

Physical Education

An increasing number of people are able to find jobs related to their interest in sport and physical activities. This can include:

- teaching
- coaching
- leisure and fitness
- sports development
- sports administration.

For those with outstanding ability, there is the possibility of becoming a professional sportsperson. The entry level for employment in this area ranges from jobs that require no academic qualifications, to those that need a *degree* or *postgraduate* qualification. A number of jobs require sports coaching, leadership or supervisory awards. Each individual sport has a national governing body, which can advise you on training and qualifications. There is a wide range of courses available in physical education, sport and related subjects.

Jobs in professional Sport	Most sports professionals are exceptionally talented in their particular sport, and have been playing from an early age. Not many make a full-time living from professional sport; greater numbers play on a part-time or semi-professional basis, combining this with other employment. Some of the most popular professional sports include cricket, football, rugby, golf, horse racing and other <i>equestrian</i> sports. There are also sports, such as athletics, where very few people earn enough to make a living. Money can be earned directly from competition, but winnings are highly unlikely to support you financially. Other potential sources of income include sponsorship, grants and fees for personal appearances. Sports professionals need to practise and train regularly to maintain a high level of physical fitness. Most professional sporting careers are short, so it's important to prepare for a second career later in life.
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Jobs in teaching and coaching

Teaching and coaching jobs involve working in schools, colleges and a variety of other settings. You'll need good communication skills, as well as physical ability. It's important to be able to work with people from different backgrounds, different age groups and of different abilities.

Physical Education Teacher - Physical Education (PE) teachers instruct young people in physical activities and sport. They organise and supervise groups, coach in various sports and skills, and motivate young people to improve their performance. At GCSE and above, PE teachers cover topics in sports and exercise science, including diet and nutrition, anatomy, physiology, preventing sports injuries, and looking at ways to encourage people to exercise. PE teachers often need to supervise sporting activities during lunchtimes or after school. Some schools expect PE teachers to teach another subject as well.

Lecturer (Further and Higher Education) - Lecturers teach a range of subjects related to sport, for instance sport and exercise science, sports studies, physical education, coaching, and fitness science. They plan and design courses, teach students through formal lectures and other means, and assess students' work. In higher education, they are expected to do research in their own specialist field.

Sports Coach - Sports coaches work with teams and individuals, passing on the skills and techniques of a sport. They may work with complete beginners, or at the other end of the scale, with professional players and athletes. After identifying the needs of the individual or team, the coach plans and puts into practice a suitable training programme. As well as improving technique, the programme should also build confidence, and encourage participants to fulfil their potential. Only a small number of coaches have full-time, salaried posts. Most work on a part-time basis, paid or voluntary. Coaching can sometimes be combined with other work, such as administration or lecturing.

Outdoor Pursuits Instructor - Outdoor pursuit's instructors work with individuals and small groups of all ages and abilities. They teach a range of skills by giving practical demonstrations and short lectures. Activities include abseiling, canoeing, caving, rock climbing and windsurfing. Instructors need to plan programmes of activity that meet the interests and ability levels of particular individuals or group

Jobs in sports and leisure facilities	<p>Sports and Leisure Centre Manager - Most sports centres have facilities for outdoor and indoor sports. Large centres may have pools, sports halls, gyms, bars and eating areas. Much of sports and leisure centre managers' work involves administration at a high level. For example, they work out business plans and marketing strategies. They also manage staff, <u>budgets</u>, premises and equipment. Managers also organise sporting events, courses and competitions, etc.</p> <p>Sports and Leisure Centre Assistant - Sports and leisure centre assistants set up and look after equipment, and supervise members of the public when they are using the centre's facilities. They are also responsible for general cleanliness of the centre and for maintaining safety standards. In centres with swimming pools, qualified lifeguards patrol the pool area, keeping watch on swimmers and rescuing anyone who gets into difficulties in the water. The job may also involve helping to run fitness classes.</p> <p>Fitness Instructor - Fitness instructors (also known as consultants or trainers) work in gyms, health clubs and sports centres. They carry out individual fitness tests and then devise a suitable exercise programme for each <u>client</u>, using equipment such as treadmills, rowing machines and weights. They also demonstrate the use of equipment and make sure that clients use it safely. The work can also involve devising exercise programmes for patients, referred by their doctors, with conditions such as high blood pressure, obesity or stress-related anxiety. Fitness instruction is often combined with teaching classes in aerobics or other forms of exercise.</p>
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Other jobs related to sport	<p>Sports Scientist - Sports scientists study, research and advise on the scientific aspects of sport and exercise, and on human performance and capability. Research is often carried out in a university or in employment with a sports equipment manufacturer. Some work as fitness consultants/instructors; others teach sport or manage sports and leisure centres. The work requires a combination of scientific and sporting ability.</p> <p>Sports Development Officer - Sports development officers promote community participation in sport. Their role involves targeting and encouraging specific groups of people to participate in sporting activities. Sports development officers plan and publicise sports programmes, and work at sports venues with their target groups. At a senior level, their role may involve overall planning for sports development in their local area. While the majority of sports development officers work for local authorities, some are employed by the national governing bodies of sport.</p> <p>Sports Administrator - This job title covers a variety of roles in sports clubs, local authorities and national governing bodies of sport. Typical responsibilities include planning, organising, marketing and promotion. The work is mainly office-based, and a background in sport, although useful, is not essential.</p> <p>Sports Therapist - Sports therapists help people to avoid injury or get back to full performance if they have an injury. They don't just work with athletes; they can treat people of any age or ability. They help people to get ready and be at their best for sports training and events, as well as everyday life, including work. Treatments include massage to correct muscles that are out of balance, exercises to increase strength, electrotherapy and therapeutic ultrasound. Before a sports event, therapists might give advice on how to prepare mentally, strapping, stretching and warming up. During an event, therapists can give first aid and examine injuries to see whether the sportsperson can continue. Afterwards, they might advise that the person has emergency treatment.</p>
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