

Exploring Careers Through **Technical** Routes

Sport



The

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.

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

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



Further study

BSc (Hons)
Sport and Exercise
Sport, Physical Education
& Development
Sport Psychology
Sport & Exercise
Sciences

BA (Hons)
Sport &
Fitness
Sports Business &



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-



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 -

4. **Geometry**

5. **Geometry**

on to
play in
a
match.

5. Read
articles
and
reviews
of the
Grand
Nation
al
winnin
g
jockey
and
make a
timelin
e of
their
career

Communication, all

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

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)