



Career of the Week



What job is being described here?

- plan fun, engaging coaching activities, sessions and programmes in a safe environment
- give feedback on performance and help to improve technique
- work with young people, schools, community groups and sports organisations to promote the sport
- design basic training programmes
- work on developing more advanced techniques and tactics
- support performers at events and competitions
- design challenging and varied training programmes
- monitor the physical condition and mental attitude of the people you coach
- work with experts in sport like sports scientists, nutritionists, physiotherapists and programme managers
- mentor other coaches



Sports Coach



What level of qualification do you need to become a sports coach?

- Depends heavily on who you are coaching and why
- You could need a coaching qualification specific to a sport such as gymnastics or martial arts
- You could need a HND or degree in sports coaching, sports science, sports studies or physical education
- Apprenticeships are sometimes available

What will you earn?

- £14,000 to £35,000
- You could be working full time or part time
- Some coaching roles are voluntary



How will you work?

- You'll often work in the evenings and at weekends
- Competitions could take you all around the UK and abroad
- There are international opportunities too
- You could work in a variety of places like schools, health centres, private health clubs and sports clubs
- You'll spend a lot of time outside in all weather conditions



What other jobs are similar?

- Fitness instructor
- Football referee
- PE teacher
- Outdoor activities instructor
- Sports scientist
- Sports commentator
- Leisure centre manager
- Sport and exercise psychologist
- Sports physiotherapist



What do you think would be
great about this job?



What do you think would be
hard about this job?



Websites for more info:

- CareersInc website www.careersinc.uk/outwood-valley/
- National Careers Service
www.nationalcareersservice.direct.gov.uk
- Apprenticeships website www.getingofar.gov.uk
- Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)
- The Register of Exercise Professionals



Where to get help with your careers ideas

- The Careers Room is on the ground floor near student reception
- Rachel Jones and Sean Panting Careers Advisers and are in school on Tuesdays and Thursdays
- Look out for careers cafes and pop-ups at lunchtimes
- Drop in to the careers room during breaktime, lunchtime or after school