

Exploring Careers Through **Technical** Routes

Sport



The Industry

Sport encompasses all forms of physical activity that improves physical fitness and mental wellbeing. It covers sport and recreation from professional sport to exercise instruction. This includes leisure centres, gyms, swimming pools, stadiums, private sports clubs and a range of outdoor activities. You could participate by being a personal trainer, coach, an instructor, a referee or play sport professionally e.g. football, rugby, swimming or basketball. On the science side of sport is physiotherapy or sports science. An alternative could be to specialise in an area such as outdoor activity or running kids sports clubs in the UK or overseas.

Following the success of 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, Sector Skills Council for active leisure, learning and well-being
www.skillsactive.com

Skills and Requirements

To work in most areas of sport you will need the following generic skills:

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

Additional skills are required as follows:

A **referee** needs analytical ability for giving useful feedback and flexibility to adapt teaching methods for different ages & 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 & patience, practical skills, physical stamina, administration skills, number and leadership skills.

A **player** must train hard to improve skills & fitness, discuss tactics & mental attitudes, analyse strengths & weaknesses, get fitness advice and take advice from nutritionists about diet.

Supporting over 450,000 jobs in the UK, sport has become a £20bn industry. 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/finance/11580773/Britains-sport-industry-hitting-top-form.html>

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Working and Learning in Sport



Job Roles & Progression

Study Programme

Sport Levels 1, 2, 3



Further study

BSc (Hons)

Sport and Exercise
Sport, Physical Education &
Development
Sport Psychology
Sport & Exercise Sciences
BA (Hons)
Sport & Fitness
Sports Business & Coaching
Sports Studies

FdSc

Sport & Exercise Science
Applied Sports Performance



Apprenticeships

Intermediate

Exercise & Fitness
Coaching (swimming and tennis)
Activity Leadership

Intermediate and Advanced
Leisure Operations & Management

Advanced
Supporting teaching and learning
in P.E. School Sport
Sports Development
Exercise & Fitness-Personal Training
Outdoor Programmes
Activity Leadership
Leisure Operations
Fitness Instructing
RLSS National Pool Lifeguard



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 or passing to a team mate in rugby.
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)
Geometry and measure (angles - types of angles)
3. **Algebra** (graphs – co-ordinates, scatter diagram)
4. **Geometry** (angles)
5. **Geometry** (angles)

Communication, all forms

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)