

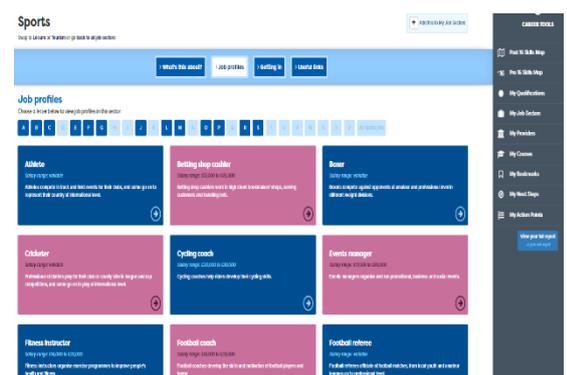
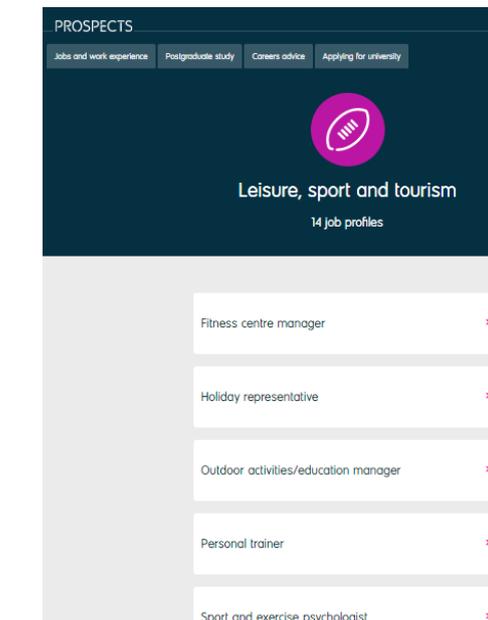
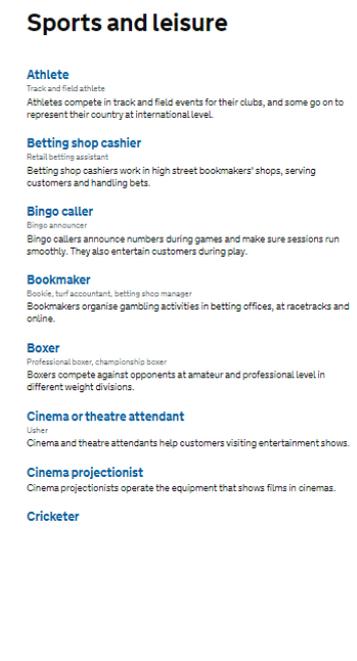
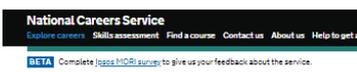
Luminat^e careers **Careers in Sport**

There are a wide range of roles that involve sport in some way or form, not just professional sports people, these might include health and nutrition roles too.

To find out more about the different roles within sports you could watch some real-life career stories; [iCould](#) and [Careers Box](#) have lots of different videos, some of which are below, but click on the links to view many more different stories.



There are different areas within Sports and Fitness and it's worth exploring what area interests you the most. Websites such as CareerPilot, Prospects and The National Careers Service can help you explore the different pathways.



Check out these great websites as well for more specific sports careers information:

<https://careers-in-sport.co.uk/>

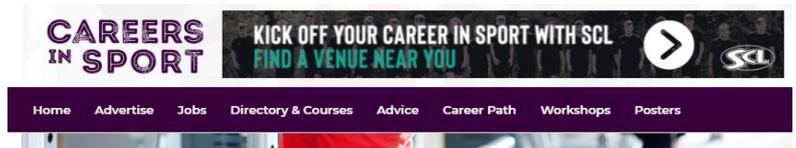
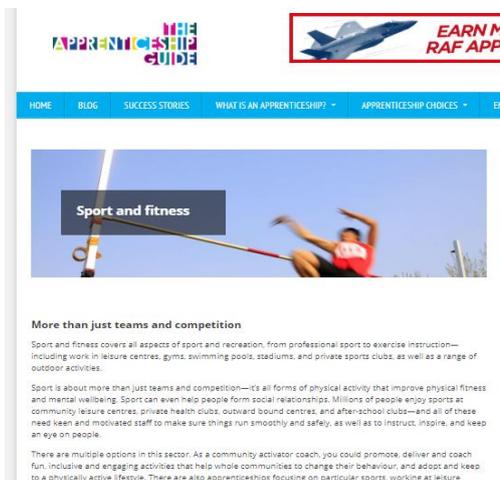
<http://www.futuremorph.org/my-future-finder/sport/>

https://www.bases.org.uk/spage-students-careers_centre.html

There are different pathways into sports – you could look at an apprenticeship or you might choose to go to University.



Apprenticeships are where you gain a qualification and earn at the same time – you are employed by an organisation. Click on the images below to find out more about apprenticeships and search for vacancies use the [Find an Apprenticeship](#) website.



HEALTH AND FITNESS APPRENTICESHIPS

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Maddie Smith, Work Based Learning Manager with Freedom Leisure Training reveals how you can progress your career and earn while you learn thanks to health and fitness apprenticeships.

Why is an apprenticeship a good way to start a career in health and fitness?

An apprenticeship allows a young person to expose themselves to all elements of working in a leisure centre and get experience of working in a busy and diverse environment. You will gain experience of different types of clients and be able to learn from not only your tutors and assessors, but also your work colleagues and managers. You will earn while you learn and be more employable at the end of your time as an apprentice.

Thinking about University? The [UCAS](#) website and [Prospects](#) website can give you lots more information about the different courses and entry requirements.

If you want to find out about specific courses then go to <https://digital.ucas.com/search>



Using the information above note down information about:

-  Salary
-  How to become
-  What tasks do you do?
-  Where are the vacancies?
-  Progression opportunities
-  Related roles



Fitness instructors		UK Average	
Weekly Pay £430	Annual Pay £22,360	Weekly Pay £505	Annual Pay £26,260
Hours/Week 33h	Hourly Pay £13	Hours/Week 37.5h	Hourly Pay £13
Workforce Change (projected)		Workforce Change (projected)	
Growth 2.7%	Replacement 59%	Growth 6%	Replacement 39.5%
<small>The workforce is projected to grow by 2.7% over the period to 2027, creating 1,800 jobs. In the same period, 59% of the workforce is projected to retire, creating 39,000 job openings.</small>		<small>The workforce is projected to grow by 6% over the period to 2024, creating 1,974,000 jobs. In the same period, 39.5% of the workforce is projected to retire, creating 13,110,000 job openings.</small>	
You might find this job in Sport & recreation Other personal service Education Legal & accounting Health		<small>This is the average combined for all industries across the UK. The pay and hours are that of an average full-time employee in this job, including bonuses, before tax and deductions.</small>	
More info		Clear card	

Powered by LMI For All.

Use [Labour Market information](#) and the Careerometer to compare different job roles within sports. What does the information say about the role you are interested in?

Tasks

Can you name three different careers involving sports?	<ol style="list-style-type: none"> 1. 2. 3.
What do you need to do to be a Sports Psychologist?	
What salary could you earn as a Personal Trainer?	

Day in the life of a Fitness Instructor

I have recently started my career in the fitness industry and currently work as a Group Exercise Instructor on a self-employed, part time basis. For those in the industry who are employed by a gym or leisure centre, the job mainly involves planning a safe and effective exercise class and delivering the class to a group of customers. Most employed Group Exercise Instructors also have a gym instructor / customer service role in gyms and leisure centres, dealing with membership queries, inductions, exercise programme plans etc. Being self-employed, I have chosen to focus on delivering exercise classes that I am passionate about and enjoy. I deliver these at venues I have hired, as well as at local leisure centres / gyms when they have needed classes covering – this has been a great way for me to gain experience, build confidence and become familiar with the process of invoicing a company for my work. I am hoping to secure weekly classes at local leisure centres / gyms as this is guaranteed income.

I have had to quickly develop my IT and marketing skills in order to promote my own class. I have learnt how to design my own logo, create posters and leaflets and my own Facebook page. Marketing is an ongoing job and takes up quite a lot of my own time, in addition to planning the classes. Fortunately, I enjoy this work.



Communication skills are vital when working in the fitness industry – it is important to be able to make the customer feel at ease, able to ask questions and trust that you can help them to achieve their fitness goals. Exercise instructions must be clear and easy for customers to understand and follow. It is also important to have empathy for customers – many attending fitness classes lack confidence and need a lot of reassurance. You also need to be organised and motivated in order to find the work at local gyms/ leisure centres or to get the customers through the door at your own venue, as well as planning your own timetable. You also need to be fairly confident speaking in front of groups of people, but this is something that can come with experience.

There are a wide variety of fitness courses available at different learning providers. In order to deliver classes, you need a suitable level 2 qualification (Exercise to Music and/ or Gym Instructor) and ideally an additional qualification in the class that you deliver such as Kettlebells, HIIT or Circuits. You will also need an up to date First Aid Certificate. There can be a lot of competition in the fitness industry so the more qualifications you have the more likely you will find employment. Most of these qualifications are not funded so you would need to consider how you will pay for them. I used an Adult Learning Loan to pay for my qualifications. Some leisure centres and gyms may pay for these qualifications if you are an employee.



Another financial aspect to consider (particularly if you are self-employed) is the cost of Public Liability Insurance, venue hire, marketing materials and music licence or licence free music. It is also a good idea to become a member of the Register of Exercise Professionals (REPs), which is a requirement at most gyms and leisure centres – this comes at an annual fee. To maintain your membership, you must attend additional training courses of your choice to keep your knowledge up to date. These courses also come at a cost.

So far it has taken a lot of hard work to find opportunities to gain experience and earn money but I am at the beginning of my career and am feeling positive about future opportunities now that I have more experience, confidence and additional specialist qualifications. I have loved delivering my classes so far – it has been really rewarding having regular customers who have reported that their fitness levels are improving. It has also given me the time and opportunity to work on my own!