

Career Routes for Sports Graduates

If you are studying a Sports related course there is a range of careers that can use the knowledge and skills developed throughout your degree programme. See the diagram below for ideas of jobs within specific areas or using skills you have developed throughout your degree. Some of the roles below will require further study or experience in your chosen field.

Elite Sport & Performance

- Performance Analyst
- Sports Biomechanist
- Sports Physiologist
- Sports Psychologist
- Strength & Conditioning Coach

Exercise, Health & Fitness

- Health Improvement Practitioner
- Personal Trainer
- Exercise Referral
- Clinical Exercise Physiologist
- Sports therapist
- Occupational Health and Wellness

Teaching, Coaching, Sports Development

- Sports Development Officer
- Sports Coach
- Teacher
- HE Lecturer

Sports Business

- Sports Events Manager
- Sports Journalist
- Sports Agent
- Sports Scout

Other roles using sports skills

- Accountancy
- Armed forces
- Business management
- Data analysis
- Life coaching
- Probation
- Police officer
- Retail management
- Youth work

For more information about each of these roles see overleaf.

Elite Sport and Performance

Performance Analysts provide relevant key performance information to athletes and coaches during and after performance to improve performance through understanding and improving techniques, movement, and tactics within a sport. Prior experience in working with athletes is generally required, often with an MSc in Performance Analysis.

Sport Biomechanists apply mechanical principles to the study of movement, looking at how and why bodies move in the way that they do. Biomechanics may be used in the support of elite sports, but at the same time may address issues such as ageing bodies, mobility impairment, and sports equipment. An MSc in Biomechanics is often required.

Sport and Exercise Physiologists investigate how people respond and adapt to muscular activity and use their skills and knowledge to improve performance and fitness levels or to help prevent or treat illness. Some may support athletes and sports teams by assessing physical functions and developing fitness training programmes. As competition for jobs is strong, it can be useful to have a postgraduate qualification specialising in sport physiology.

Sports and Exercise Psychologists work with athletes and teams at all levels to help them improve their performance and cope psychologically with the demands of the sport. To qualify you would need a BPS accredited degree and MSc in psychology, with stage 2 of the BPS Qualification in Sports and Exercise Psychology, which involves 2 years of supervised practice. If you do not have a first degree in psychology, you could take a 1–2-year conversion course.

Strength and Conditioning coaches use exercise as a tool to specifically improve performances in Sport. An MSc in Strength and Conditioning will be useful, but it is also just as important to gain relevant experience and professional coaching certification at level 3 in one or two sports.

Clinical Exercise, Health and Fitness

Health Improvement Practitioners help people to make lifestyle and behaviour changes to improve their health and wellbeing in a variety of areas such as diet, exercise or stopping smoking. As well as giving face to face advice, they might set up schemes to promote healthy lifestyles, run campaigns and implement government initiatives. Entry requirements may vary according to the job role.

Personal Trainers create fitness programmes for their clients, motivating and guiding them to achieve their goals. Similar to a fitness instructor and gym instructor, but a personal trainer holds more fitness qualifications and provide clients with tailored health and exercise advice. They need a Level 3 personal training qualification, ideally accredited by the Register of Exercise Professionals or the Chartered Institute for the Management of Sport and Physical Activity.

Exercise Referral Consultants generally work in collaboration with GPs, cardiac specialists, and other healthcare professionals, to support people suffering from conditions such as high blood pressure, diabetes, and obesity. A Level 3 Diploma in Exercise Referral is required.

Clinical Exercise Physiologists work in hospital settings to provide advice on exercise for people with a range of chronic diseases, including heart disease or diabetes. As competition for jobs is strong, it can be useful to have a postgraduate qualification specialising in sport and exercise physiology.

Sports Therapists see a range of sporting injuries, provide treatment, rehabilitation, and support, and give advice on prevention. Work is generally work in sports injury clinics or directly with a sports club or sportsperson. Many therapists are self-employed and may combine working in this area with other sports-related roles. If you don't have a sports therapy degree you can take a Society of Sports Therapists' accredited Masters.

Occupational Health and Wellness Practitioners may work in a range of settings to support companies and individuals promote and maintain their health and well-being. Depending on the roles, these could include undertaking assessments to enable individuals work effectively within their organisations or return to work following an illness, undertaking individual health assessments such as blood pressure, BMI and cholesterol tests, or the sales and fitting of ergonomic equipment.

Teaching, Coaching and Sports Development

Sports Development Officers support schools and communities to give everyone a chance to take part in sport by organising sports related projects, coaching, club development and training. A post graduate qualification is not generally required, but previous experience working with schools, clubs or communities is essential and a coaching qualification is highly desirable. Employers may include local authorities, charities or [Active Partnerships](#)

Sports Coaches support professional athletes, or teams, clubs, and individuals at any level. They often work part time and sometimes unpaid so will combine this with other work. Coaching qualifications are offered by the appropriate national governing bodies.

Teachers work at either primary or secondary level. Primary teachers teach the full range of subjects whereas at secondary level teachers specialise in teaching physical education, although they may also be called upon to cover other subjects. Training is usually through a PGCE either at a university or within a school, but there are other training routes such as Teach First and Teaching apprenticeships

Higher Education Lecturers teach undergraduate students, undertake research, and supervise postgraduate students. Expertise in the subject area is the most important thing, so you would probably need to do an MSc followed by a PHD in your chosen area prior to entry or once you are in the role

Sports Business

[Sports events managers and administrators](#) manage the financial affairs, marketing, law, and business within the world of sports. Working for large sports clubs and bodies either professional or amateur, roles may include management of large events, publicity, legal contract, catering and hospitality, or merchandising.

[Sports Journalists](#) may work for website, newspapers or TV/Radio. Roles can include writing, presenting, commentating, and editing. You will generally need a journalism qualification or background as well as experience within sports.

[Sports Agents](#) represent their clients in a range of way including finding suitable opportunities for them, negotiating contracts, and managing their marketing and endorsement activities. They may work for a sports agency, a law firms, or they may be freelance. There are no set entry criteria, but they will normally need experience in the field, contacts, and some legal knowledge.

[Sports Scouts](#) work for sports teams/ organisations as talent identifiers and evaluators. They watch athletes perform in schools, clubs and at professional level to find talented players with potential or who fit the style of play that their team is looking for. Scouts must be knowledgeable and experienced in their field and often come from coaching or management backgrounds

Other roles

Sports students have developed many skills through their course and extra-curricular activities including leadership, motivating others, planning and organisation, discipline, drive for results, data analysis, communication, and teamwork. Many sports graduates utilise these skills in a range of other roles including:

[Accountancy and Finance](#)

[Armed Forces](#)

[Business Management](#)

[Data Analysis](#)

[Life coaching](#)

[Probation Services](#)

[Police officer](#)

[Retail management](#)

[Youth work](#)

Further Information

Careers and general information

www.activepartnerships.org/

www.activityalliance.org.uk/get-involved/jobs-in-sport

www.afpe.org.uk

www.cases.org.uk/

www.careersinfootball.com

www.careers-in-sport.co.uk

www.prospects.ac.uk

www.skillsactive.com

www.sportengland.org

Job sites

www.bucs.org.uk/

www.globalsportsjobs.com/

www.jobs.nhs.uk/

www.leisurejobs.com/

www.leisureopportunities.co.uk

www.sportperformanceanalysis.com/jobs

www.uksport.gov.uk/jobs-in-sport

If you would like to book a careers appointment to discuss your options, please visit: <https://worchester.targetconnect.net>

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