fitness and skill level
- holding one-on-one or group sessions with clients
- identifying goals and creating tailored exercise plans
- monitoring your clients' progress
- providing advice to clients on health, nutrition and lifestyle changes
- educating and advising clients to maintain or reach their fitness and health goals
- keeping up to date with the latest personal training techniques and best practice
- helping clients with their workouts
- creating and maintaining positive, professional and trusting relationships with clients
- providing innovative and challenging exercises to keep clients engaged and motivated
- proactively seeking and providing feedback in a manner which suits each individual client
- assisting with membership retention strategies for existing clients
- accurately recording your clients' training sessions and tracking relevant paperwork
- communicating with clients in a professional and courteous manner
- acting as a positive role model for all clients
- making the best of the environment in which clients are exercising
- analysing information relating to individual clients
- marketing your business to increase your client base
- maintaining an online presence through your personal website, blog and social media.

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## Athlete...

A professional athlete competes individually or as part of a team in organised sports including Football, Basketball, Swimming, Boxing, Running, Rugby, Tennis, Cricket, Netball and many more. Being an athlete involves more than competing in a professional sporting event. Most athletes spend the majority of their time practicing under the guidance of trainers and coaches. Competition at all levels is extremely intense and job security is always in question. Most athletes train throughout the year, even during the off season to maintain in peak physical condition, keep their form, and maintain or improve game techniques; there is very little downtime when competing at the professional level. Athletes may be professionals or amateurs.

### SPORTS PROFESSIONALS



#### Athletes Manager/ Director

Sports Managers have many interesting responsibilities within a spectrum of athletic endeavors. Simply put, sports managers are responsible for managing athletes and organisations. Some professionals in sports management deal directly with college and professional athletes while others have more behind-the-scenes responsibilities which center on the business of sports and entertainment. While many athletes who desire to stay in the realm of professional sports decide to pursue careers in sports management, it is in no way a prerequisite that sports managers must have played on a collegiate team or have experience as a professional athlete in order to begin working in the field.

# CAREERS IN SPORT

## Sport and exercise medicine...

Sport and Exercise Medicine consultants are specialists skilled in the delivery of Musculoskeletal and Physical activity medicine and Team Care. The specialty has a large scale application in managing and improving the health of the general public through exercise advice and prescription.



There are other jobs that play an essential role in a professional or Amateur sportsman life these include:



### Sports Physiotherapist

Sports physiotherapy is a speciality within physiotherapy which is dedicated to the assessment and treatment of injuries related to sports and exercise at all levels and ages.

### Sports scientists

Sports scientists use knowledge of how the body works to help people improve their health or sporting ability.

### Sports Psychologists

Sports psychologists primarily work with athletes, coaches and referees, from amateur to elite-level. Their work is centered on how psychology influences sport and how it can improve performance. Their aim is to prepare sporting professionals for the demands of their job, such as competition and training.



### Nutritionist

A sports nutritionist provides nutritional education and services to athletes. They consult with athletes to help them develop optimal eating habits. Nutritionists design menus, recommend vitamins and supplements, and provide nutritional advice for athletes.

# CAREERS IN SPORT

## Sports Lawyer...

A Sports Lawyer's job is to act as both a Lawyer and an Agent, representing the legal and financial interests of clients, which include Players, Coaches, and teams. In addition to an Athletic Trainer, a Coach, and a team, therefore, every Professional Athlete needs the services of a Sports Lawyer.

### No Two Days Are The Same For Sport Lawyer

It is easy to imagine that sport lawyers spend their time advising high profile athletes and negotiating contracts. Whilst that is certainly part of the role, there is far more to it. There are a vast amount of tasks that sport lawyers can carry out, and these might include:

- Advising on settlement agreement negotiations and terminations of professional player contracts in a variety of sports
- Advising on large scale construction projects such as stadium developments, training ground redevelopments and infrastructure legal issues
- Advising on international law, particularly regarding commercial, employment law and regulatory sports law issues
- Mergers and acquisitions
- Medical negligence, sports injury compensation claims and incapacity terminations
- Sponsorship agreements and licenses
- Advising sports professionals on intellectual property protection, image rights and intellectual property disputes
- Sport lawyers may also provide other services for their professional sports clients, such as family law (divorce and prenuptial agreements), wealth advice, intellectual property protection and debt recovery
- In fact, a sports lawyer may well need to dip into most areas of law at some point during their career to help and advise their clients. Whilst some parts of law are unique to sport (for example, disciplinary procedures and anti-doping codes), professional athletes and clubs need a vast array of legal advice.



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## Media in Sport...

Most people, whether or not they play or watch sport, are aware of sport through the media. This includes local, national and international sport. From school sport newsletters to worldwide TV coverage, the media is a powerful voice for and influence on sport. The media has also helped with the globalisation of sport which now means that there are now many opportunities for sports performers to compete and spectators to watch international sporting events such as the World Cup and the Olympics.

### Social Media

Social media is changing the way sports stars, clubs and fans are interacting with each other. From live-tweeting games, creating snarky memes and cheerleading from the webosphere, spectators are no longer simply watching sport, and fans can often get news, insights and commentary straight from the source.

### Sports presenter

In sports broadcasting, a sports commentator (also known as sports announcer, sportscaster, or play-by-play announcer) gives a running commentary of a game or event in real time, usually during a live broadcast, traditionally delivered in the historical present tense.

### Sports Commentator

Sports commentators describe what's happening at sporting events to listeners and viewers and offer their opinions.

### Sports Photographer

A sports photographer is a trained professional who documents sporting events by shooting quality pictures of such events. You can register for training programs on shooting and editing quality pictures to be a sports photographer.

### Sports Journalist

Sports journalists write about and report on amateur and professional sports. As a sports journalist, you can expect a variety of job duties such as reporting game statistics, interviewing coaches and players and offering game commentary. You can work in a variety of media, including radio, television and print.



# CAREERS IN SPORT

## Sports Scout...

Sport Scout's work for sports teams/ organisations as talent identifiers and evaluators. They watch athletes perform in schools for clubs and in a lot of cases at professional levels to find talented players with potential or who fit the style of play that their team is looking for.

### Common duties

- Attending games
- Speaking with coaches to locate promising players
- Analysing game footage
- Studying statistics to determine potential players
- Meeting with players to discuss their plans
- Monitoring news sources.

### Skills required

- A candidate must be extremely knowledgeable in the field that they are working in.
- A sport scout must have a keen eye for detail in regards to tactics and technique when observing athletes performances.
- Strong communication as well as interpersonal skills in order to talk with players as well as coaches.
- Good decision making in regards to identifying talent.



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## Sporting Officials...

Sports officials are responsible for maintaining integrity and fairness. They need a deep love of the sport they're officiating and belief in the concept of fair play. Without umpires and referees sport wouldn't function at all, so they're very important roles!

The role of a referee or umpire is to ensure:

- that the rules of a game are followed. It is the rules (or laws) that make the sport what it is and help to keep all players safe
- players know the rules to play effectively
- coaches know the rules to improve performance and prepare their players to play within them
- Referees, players and coaches must keep up to date with rule changes in order to be effective.

Good referees are confident and decisive. When you referee, make a decision, blow the whistle clearly, tell the players why you made it and what happens next. For example, 'Whistle', Offside, indirect free kick to blue team. Then move on. Do not allow players to question your decision, but be patient and keep your sense of humour.

### Cricket Umpire



### Football Referee



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## Sport Analyst...

A Sport Performance Analyst monitors and records sporting performances for a team/ organisation. Further they liaise with coaches and athletes in training and competitive environments in order to ensure improvements in their performance.

### What skills/experience are required?

**Being Calm Under Pressure:** You must have an ability to keep your cool when dealing with highly stressful situations.

**Team Player:** You're able to listen, communicate, and work with a number of different people effectively.

**Helpful:** You always are looking for new information and methods of helping people to ensure that they are always improving.

**Enthusiastic and Knowledgeable:** To be a good Sport Analyst you must have expert knowledge on the subject in hand. This might be tactical or technical. You must live, eat and breathe your sport. You should be able to talk at length on your sport and be effective at explaining specific details that nobody else would notice.

### **Further Skills needed:**

- Strong IT Skills
- Good organisational Skills
- Be proactive and focused.



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