

Exploring Careers Through Technical Routes

Sport



The Industry

Sport is physical activity that improves physical fitness and mental wellbeing. It covers sport and recreation from professional sport to exercise instruction. This includes working in a leisure centre, gym, swimming pool, stadium, private sports club or in a range of outdoor activity venues. You can participate by being a personal trainer, coach, instructor or referee. You can play sport professionally such as in football, rugby, swimming or basketball. You can work on the science of sport in physiotherapy or sports science. You can also specialise in an area such as outdoor activity or run kids sports clubs in the UK or overseas.

Following the London 2012 Olympic Games there continues to be an increasing demand for sport activities and more opportunities for coaches and sports development officers. Sport England says that 15.8 million adults now play sport once a week, 1.75 million more than a decade ago.

Careers in Sport <http://www.careers-in-sport.co.uk>
Sport England <https://www.sportengland.org>
SkillsActive www.skillsactive.com

Skills and Requirements

To work in sport you need the following generic skills:

- Excellent communication and listening skills
- The ability to motivate others and inspire trust
- Work as a team and to form good working relationships
- Good organisational and planning skills.

Additional skills are required as follows:

- A **referee** needs analytical ability for giving useful feedback and flexibility to adapt teaching methods for different ages and abilities
- A **commentator** needs a clear voice and good pronunciation, confident when talking, good research skills and the ability to react quickly to unexpected situations
- **Teacher/personal trainer/coach** need to assess and solve problems, perseverance, determination and patience, practical skills, physical stamina, administration skills, number and leadership skills
- A **player** must train hard to improve skills & fitness, discuss tactics and mental attitudes, analyse strengths and weaknesses, get fitness advice and take advice from nutritionists about diet.

'Sport is currently a £20bn industry that supports over 450,000 jobs in the UK. World class events such as the Rugby World Cup and the growth of football have made the business of sport one of the fastest growing sectors in the UK.'

Source: <http://www.telegraph.co.uk>

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Working and Learning in Sport



Job Roles & Progression

Study Programme

Levels 1, 2, 3
Sport.



Further study

BSc (Hons)

Sport and Exercise.

Sport, Physical Education and Development.

Sport Psychology.

Sport and Exercise Sciences.

BA (Hons)

Sport and Fitness.

Sports Business and Coaching.

Sports Studies.

FdSc

Sport and Exercise Science.

Applied Sports Performance.



Apprenticeships

Intermediate

Exercise and Fitness.

Coaching (swimming and tennis).

Activity Leadership.

Intermediate and Advanced

Leisure Operations and Management.

Advanced

Sports Development.

Exercise and Fitness.

Personal Training.

Activity Leadership.

Leisure Operations.

Fitness Instructing.



Career roles

Manager of operations or security.

Become self employed as a personal trainer.

Calculation including problem solving

Tasks

1. In a triathlon estimate the number of calories that will be burned at each stage to ensure you have sufficient food to complete the event.

2. Plan potential opportunities for goal shooting in football.

3. Analyse a tennis match performance by looking at your 1st serve positions on the court to inform future training sessions.

4. In boxing calculate the angles you need to use for effectively hitting an opponent.

5. In a dressage event ride your horse in the correct position – ankle, foot, knee, hip, elbow.

Links to GCSE Maths

1. **Number** (whole numbers - addition, multiplication; approximation - estimating calculations, rounding numbers).

Geometry and measure (units of measure - using standard units)

2. **Ratio, proportion and rates of change** (direct and inverse proportion - rates of change).

3. **Algebra** (graphs – co-ordinates, scatter diagram).

4. **Geometry and Measure** (angles, lines and polygons - types of angle).

5. **Geometry and Measure** (angles, lines and polygons - types of angle, angles at a point).

Communication, all

Tasks

1. In badminton or squash work together with your partner to try to win a match.

2. At a village gymkhana deliver the commentary on events over the loudspeaker.

3. Write an article for a newspaper reporting on a boxing match or a horse race.

4. As the head coach, brief substitute football players before sending them on to play in a match.

5. Read articles and reviews of the Grand National winning jockey and make a timeline of their career for your local college.

Links to GCSE English Language

1. **Spoken language** (speaking and listening - discussion skills).

2. **Spoken language** (speaking - audience and purpose, standard English; voice - controlling your voice, pitch and volume, enunciation).

3. **Writing** (context, audience and purpose; writing non-fiction – text; literary techniques).

4. **Spoken language** (speaking; audience, purpose; personal presence; voice).

5. **Analysing non-fiction** (text type - biography, review, newspaper articles).

Writing (organising information, signposting and linking ideas).