

SPORT & FITNESS SECTOR

16-24 year olds make up **24%** of the employees in this sector

58%

Of the workforce in this sector is female

With the 2012 Olympics around the corner, this sector is set to boom over the next few years!



£30,000 per year (You could be earning more than this as senior staff)



More than **2 million** people volunteer to get involved in sports **every week**. It's a good way to get ahead!

Don't want to be stuck behind a desk? Get paid to enjoy your hobbies ...

What do employees in this sector do?
Sport and Recreation – **311,200** employees
Health and Fitness – **43,200** employees
Playwork – **126,600** employees
Outdoors – **21,900** employees

Love **sport**? You could make a **career** out of it ...

THE REGIONAL TRAINING PROSPECTUS
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SPORT & FITNESS

Careers Insight

Many people think the only way you can get a career in sport is to become a professional athlete or a PE teacher – but this couldn't be further from the truth. There are loads of careers in this sector, especially in this Olympic year!

Exercise & Fitness

This is about helping people stay fit and healthy, and includes roles like personal trainer, fitness instructor, yoga instructor and swimming teacher.

Coaching

Coaches are needed to teach skills and techniques at all levels, from beginner to professional. They help teams and individuals train to reach their full potential.

Playwork

Playworkers organise and lead play activities for children (aged between 4 and 15) in after-school clubs, play schemes and youth clubs.

Activity Leadership

Outdoor activity instructors help people enjoy themselves in the great outdoors. They lead a wide range of activities, such as walking, hiking, canoeing and rock climbing.

Spectator Control

Event stewards and marshals make sure crowds are safe and under control at matches and other large events.

Operations

It takes all sorts of people to run a leisure centre or gym, from leisure centre assistants and managers to cleaning and maintenance staff.

What will I earn?

Salaries start around £12,000 and can rise to £25,000 with experience and qualifications. Senior staff could earn more than £30,000.

GET QUALIFIED

How to get your foot in the door...

Apprenticeships

An Apprenticeship is a great route into this sector; this framework is NVQ level 2 and can lead down a number of pathways:

- Active Leisure and Learning

Advanced Apprenticeship

You can also do an advanced Apprenticeship; all of these frameworks are NVQ level 3:

- Active Leisure and Learning
- Facilities Management
- Sporting Excellence

A Levels

Here are some A Level's that are relevant to this sector:

- Biology (Human)
- Leisure Studies
- Sport and Physical Education

Foundation Degrees

A Foundation Degree is a university-level qualification that is equivalent to the first two years of an Honours Degree. They are different from Honours Degrees as they involve learning in the workplace as well as at university or college.

College Courses

A college course can also be a great route into this sector. To see which colleges have relevant courses in your region check out www.opendoorsmedia.co.uk.

USEFUL LINKS

www.opendoorsmedia.co.uk - The best careers site on the web.
www.skillsactive.com - The Sector Skills Council for this sector.
www.careersbox.co.uk - Home to a fantastic library of free careers videos.