

CAREERS IN SPORT





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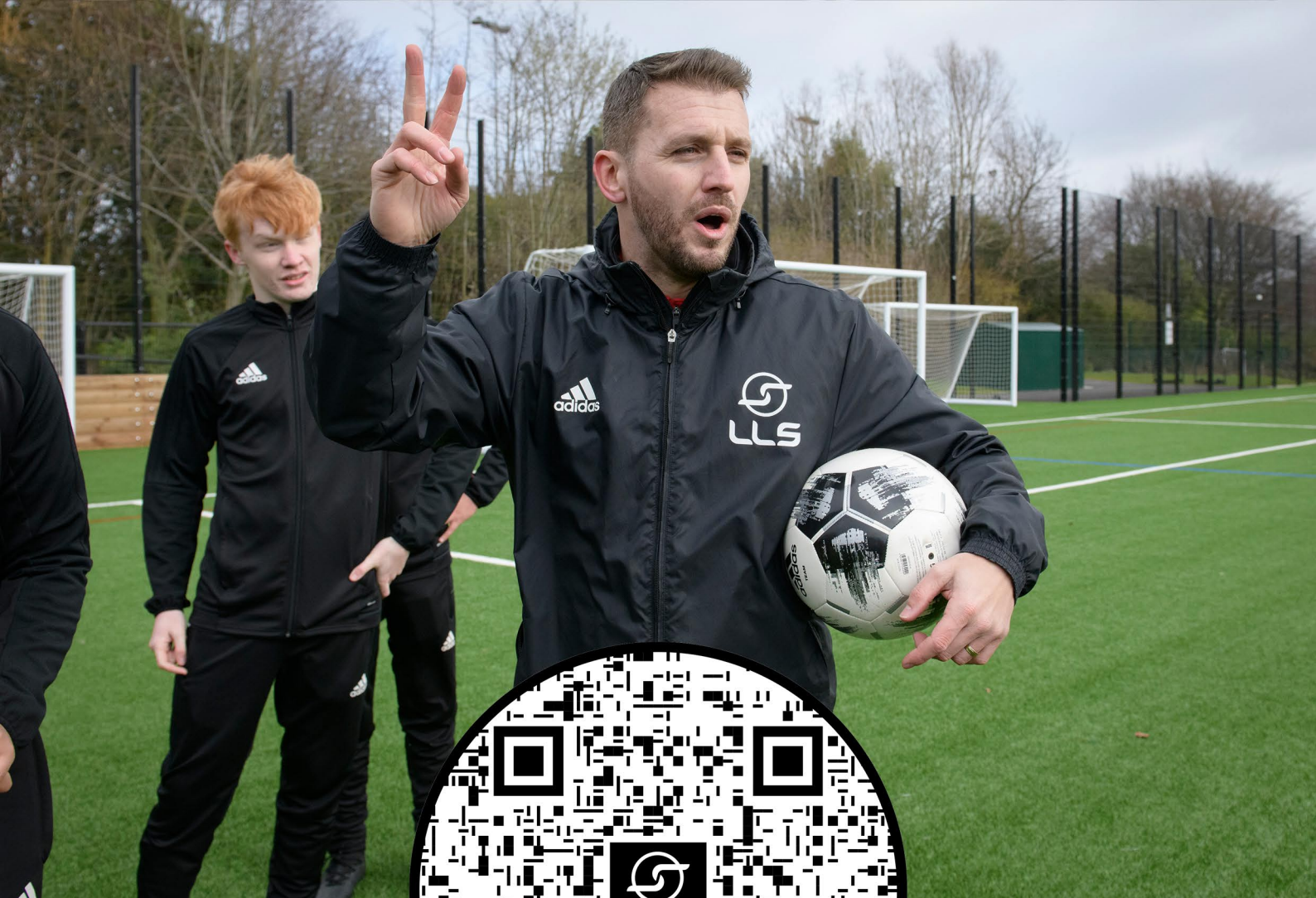
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SCAN FOR MORE INFORMATION

IF YOU WOULD LIKE MORE INFORMATION ON HOW TO TAKE YOUR FIRST STEPS INTO A CAREER IN SPORTS, SCAN THIS QR CODE AND SUBMIT YOUR DETAILS. **LLS** CAN CONTACT YOU WITH INFORMATION REGARDING GUEST SPEAKERS, CAREERS GUIDANCE AND TASTER SESSIONS.

PHYSIOTHERAPY

Sports Physiotherapy is a career that involves assessing individuals with physical injuries or disorders and using a range of techniques, they will design and review 'exercise prescriptions' to help treat current issues, and prevent future problems occurring.

Techniques used by physiotherapists can include: Manual Therapy, Therapeutic Exercise, and Electrotherapy. Physiotherapists are often employed by the NHS (and private health care providers), professional sports clubs and organisations, or they work freelance.



SALARY RANGE


£28,000
STARTING SALARY



 
£40,000+
SENIOR PHYSIOTHERAPIST



  
£60,000+
LEAD PHYSIOTHERAPIST

ALTERNATIVE CAREER PATHWAYS



SPORTS THERAPIST



MASSAGE THERAPIST

POST LLS QUALIFICATIONS

- Undergraduate/ accelerated Post-graduate degree in physiotherapy that is approved by the Health Care Professionals Council (HCPC), which will allow you to become registered with the HCPC.
- The course should also hold Chartered Society for Physiotherapy accreditation, allowing you to progress towards Chartered Physiotherapist status.

FROM AN EXPERT

<< DON'T TAKE OUR WORD FOR IT >>

FROM A STUDENT



DAVE GALLEY
FIRST TEAM PHYSIOTHERAPIST
AT PLYMOUTH ARGYLE

“ To be successful as a physiotherapist, first, you must become a good listener, to build trust with your patients. Remember, the body is the same all over the world, so if you get the chance to go and work abroad, go for it! ”



“I have always been interested in learning about how the human body works. I am utilising LLS' professional network to set up work placements with the NHS and sports physiotherapists. When I graduate from LLS I hope to study to become a Physiotherapist at Leeds Beckett University”.



MOLLY
LLS STUDENT

SPORTS COACH

A Coach helps athletes and competitors to develop their knowledge and skill level to play or compete in a chosen sport. Following detailed assessments, a coach will develop training programmes which are specific to their athlete's individual or team goals.

For example, a football coach will plan a programme of team sessions for their whole squad whilst a fitness coach may focus more on individual players.



SALARY RANGE


£17,000
STARTING SALARY



 
£28,000+
ELITE ACADEMY COACH



  
£70,000+
SENIOR PROFESSIONAL COACH

ALTERNATIVE CAREER PATHWAYS



PERFORMANCE ANALYST



PERFORMANCE DIRECTOR

POST LLS QUALIFICATIONS

- Sports Coaching Degree.
- National Governing Body coaching qualifications are available for all sports, below are examples for football coaching:
 - FA Level 1 & 2 – Introductory courses
 - UEFA B Licence – Senior Coaching
 - UEFA A License – Elite Coaching

FROM AN EXPERT

<< DON'T TAKE OUR WORD FOR IT >>

FROM A GRADUATE



MICHAEL BEALE
FIRST TEAM COACH AT RANGERS FC, SCOTTISH PREMIER LEAGUE

“ My passion for football and coaching has taken me from London to Liverpool, as far as Sao Paulo in Brazil, and now I work at one of Europe's biggest teams, Rangers FC. For me, it's all about the Journey. ”



I started my coaching career working in local primary schools delivering breakfast clubs and after school clubs. I then went on to develop my CV by going global and have since coached in many different countries including Sri Lanka, Spain, and Qatar.

I am currently working in Qatar for Evolution Sports as a football coach. I wanted to become a coach because I love helping others and seeing people grow and develop as both a player and a person.



JACK ASHCROFT
WIRRAL GRADUATE, EVOLUTION SPORTS COACH, QATAR

LEISURE CENTRE / GYM MANAGEMENT

Fitness/Leisure Centre Management looks after every aspect of the day-to-day running of fitness and leisure centres, both as a service and as a business.

Duties include managing staff recruitment and training, dealing with fitness provision and ensuring that health and safety standards are met.



SALARY RANGE


£20,000
GYM INSTRUCTOR




£28,000+
LEISURE CENTRE MANAGER




£45,000+
GENERAL/REGIONAL MANAGER

ALTERNATIVE CAREER PATHWAYS



EVENT MANAGER



POOL MANAGER

POST LLS QUALIFICATIONS

- Degrees in Leisure Management, Sports Science, Recreation, Health Management, Business or Leisure Studies can help you to gain an understanding of the business side of the industry.
- Qualifications such as Level 3 Personal Training can help you to understand different roles within the gym and gain additional experience.

FROM AN EXPERT

<< DON'T TAKE OUR WORD FOR IT >>

FROM A STUDENT



“ I really enjoy helping people achieve their fitness goals and I used this passion to kickstart my career as a strength and conditioning coach. The people at the top of elite sport are passionate, it is not just a job to them. It helps to love your job to be good at it.



KRISTIAN BLACKLOCK
OWNER OF CONQUER FITNESS,
S&C COACH OF TYSON FURY



I have always liked the thought of running my own sports business and delivering fitness sessions to as many people as possible. The fitness industry allows me to train and motivate a huge range of people, while staying in shape myself.



TANISHA
LLS STUDENT

SPORTS NUTRITION

A sports nutritionist is responsible for teaching athletes and fitness enthusiasts effective ways to improve their health, optimise their performance and manage their weight. Nutritionists may advise individuals on dietary practices; exercise; and use of vitamins, minerals and supplements. Sports nutritionists generally give private consultations to assess their client's lifestyle, eating habits, training schedule and use of medications and supplements, along with setting short and long-term goals. A customised programme for achieving those goals can be created by the sports nutritionist, who might also monitor clients to ensure they keep on track and attain goals.



SALARY RANGE


£20,000
STARTING SALARY




£35,000+
EXPERIENCED NUTRITIONIST




£50,000+
SENIOR NUTRITION LECTURER

ALTERNATIVE CAREER PATHWAYS



DIETICIAN



DIET / NUTRITION COACH

POST LLS QUALIFICATIONS

- Undergraduate Degrees in Nutrition can be in a variety of subjects; global/international nutrition, human nutrition, nutrition and exercise, nutrition and food science, public health nutrition and sports nutrition.
- Once qualified, you can register with the Association for Nutrition (AfN).

FROM AN EXPERT

<< DON'T TAKE OUR WORD FOR IT >>

FROM A GRADUATE



ENZO NUTRITION
PREMIUM MEAL PREP SPECIALIST

“ I got into the field of sports nutrition because I have always been fascinated with seeing how changes to an athlete's diet can cause huge improvements in their physical and mental performance. ”



I started LLS in 2017, during my time there I studied and gained excellent experiences. I have coached abroad and worked for a sport coaching company in the UK. This was all due to professional networking and taking opportunities that were given to me. I am currently a university student studying sport science and I have a particular interest in sports nutrition, hoping to set up my own advice page via social media.



KIMIA GHANIAN
SALFORD GRADUATE
AND PERSONAL TRAINER

PE TEACHER

Physical Education Teachers are responsible for the planning and delivery of PE lessons to students in an educational setting. This can be as a Primary School, Secondary School or Further Education teacher.

Secondary trained PE Teachers can also deliver GCSE PE, A level PE, BTEC Sport courses and other practical and theory lessons and exam preparation.



SALARY RANGE



£24,000

NEWLY QUALIFIED TEACHER (NQT)



£45,000+

HEAD OF PE



£70,000+

HEAD TEACHER

ALTERNATIVE CAREER PATHWAYS



SPORTS DEVELOPMENT OFFICER



SPORTS LECTURER

POST LLS QUALIFICATIONS

- Undergraduate degree in any subject related to the subject you wish to specialise in, followed by a Postgraduate Certificate in Education (PGCE) with Qualified Teacher Status (QTS).
- You can teach in a Primary School with an Undergraduate Degree, provided it includes QTS.
- There are other avenues into teaching such as Schools Direct and Apprenticeships.
- You can also teach English as a foreign language in other countries around the world with a TEFL qualification.

FROM AN EXPERT

<< DON'T TAKE OUR WORD FOR IT >>

FROM A GRADUATE



LINDSAY OWEN
QUALIFIED TEACHER AND
PE SPECIALIST

“ I started my teaching career in 2006, securing my first teaching job after a successful placement in my final year of university. Throughout my teaching experience, I have performed a range of teaching roles including student mentor, Key Stage 3 co-ordinator, head of girls and head of department. In September 2019, I made the decision to move from Secondary PE to Primary PE with LLS. I thoroughly enjoy taking on new challenges, sharing my passion of sport with others and helping to provide future generations with the many opportunities that sport creates. ”



I am currently at Edge Hill University studying Physical Education and School Sport. Since I was young, sport has always been a big passion of mine and I have always aspired to become a PE teacher. I want to influence and inspire the future generation to achieve their dreams and have the motivation and commitment, like I do. I have now got my very own outstanding unique CV with over a 1000 hours of work experience including global coaching in America and Sri Lanka.



NADINE BECK
FLINTSHIRE GRADUATE AND PE STUDENT
AT EDGE HILL UNIVERSITY

SPORTS PSYCHOLOGIST

Sport psychologists work with athletes, coaches, and officials from amateur to elite levels, focusing on how psychology influences sport, and impacts performance.

Exercise psychologists primarily work with the general public to increase motivation and participation in physical activities – looking to improve health and wellbeing rather than performance.



SALARY RANGE


£21,000
STARTING SALARY




£30,000+
EXPERIENCED PSYCHOLOGIST




£50,000+
SENIOR PSYCHOLOGIST

ALTERNATIVE CAREER PATHWAYS



LIFE COACH



COUNSELLOR



CLINICAL PSYCHOLOGIST

POST LLS QUALIFICATIONS

- An undergraduate degree that is accredited by The British Psychological Society (BPS), leading to Graduate Basis for Chartered Membership.
- This should be followed by a BPS-accredited Master's degree in Sport and Exercise Psychology. You will then need to complete a stage 2 BPS Qualification in Sport and Exercise Psychology – this involves two years of supervised practice.

FROM AN EXPERT

<< DON'T TAKE OUR WORD FOR IT >>

FROM A STUDENT



DR. ROBBIE ANDERSON
CHIMP MANAGEMENT PSYCHOLOGIST

“ My job as a psychologist is to help other people understand their mind and emotions, thinking and behaviour. I started out playing rugby but had to retire early due to a series of ACL injuries. In sixth form I had a passion for psychology, so I decided to study this for my undergraduate degree. After a year I decided that I didn't actually like it! So I moved to Sports Science. A pivotal moment in my career was when I started working for British Canoeing on a voluntary basis, where I met Professor Steve Peters and learnt about “The Chimp Model”. I later went on to work for Team GB Taekwondo and England Rugby Union.



Sports psychology is something that I've taken an interest in after studying psychology with players like Jesse Lingard and Aaron Lennon openly struggling with mental health issues. Becoming a sports psychologist can give me the opportunity to support players at all levels who have struggled and allow them to release negative thoughts and focus on improvement and consistency in their jobs.



CAI
LLS STUDENT

PERSONAL TRAINER

Personal Trainers create bespoke fitness programmes for their clients, motivating and guiding them to achieve their goals. Clients may wish to lose weight or gain muscle, and as a personal trainer you will teach them to exercise properly using personalised workout plans.

Similar roles include **Fitness Instructor** and **Gym Instructor**, but a personal trainer often holds additional qualifications, meaning they can provide clients with tailored health and exercise advice. It's not uncommon for those new to the industry to train as a fitness or gym instructor first before qualifying as a personal trainer.



SALARY RANGE


£15/hour
FITNESS INSTRUCTOR




£25/hour
PERSONAL TRAINER (IN A GYM)




£35 - £50/hour
EXPERIENCED PERSONAL TRAINER

ALTERNATIVE CAREER PATHWAYS



STRENGTH & CONDITIONING COACH

POST LLS QUALIFICATIONS

- Level 3 Diploma in Fitness Instructing and Personal Training / Level 3 Diploma in Personal Training.
- You would usually benefit from doing one of the following courses first:
 - Level 2 Certificate in Fitness Instructing – Gym.
 - Level 2 Diploma in Health, Fitness, and Exercise Instruction.
 - Level 2 Diploma in Instructing Exercise and Fitness.

FROM AN EXPERT

<< DON'T TAKE OUR WORD FOR IT >>

FROM A GRADUATE



KIERAN OWENS
FOUNDER OF KO8 FITNESS

“ When I was younger, I didn't manage to secure a professional football contract, so I relocated to Spain to continue developing my ability. Here my own interest in health and fitness developed into helping others to improve theirs', and my journey to creating my own fitness brand began. ”



The LLS course is where I found a real passion for studying and coaching sport. Whilst at the college I set up my own business offering 1-2-1 boxing sessions which, through my hard work and knowledge, have turned out to be very successful. I am now also at university studying sports coaching and development and am hoping to go down the strength and conditioning pathway.



ALEX MURPHY
BOLTON GRADUATE & FOUNDER OF ALEX MURPHY BOXING FITNESS

SPORTS MEDIA

Sports Media provides the public with the latest facts, stories, and opinions from the world of sport.

From newspapers and online articles, to 24-hour news broadcasting, sport is reported on by journalists, TV and radio presenters, commentators, and with social media growing all the time, new ways of delivering this media to the public are continuously developing.

Many journalists will specialise in particular areas of sport e.g. Greg O’Keefe (pictured right) with Football, and Adam Smith with Boxing. With experience and the right professional network, Sports Media professionals will get unbelievable backstage access to sporting events.



SALARY RANGE


£22,000
GRADUATE JOURNALIST




£38,000+
5-9 YEARS’ EXPERIENCE




£48,000+
10-19 YEARS’ EXPERIENCE

ALTERNATIVE CAREER PATHWAYS



BROADCASTER



VIDEOGRAPHER



PHOTOGRAPHER

POST LLS QUALIFICATIONS

- A bachelor’s degree in Journalism, English or Communications is desired – combined with a lot relevant work experience, focusing on your desired sport.
- Senior Journalists often take courses from the National Council for the Training of Journalists (NCTJ) following their time at university.

FROM AN EXPERT

<< DON’T TAKE OUR WORD FOR IT >>

FROM A STUDENT



STEVE HOTHERSALL
BROADCASTER & COMMENTATOR

“ Sports journalism has allowed me to work at the highest levels of professional sport by interviewing some of the most influential figures and visiting some of the world’s most elite facilities. ”



During my time with LLS, I will be broadening my knowledge of the world of sport and gaining experience of producing engaging content, supported by LLS’ marketing department, that will provide others a “behind the scenes” look into the sports industry.



JACOB
LLS STUDENT

SPORT ANALYST

Sport Analysts collect large amounts of data and use this to track and monitor player/athlete key performance indicators and use historical data to create predictive models which influence how organisations and teams plan ahead, and continue to improve their performances.

The data collected can be utilised by the media, professional sporting organisations and teams, plus governing bodies, such as Sport England. One of the biggest Analysis organisations within the sports industry is Opta.



SALARY RANGE


£24,000
GRADUATE ANALYST



 
£33,000+
5 YEARS EXPERIENCE



  
£60,000+
HIGH-LEVEL CONSULTANT

ALTERNATIVE CAREER PATHWAYS



STATISTICIAN



SCOUT

POST LLS QUALIFICATIONS

- A university degree may not always be needed, but a degree in Statistics or Mathematics can help. You can become a data analyst with any degree subject if you can demonstrate the relevant skills.
- Professional qualifications can also be gained from organisations such as Prozone, Opta Sports and The F.A.

FROM AN EXPERT

<< DON'T TAKE OUR WORD FOR IT >>

FROM A STUDENT



JOE URE
OPPOSITION ANALYST
AT ASTON VILLA FOOTBALL CLUB

“ I originally started my career with a sports coaching degree after completing a Btec level 3 in sixth form, however my career direction changed when I saw an internship had become available at Newcastle United F.C. as a football analyst. After a few setbacks and the completion of a Master's degree I was able to begin my career as a Performance Analyst. The highlights of my career (so far) are working alongside Mauricio Pochettino and winning promotion to the Premier League with Aston Villa F.C. ”



I am fascinated by how professional players perform and the analysis tactics used in the professional game, particularly in cricket and football. With LLS I can work alongside Chorley FC and assist their analysts on matchdays alongside my studies.



MATTHEW
LLS STUDENT

SPORTS BUSINESS

Sports Business is an ever-growing part of the sports industry. Building a brand, exploring the market, and engaging with customers and fans are essential for businesses and sports teams to increase revenue and develop long lasting relationships with their target audience. To do this, the market research conducted needs to be accurate, and the content and products created should utilise this information. Big brands are wanting to sponsor sports teams, which leads to a large income for many of the chosen clubs.



SALARY RANGE


£19,000
MARKETING ASSISTANT



 
£40,000+
MARKETING MANAGER



  
£70,000+
HEAD OF MARKETING

ALTERNATIVE CAREER PATHWAYS



SOCIAL MEDIA MANAGER



SPORTS LAW



BUSINESS OWNER

POST LLS QUALIFICATIONS

- Undergraduate degrees in subjects such as: Marketing BA (hons), Sports Marketing BA (hons) and Marketing and Management BA (hons) are recommended. As with most jobs, plenty of work experience is desired for individuals hoping to break into this competitive space. The Chartered Institute of Marketing (CIM) also provide a range of professional qualifications such as the Level 3 Foundation Certificate in Marketing if university is not a desired pathway.

FROM AN EXPERT

<< DON'T TAKE OUR WORD FOR IT >>

FROM A GRADUATE



TOMMY WESTMORELAND
FOUNDER - EVO SPORTS QATAR

“ From the minute I started Evolution Sports, I only ever thought of one thing: building a sports academy. I wanted to build right from the bottom. That was in order to create fluency and a continuity which would transcend each sport and I wanted us to be able to compete with Academies 100 times bigger. With this approach, the staff, players and parents all grow together, producing a bond that creates a type of spirit that I've always found difficult to explain. ”



I started the LLS course with the goal of becoming a sports coach, this is where I learnt to deliver a variety of sports to people at all levels. This was the perfect foundation for me to set up Champion Sports, providing sports coaching sessions across Flintshire.



RHYS JONES
FLINTSHIRE GRADUATE,
CO-FOUNDER - CHAMPION SPORTS

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CAREER IN SPORT
WITH**



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