



# Where Can Physical Education (PE) Take You?

If you like PE/Sport and are thinking of a relevant career, you might be surprised at the number of opportunities available to you. Here are just a few of them...

## Health and Fitness/Performance

Health and Fitness is an area that fits well with PE. It also has a lot of overlaps with other subjects – where this knowledge is needed, it is given in bold. You will need good communication skills, as many of the jobs here require working with customers or athletes.

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| <p><b>Personal Trainer/Fitness Instructor</b></p> <ul style="list-style-type: none"> <li>• A personal trainer can work with casual clients or professional athletes.</li> <li>• They make fitness plans for their clients to meet their goals, whether that's losing weight, gaining muscle or running faster.</li> <li>• Personal trainers/fitness instructors often lead group fitness classes for their leisure centre.</li> <li>• <b>You would also need a good knowledge of biology, to make these plans effective and safe.</b></li> </ul> | <p><b>Sports Massage Therapist</b></p> <ul style="list-style-type: none"> <li>• Primarily, sports massage therapists work to prevent, and rehabilitate from, injury.</li> <li>• They will use different types of massage to prepare athletes for events and to help them recover after training or competition.</li> <li>• They may work for health/fitness centres or sports clubs.</li> <li>• <b>You would also need a good knowledge of biology, to understand the anatomy of muscles.</b></li> </ul>                  | <p><b>Sport and Exercise Psychologist</b></p> <ul style="list-style-type: none"> <li>• Sport &amp; exercise psychologists work with athletes to help them reach the best state of mind to perform.</li> <li>• They work to improve motivation, concentration and confidence, and to reduce anxiety and stress.</li> <li>• They will work with individuals and teams to help improve overall psychological performance.</li> <li>• <b>You would also need a degree in sports psychology.</b></li> </ul>          |
| <p><b>Dietician/Nutritionist</b></p> <ul style="list-style-type: none"> <li>• There's a lot of different information out there about what you should eat.</li> <li>• Dieticians are qualified health professionals who work with both healthy and ill people to manage their diets properly.</li> <li>• This may range from weight-loss to managing the needs of patients with long-term illnesses.</li> <li>• They will construct dietary plans for their clients and monitor the progress.</li> </ul>  | <p><b>Conditional Coach</b></p> <ul style="list-style-type: none"> <li>• This job is similar to a personal trainer, but working exclusively with athletes.</li> <li>• They train athletes to meet the targets set out by the athletes' management and are often employed by teams/clubs.</li> <li>• They will plan training programmes with specific focuses, such as improving a rugby player's muscular endurance.</li> <li>• Sometimes, they will lead small groups of athletes with similar goals/targets.</li> </ul> | <p><b>Physiotherapist</b></p> <ul style="list-style-type: none"> <li>• A physiotherapist is a healthcare worker who helps people with movement problems.</li> <li>• These can have a lot of different causes, including sports injuries, accidents, strokes and diseases related to old age.</li> <li>• They educate people on how to avoid problems and how to manage their own treatment.</li> <li>• <b>You would also need a good knowledge of biology, as well as a degree in physiotherapy.</b></li> </ul> |



## Sports Administration and Research

There are more opportunities in the sporting world than ever, including a lot more administrative and academic jobs. If you enjoy the organisational side of sports – promoting activities, planning events, managing budgets or planning large-scale sporting projects – then this path might suit you. Research positions also regularly become available if you really enjoy the academic side and want to take on cutting-edge research looking at what the human body can achieve.

| <b>Development Officer</b>  | <b>Sports Administrator</b>  | <b>Sports Agent</b>   |
|---|--|---|
| <ul style="list-style-type: none"><li>• This job usually aims to get more people involved in sport/physical activity.</li><li>• They will organise, plan and promote campaigns and events.</li><li>• They will have to apply for funding and manage budgets.</li><li>• They will regularly communicate with local schools, youth services, sports clubs and councils.</li></ul>         | <ul style="list-style-type: none"><li>• The aim of this job is to make sure that sporting programmes or businesses run smoothly.</li><li>• Sports administrators spend time on marketing, recruitment, administration and fundraising, as well as organising and scheduling sports events.</li><li>• They may work in schools, community centres, sports clubs, gyms and other fitness facilities.</li></ul> | <ul style="list-style-type: none"><li>• Usually, sports agents represent an athlete, acting as a spokesperson, handling contracts and finding new opportunities for them.</li><li>• They manage disputes between their client and their employer, and support the client during difficult moments in their career.</li><li>• Scouting to find new talent also forms part of this job, particularly during the early stages of their career.</li></ul> |
| <b>Research Scientist/Assistant</b>   |  |   |
| <ul style="list-style-type: none"><li>• Research scientists may carry out research in diverse areas of sports.</li><li>• They plan experiments based on our existing knowledge and specific trends in sport, looking for ways to measure and improve performance, or how our bodies affect performance.</li><li>• They then prepare reports on their results for publication.</li></ul> |  |   |



## Coaching and Officiating

If you are passionate about one sport or activity in particular then coaching or officiating could be for you. Coaching can take place in many different forms (depending on the sport or activity) and requires a unique set of skills. As a coach or official, you need good interpersonal skills, while supporting jobs, like performance and data analysts, need to be able to use and manage data.

| Sports Coach  | Team or Athlete Manager   | Official/Referee   |
|---|---|--|
| <ul style="list-style-type: none"> <li>• This job could take place at many different levels: grass roots coaches may coach many youth teams, while elite coaches usually focus on one team.</li> <li>• They work alongside the manager to lead coaching practices and to develop strategy for events/matches.</li> <li>• You will need a detailed knowledge of the sport and strong people skills.</li> <li>• Sports coaches may perform one-to-one coaching as well as leading group practices.</li> </ul> | <ul style="list-style-type: none"> <li>• Working alongside the coaches, this job focuses on the administrative and business aspects.</li> <li>• They balance the players and organisations wishes when dealing with contracts, while working to a budget.</li> <li>• They will plan schedules (fixtures, tournaments, travel) and ensure the team is meeting certain standards.</li> <li>• Maintaining a positive public image and promoting the team/athlete is an essential part of the job.</li> </ul> | <ul style="list-style-type: none"> <li>• The job of an official is to ensure that the rules of the sport/activity are followed.</li> <li>• Officials will keep the score, intervene when rules are broken and issue penalties based on the infringement.</li> <li>• They often deal with challenging situations – they need confidence in their decision-making and strong communication skills.</li> <li>• They also write reports based on actions and incidents during competitive play.</li> </ul> |
| Performance Analyst   | Data Analyst  |  |
| <ul style="list-style-type: none"> <li>• Performance analysts usually work with elite clubs/ organisations, with a relatively large budget.</li> <li>• They deal with the technical aspects of performance and work out ways to improve it.</li> <li>• You need to be good with technology – performance analysts work with analytical software and may also need to film performance.</li> <li>• They will report on the performance of their own team, and opponents, to coaching staff.</li> </ul>       | <ul style="list-style-type: none"> <li>• Data analysts are similar to performance analysts but they focus primarily on statistics.</li> <li>• They may record statistics from live events or from recorded performances.</li> <li>• Some are employed by sports clubs, while some work for agencies and cover multiple teams.</li> <li>• The roles of performance analysts and data analysts may occasionally be combined into one job.</li> </ul>  |  |



## Management

Sports centres, fitness centres and sporting events are part of everyday life and an important part of a healthy society. This means that we need people to manage these centres and events. If you have strong organisational skills and enjoy recreational activities or organised sporting events, then it might be an idea to look into sports management.

| <b>Leisure Assistant/<br/>Supervisor</b>   | <b>Sports Manager</b>   | <b>Events Manager</b>  |
|--|---|--|
| <ul style="list-style-type: none"><li>• Leisure assistants work towards the daily operation of a sports/leisure centre.</li><li>• They may work in setting up/taking down equipment, making facility bookings, cleaning/maintenance and assisting with the running of classes/activities.</li><li>• Depending on the centre and any additional qualifications, the roles may include lifeguarding and class instruction.</li></ul> | <ul style="list-style-type: none"><li>• This job is a natural progression from leisure assistant work, although you may also go straight to management with the right academic qualifications.</li><li>• On top of managing the facility, they promote and market the organisation.</li><li>• They manage staff and contracts, carry out training and lead recruitment.</li><li>• They ensure the facility is safe for customers.</li></ul> | <ul style="list-style-type: none"><li>• Events Managers plan and lead sports events, and have to keep to a set timeline and budget.</li><li>• They manage teams of staff/volunteers.</li><li>• They arrange locations, equipment, amenities, vendors and sponsors. They also have to look after safety measures and security.</li><li>• Managing athlete accommodation and talking to press/media are also frequently part of the job.</li></ul> |



## Teaching and Group Instruction

Maybe you have knowledge of lots of sports and an in-depth understanding of how our bodies work, and you want to pass on your wisdom! Academic routes can take you into teaching or lecturing and allow you to transfer your knowledge to groups of learners. Or, if you prefer adventurous activities, you could become an outdoors activities instructor. This would also involve leading groups of learners, with the additional element of looking after their safety.

| PE Teacher   | Sports Lecturer   | Outdoor Activities Instructor  |
|--|---|--|
| <ul style="list-style-type: none"> <li>• Dedicated PE teachers usually work with pupils aged 11–16.</li> <li>• They teach PE to lots of classes, with most being physical and some being theoretical.</li> <li>• They teach many different activities, including team and individual sports.</li> <li>• As well as teaching, they run sports clubs and extracurricular activities.</li> <li>• PE Teachers will also likely teach academic courses such as GCSE PE and Sports Science in addition to working with a tutor group and teaching additional, non-PE classes.</li> </ul> | <ul style="list-style-type: none"> <li>• Sports lecturers work in further education, including 6th forms (ages 16-18) and higher education (ages 18+).</li> <li>• They teach a deeper understanding of theoretical aspects of physical activity and more complex learning on various aspects of sport.</li> <li>• They usually cover less practical activity than a PE teacher, but still work with groups of learners.</li> <li>• Sports lecturers may also help students find relevant sports-related employment, training or work experience.</li> </ul> | <ul style="list-style-type: none"> <li>• Outdoor activities instructors lead individuals or groups.</li> <li>• They plan and prepare activities – such as rock climbing or archery – making sure they are safe and accessible for everyone.</li> <li>• They have to clearly explain and demonstrate the correct techniques to people who might never have tried that sport before.</li> <li>• Regular equipment and facility safety checks are also an important part of the job.</li> </ul> |