A GUIDE TO

CAREERS IN SPORT AND EXERCISE SCIENCE

The British Association of Sport and Exercise Sciences

BASES

The British Association of Sport and Exercise Sciences

WELCOME FROM BASES CHIEF EXECUTIVE OFFICER

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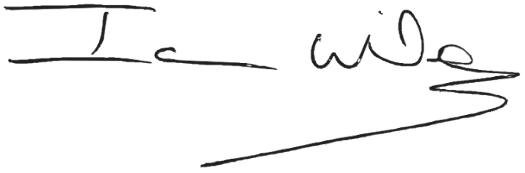
Key decisions about what to study at university and what to do after graduating from university can be overwhelming. However, it does not have to be such a daunting and confusing task. There are many resources available to help you make the right decisions. I hope that this guide will serve as a useful and informative resource, whether you are currently studying sport and exercise science at university or are considering it as a possible career.

The decision of what undergraduate or postgraduate course to study will not define your whole career, but making a well-informed decision that reflects your interests and skills will help save you significant time and effort in the future and can help you to stand out in a highly competitive job market. It is with this in mind that we have developed A Guide to Careers in Sport and Exercise Science; a concise yet comprehensive guide, packed full of helpful information about careers in sport and exercise science to help you to identify and pursue your dream job or career.

In developing this guide, we have sought the views of many of our members: practitioners, researchers, lecturers, students and other professionals within the industry who have 'been there and done that'. I hope that the guidance and advice provided by these experts will help to answer some of the frequently asked questions about careers in sport and exercise science and will support you in making decisions that will positively shape your future career. I wish you the very best of luck in whatever path you choose to take.

Ian Wilson
BASES Chief Executive Officer



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*Join BASES to unlock eighteen professional profiles within the digital version.

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HARTPURY UNIVERSITY SPORT DEGREES

3 reasons to study at Hartpury University

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Immerse yourself in a setting that's as close as it gets to sport industry, for a real taste of your future career.

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TEF 2023
Overall: **Gold**
Student experience: **Gold**
Student outcomes: **Gold**
Teaching Excellence Framework

THE TIMES THE SUNDAY TIMES GOOD UNIVERSITY GUIDE 2024
TOP 10 FOR TEACHING QUALITY

www.hartpury.ac.uk/university

INTRODUCTION

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This careers' guide is for anyone interested in pursuing a career in the field of sport and exercise science. The guide provides information to help you choose the right undergraduate or postgraduate course to pursue your chosen career path. For those who aren't yet sure what they want to do after university, we have included a comprehensive overview of the range of careers that you could pursue after graduation.

Many institutions offer courses in sport and exercise science, covering a range of disciplines and sub-disciplines. It can be a daunting process trying to narrow down your choices to five courses on your UCAS form or deciding on an area of specialism for your postgraduate degree. We hope that this guide makes these decisions less confusing by highlighting the important points you need to consider when choosing a course in sport and exercise science.

In this guide you will find an overview of a number of common career paths of sport and exercise science graduates. This includes 18 job profiles – written by professionals working in the sector – to give you an insight into what each role entails and what qualifications, training and experience you will need if you want to pursue that career.

Finally, this guide provides a range of helpful information, tips and advice from sport and exercise science professionals and graduates on how to choose the right career path (for you) and how you can be proactive during your studies to improve your chances of landing that dream job in the future.

Feel free to use this guide in whatever way suits your needs, whether deciding if a career in sport and exercise science is for you, narrowing down career options or choosing the perfect sport and exercise science course.

WHAT IS SPORT AND EXERCISE SCIENCE?

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▲There are many more applications for sport and exercise science than within elite-level sport.

Sport and exercise science is the application of scientific principles to the promotion, maintenance and enhancement of sport and exercise-related behaviours. It is fast becoming one of the most popular subjects to study at both undergraduate and postgraduate level. Sport and exercise science aims to answer questions such as:

- What happens to the body during physical activity?
- How and why do injuries occur?
- How does the body and mind react in extreme environments?
- How can physical activity support the prevention and treatment of chronic diseases?
- How can athletes improve their performance?

Most undergraduate sport and exercise science degrees will be structured around the three core elements of sport and exercise science: biomechanics, physiology and psychology. A graduate in sport and exercise science would be expected to have a broad knowledge base covering all three of these aspects and how they interact in both sport performance and health-related exercise. Postgraduate study will usually provide greater specialisation in one or more specific aspects of sport and exercise science.

THE DISCIPLINES OF SPORT AND EXERCISE SCIENCE

Biomechanics: An examination of the causes and consequences of human movement and the interaction of the body with apparatus or equipment through the application of mechanical principles.

Physiology: The branch of biological sciences that is concerned with the way that the body responds to exercise and training.

Psychology: The branch of sport and exercise science that seeks to provide answers to questions about human behaviour and mental processes in sport and exercise settings.

Interdisciplinary: Involves seeking to contribute to the body of knowledge or solve a real-world problem in sport or exercise using two or more disciplines in an integrated fashion from the outset.

THE BRITISH ASSOCIATION OF SPORT AND EXERCISE SCIENCES

Promoting excellence in sport and exercise sciences

The British Association of Sport and Exercise Sciences (BASES) is the recognised professional body for anyone with a professional interest in the science of sport and exercise in the UK. BASES was founded in 1984 with the aim of establishing a powerful, unified voice to promote and support the interests of sport and exercise science in the UK.

Our mission is to innovate, advance knowledge, promote best practice and advocate the profession by building a collaborative and inclusive community.

BASES represents sport and exercise sciences nationally and internationally by promoting careers; organising conferences and workshops; commissioning and developing publications; endorsing degree courses; providing grants for research; and maintaining professional standards through a system of accreditation.

Anyone who is studying sport and exercise science, or is working in a sport and/or exercise science-related occupation, is eligible to become a BASES member. Joining the largest sport and exercise science network in the UK gives you access to a wide range of resources and benefits designed to support you through your studies and subsequent career. To find out more about the range of benefits of becoming a BASES member, visit **www.bases.org.uk**

▲ a V02 max test using a Metalyzer.

▲ BASES conference sessions are sector-leading.

▲ A conference poster session.

▲ BASES Fellow Professor Zoe Knowles.

▲ Exhibitor at BASES Conference 2023

PURSUING A CAREER IN SPORT AND EXERCISE SCIENCE

Are you interested in human movement, sports performance, physical activity and health? If so, a career in sport and exercise sciences might be for you. The career opportunities available to sport and exercise scientists are expanding all the time and this growth appears likely to continue for the foreseeable future.

Most sports now recognise sports science as an integral part of their development and success. Most athletes consider the application of sports science as part of everyday training and competition. In relation to exercise science, published NHS guidelines outline the role of physical activity and exercise in the prevention and treatment of long-term conditions. This emphasises the importance of exercise as part of healthcare. Clinical Exercise Physiologists are now recognised registered professionals that are employed within public and private healthcare, as part of multidisciplinary teams, and work with individuals with clinical conditions (see page 25 for information).

Despite the increasing number of job opportunities in sport and exercise science, the number of sport and exercise science graduates is also growing, making competition for jobs intense. Students should, therefore, take every opportunity to gain experience and build networks whilst at university and think about how to develop their knowledge and skills beyond what they learn on their course. Here are a few ideas about how you can do this:

Keep up to date with current issues

It is important to recognise that in order to further your career you will have to take responsibility for your own professional development. Being a part of a professional body, such as BASES, can help you keep up to date with news, upcoming events and the latest research in the sport and exercise science sector, and ensure you are kept aware of opportunities to gain experience via internships, research projects or presenting your research at a conference. Remember that new research in sport and exercise science is constantly being published. Being aware of the latest developments is one way to show your knowledge and passion for your subject area – just make sure you are reading credible sources as there is a lot of misinformation on the internet and in the media.

If you plan to pursue a career working in an applied role in high performance sport, extending your knowledge around clean sport (through UK Anti-Doping) will ensure you are better prepared to uphold your responsibilities and able to support athletes accordingly.

Gain additional qualifications

Extra qualifications may be essential for you to progress in your chosen career – or may simply help you stand out in a crowded job market. Graduates who progress most quickly in their careers are often those who have sought to gain additional experience and qualifications. Employers will see this positively in terms of your willingness to learn and as evidence of commitment to your chosen career. Undertaking further courses following your degree will make you more marketable and hopefully help you move up the career ladder. This, in turn, will generally mean your earning power increases accordingly. Qualifications might include coaching, first aid, gym instructing or safeguarding training.

Become a BASES student member

Becoming a BASES student member allows you to become part of the largest sport and exercise science network in the UK. You will have the opportunity to network with professionals within BASES, attend the student conference, and access additional learning opportunities. As well as being great for your development within sport and exercise science, this will also look good on university applications because it will show that you have an appreciation of the wider sport and exercise science landscape.

BASES Accreditation (see page 21) is an industry-standard qualification for practising sport and exercise scientists that will open many doors to a successful career in sport and exercise science. The most common route to accreditation is via the BASES Supervised Experience programme, which is open to anyone who has completed an undergraduate degree in sport and exercise science. BASES also offers specialist accreditations for practitioners working in high-performance sport (BASES High Performance Sport Accreditation), prescribing exercise (BASES Certified Exercise Practitioner), or in Sport and Exercise Psychology (Sport and Exercise Psychology Accreditation Route).

Nottingham Trent University Sport Science

At Nottingham Trent University, from sport management and coaching to physiology and nutrition, our varied Sport Science Courses combine practice, theory and industry experience to arm you with an abundance of transferable skills for a diverse range of professions.

At NTU, you'll have full use of our high-tech sports performance labs and Olympic Association approved facilities at our purpose-built Sport Village.

NTU Sport Science Courses

BSc (Hons) Sport and Exercise Science
BSc (Hons) Sport Science and Coaching
BSc (Hons) Sport Science and Management
BSc (Hons) Sport Science and Mathematics
BSc (Hons) Sport Science, Health and Nutrition

Our BSc courses all have the option of adding a foundation year.

Also available at our Mansfield Hub

FdSc Sport and Exercise Science
BSc (Hons) Applied Sport Science (Top up)

Postgraduate study

MSc Sport Management – New for 2025

Coming soon – scan the QR to see our courses

MSc Sport Psychology*
MSc Strength and Conditioning*
MSc Clinical Exercise Physiology*

*Subject to validation

See our courses

NTU Nottingham Trent University

ENTRY REQUIREMENTS

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Appropriate qualifications are needed to get on to a degree course. For many students, this means gaining the required GCSE and A level grades at school or college. Check carefully what A level subjects and grades are required for the courses you're interested in as these can vary significantly. Most institutions require A level Physical Education or an A level science subject (e.g. Biology). You'll usually need at least five GCSEs at grade 4 or above, including Maths and English. The UCAS website or university websites show you the sort of subjects and grades required for different courses. Your teachers or career advisers can also offer help and advice.

There are alternatives to the traditional A level route (see table below) which may be better suited to those who want to gain more vocational (job-related) skills and experience that can be used to gain employment in the sport and/or exercise sector. Part-time 'pre-degree' qualifications are also available for those already working in the industry, or who want to switch to a career in sport and exercise science. Before selecting a course, check carefully that whatever route you choose is suitable to gain entry to the degree you're interested in.

Business and Technology Education Council (BTEC) qualifications
BTEC offer sport and exercise science courses across their range of qualifications.

BTEC First Certificate/First Diploma
(One year full-time). You will usually need one to two GCSEs grade 4 or above to enrol. The course is equivalent to GCSE level and can be progressed to a BTEC National Diploma.

BTEC Extended National Diploma
(Two years full-time). You will usually need four GCSEs grade 4 or above, or a BTEC First Diploma to enrol. The qualification can be progressed to a BTEC HND or used to gain entry to a degree course.

BTEC Higher National Diploma (HND)/BTEC Higher National Certificate (HNC)
(Two years full-time). You'll usually need a relevant BTEC National Diploma or relevant GCSE passes and A levels. HNC/HND courses are offered by further education colleges and by some universities. From a HND you can progress to degree-level study. In some cases you can transfer straight into the second year of a degree course.

Foundation Degrees
(Two years full-time). A foundation degree includes a mix of traditional degree-level teaching and 'work-based learning', where you undertake placements with an appropriate employer.
You'll usually need an A level or equivalent. All foundation degrees offer the chance to 'top-up' to a full honours degree by further study.

T Levels
T Levels are new two-year courses in England which are taken after GCSEs and are broadly equivalent in size to three A Levels. Whilst there are currently no T Levels specific to sport, most universities would likely accept those who have studied Science with an appropriate industry placement and the equivalent UCAS points for their entry requirements

NVQ Framework Level	GCSE / A Levels	BTEC Qualifications
Level 1 Foundation	GCSE Grades 1–3	
Level 2 Intermediate	GCSE Grades 4–9	BTEC First Certificate/First Diploma
Level 3 Advanced	A levels	BTEC Extended National Diploma
Level 4		BTEC Higher National Diploma (HND) BTEC Higher National Certificate (HNC) Foundation Degree (FD)

CHOOSING AN UNDERGRADUATE COURSE

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With so many courses available it is important that you consider which is the best for you. To help you with this decision, the following is offered as a guide to the key characteristics to look for in a sport and exercise science degree.

Is the course endorsed by BASES?
BASES endorsement assures the appropriateness of the curriculum, resources and opportunities that undergraduate courses offer for training sport and exercise scientists. See page 16 or visit the BASES website (**http://bit.ly/2UfqVJT**) for more details on the BASES Undergraduate Endorsement Scheme.

Are the three foundations of sport and exercise science (biomechanics, physiology, psychology) covered, as well as interdisciplinary approaches? Unless you have a clear idea of what you want to do after your degree and know a more specialist degree course is the right thing for you, it's better to choose a course that covers the three foundation disciplines of sport and exercise science to keep your post-degree options open. Often, courses with the same name have different content (and courses with different names may cover similar material).

How is the course taught and assessed?
Make sure the course includes plenty of interactive teaching sessions as well as lectures. You may also want to think about the coursework to exam balance and choose a course that complements your strengths.

Are there good laboratory facilities to which you will have access?
Check that there is a strong practical skills element to the course and that you will get hands-on experience in the methods used by sport and exercise scientists.

What research, consultancy and community projects exist?
Involvement in these projects will allow you to gain experiences and skills beyond the formal curriculum. Universities with high-ranking research will generally publicise this along with their research rating (4* (world-leading) being the top Research Evaluation Framework [REF] grade awarded by UK Research and Innovation.)

Ask about placement and work-related learning opportunities
The sport and exercise science job market is competitive but when you ask any sport and exercise scientist the one piece of advice they would give to aspiring sport and exercise scientists, it will usually be something related to work experience, placements, or getting used to working with new people in unfamiliar settings. By taking part in placement and work-related opportunities, you get the opportunity to develop and apply your technical and transferable skills in real-world environments, and that makes a real difference when it comes to applying for jobs. It's definitely a question worth asking on open days!

Career pathways and employability of graduates
Most institutions should be able to provide information about where graduates progress to after their degrees. Look for institutions that are successful in placing graduates in sport and exercise jobs.

NSS, rankings and league tables
As with all important decisions, it is advisable to seek as much objective information as possible to support your choice. There are a number of scores and rankings for universities and courses that you can access yourself.

The Discover Uni website (www.discoveruni.gov.uk) gives data about the percentage of students in graduate careers after specific courses, as well as average salaries earned by course graduates.

The National Student Survey (NSS) asks final-year students how satisfied they are with their courses. Various league tables are also produced, including the Guardian University Guide league tables and the Complete University Guide, which ranks universities and course areas based on various measures including teaching, spend on students and research excellence.

The QS World University Rankings features 1,500 institutions across 104 locations and is the only ranking of its kind to emphasise employability and sustainability. Published results and league tables may help you in shortlisting particular universities and courses.

What to study

It may seem obvious, but it is worth stressing that if you are interested in the topic of your degree you are more likely to do well in it. Many students studying sport and exercise science have a strong interest in the area and this is a big advantage.

Some universities offer discipline-specific programmes of study at undergraduate level, for example, Sport and Exercise Psychology and Sports Nutrition. These courses tend to provide less breadth of study than traditional sport and exercise science courses. Such specialist courses may appeal to those applicants with a clear idea of their disciplinary interests and career progression, but this route can limit the range of potential options later in one's career. Generally speaking, a broad understanding of sport and exercise science is best achieved through multidisciplinary study at the undergraduate level (i.e. a course that covers biomechanics, physiology and psychology). A specialism can then typically be developed through relevant postgraduate study.

Where to study

You won't do very well in your course if you're unhappy, so pick an institution that you think you will enjoy attending. For some this means a city centre location, others prefer an out-of-town campus. Find out about the social and sporting facilities available, particularly if you have a specific sport you are keen to get involved in. You should also consider housing and other costs and how far you want to be from home. Find out what sort of help and support is available to students who experience problems during their time at university.

Things that will help you decide

Do your research carefully and pick what you believe is the right course in the right location. Look in detail at what each course offers before making your choices and do not select simply on the course name. Most institutions offer open days, so go along and see what the place and people are like and ask lots of questions. Talk to friends and family but decide for yourself.

Most universities can provide information on the destinations of their graduates after they complete their degrees. However, you can also look at the university's Graduate Outcomes data. This is a survey that graduates complete 15 months after graduating from their degree courses and gives an indication of the extent to which their degree course has played a part in students reaching those destinations.

In terms of the types of jobs that graduates find after completing their degrees, this tends to vary widely. A sport and exercise science degree can open doors to a wide range of varied careers in professional sport, health promotion, education and research. Alternatively, some graduates tend to use the skills and knowledge they have acquired during their degree to enter the wider job market as graduates with a strong background in scientific theory and application.

When you go on open days or when you are contacting universities about courses, it is always worth asking them about the different industries, job roles and careers that their graduates progress to. If you are interested in a particular career route, you could ask about that specific option. If you aren't sure what you might like to do after your degree, you could ask more open questions about what graduates tend to do afterwards. The Discover Uni website also provides helpful information about different degree courses, such as student satisfaction and average earnings.

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Applying through clearing

Sometimes things do not go to plan and you do not get the grades you need for your first choice of institution. It is always worth phoning them anyway, as they may still agree to accept you. However, if they do not, the UCAS website will list all institutions that still have places.

It will also give details of how to apply to formally enter the clearing process. It is important that you do not panic and simply accept the first place that comes along. Check that the course and institution will suit you and, if possible, go to visit and talk to the staff.

Useful Websites

BASES Undergraduate Students
www.bases.org.uk/page-students.html

Complete University Guide
www.bit.ly/3QzNF42

Discover Uni
www.discoveruni.gov.uk

Graduate Outcomes
www.graduateoutcomes.ac.uk

Guardian University Guide
www.theguardian.com/education

Higher Education Statistics Agency
www.hesa.ac.uk

Office for Students
www.officeforstudents.org.uk

Research Excellence Framework 2029
www.ref.ac.uk

Times Higher Education
www.timeshighereducation.com

UK Research and Innovation
www.ukri.org

Universities and Colleges Admissions Service (UCAS)
www.ucas.com

The BASES Members' Area

BASES
The British Association of Sport and Exercise Sciences

A hub containing a range of useful and informative sport and exercise science resources.

RESOURCES INCLUDE:

Webinars | Articles | Publications | Discounts | And much more!

Visit **members.bases.org.uk**

BASES UNDERGRADUATE ENDORSEMENT SCHEME (BUES)

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The BASES Undergraduate Endorsement Scheme (BUES) endorses sport and exercise science courses that provide undergraduates with the opportunity to develop the knowledge and skills that BASES considers essential to enter into the profession as a practising sport and exercise scientist or to progress to postgraduate study.

When reviewing a course, BUES will consider the knowledge, technical skills, competencies and practical experience gained by students through the curriculum and resources available. Courses need to demonstrate that students will gain core competencies and knowledge in each of the sub-disciplines of biomechanics, physiology and psychology. Courses must also demonstrate that sufficient student learning is dedicated to studying of an interdisciplinary nature. In addition, the curriculum must include research methods and an independent study project in the field of sport and exercise science.

The BASES website, **www.bases.org.uk**, includes a list of courses that have successfully obtained endorsement, as well as more detail on the criteria for gaining BUES endorsement. For more info visit www.bases.org.uk/bues

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BUES Universities

The following universities all have sport and exercise science undergraduate degree courses that are endorsed by the British Association of Sport and Exercise Sciences:

1 University of Abertay
2 Aberystwyth University
3 AECC University College
4 Anglia Ruskin University
5 University of Bedfordshire
6 Birmingham City University
7 Bournemouth University
8 University of Brighton
9 Brunel University
10 Buckinghamshire New University
11 Cardiff Metropolitan University
12 University of Central Lancashire
13 University of Chester
14 University of Chichester
15 Coventry University
16 University of Derby
17 University of East London
18 Edge Hill University
19 University of Edinburgh
20 University of Gloucestershire
21 University of Hertfordshire
22 University of Huddersfield
23 University of Kent
24 Kingston University
25 Lancaster University
26 Leeds Beckett University
27 Leeds Trinity University
28 University of Lincoln
29 Liverpool Hope University
30 Liverpool John Moores University
31 London South Bank University
32 Manchester Metropolitan University
33 University of Northampton
34 Northumbria University
35 Nottingham Trent University
36 Oxford Brookes University
37 Plymouth Marjon University
38 University of Portsmouth
39 Prifysgol Wrecsam / Wrexham University
40 University of Salford
41 St Mary's University, Twickenham
42 Staffordshire University
43 University of Stirling
44 University of Sunderland
45 University of Surrey
46 Swansea University
47 Teesside University
48 Ulster University
49 University of the West of Scotland
50 University of Winchester
51 University of Wolverhampton
52 University of Worcester
53 York St John University

In 2022, BASES launched a new BASES Postgraduate SEPAR Endorsement Scheme (PSES), which has been designed to allow registrants to evidence, expediently, the completion of an appropriate M-level qualification for entry onto the Sport and Exercise Psychology Accreditation Route (SEPAR) (see page 23), which covers the relevant knowledge-based Health and Care Professions Council (HCPC) Standards of Proficiencies. This Endorsement Scheme will support future Sport

BASES
The British Association of Sport and Exercise Sciences
Endorsed Course

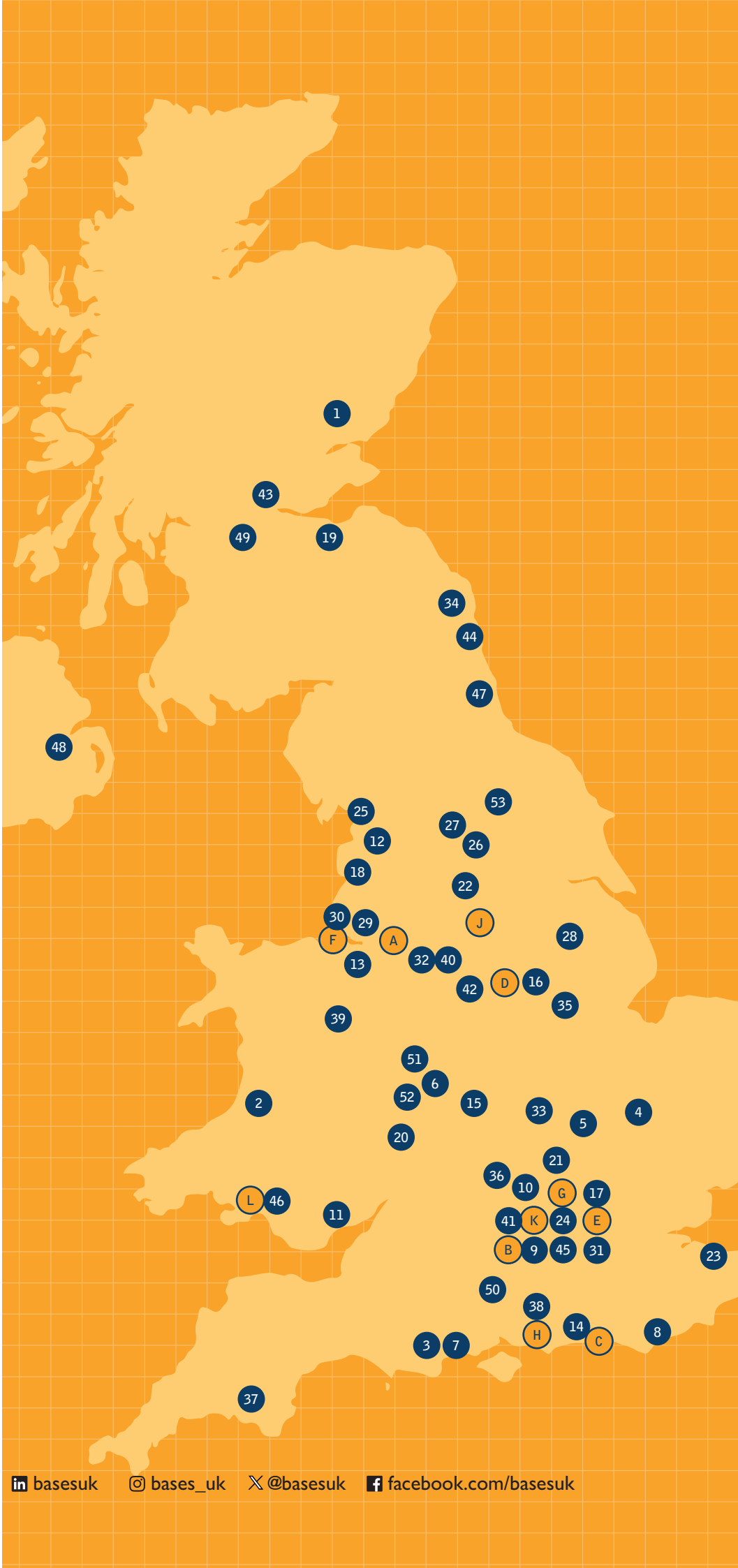
◀ For a degree that provides the knowledge and skills that BASES considers essential, pick a BUES endorsed course.

and Exercise Psychologists choose an MSc programme that is BASES endorsed, and which will appropriately position them for application to SEPAR upon completion.

The BASES website, **www.bases.org.uk**, includes a list of courses that have successfully obtained endorsement, as well as more detail on the criteria for gaining PSES endorsement. For more info visit **www.bases.org.uk/PSES**

The following universities all have M-level Psychology courses that are endorsed by the British Association of Sport and Exercise Sciences:

A University of Bolton
B Brunel University
C University of Chichester
D University of Derby
E University of East London
F Liverpool John Moore's University
G Middlesex University
H University of Portsmouth
I Setanta College (Ireland)
J Sheffield Hallam University
K St Mary's University, Twickenham
L Swansea University



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CHOOSING A POSTGRADUATE COURSE

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One increasingly popular option for sport and exercise science graduates wishing to enhance their employment prospects is to study a Masters programme. The difference between postgraduate taught and postgraduate research programmes largely comes down to the level of independence you have during your studies. Research Masters require students to undertake extensive research training, while taught Masters involve a mixture of lectures, seminars and coursework. Whilst the costs involved can be considerable (typically in the range of £7,500–£13,500 (for home students) for one year's full-time taught study), the long-term returns, both financiallyand in terms of job satisfaction, have been shown to be well worth the investment.

Most universities require applicants to gain at least a 2.1. Honours degree and expect a clear commitment to the area of study. The general expectation is that applicants for postgraduate courses in sport and exercise sciences will be looking to develop an area of specialism based upon a more broad-based, undergraduate degree. Masters programmes should enable you to develop this specialist knowledge and skills, adding value to your undergraduate degree.

If you have the option of full- or part-time study, then consider carefully which option is better suited to your career intentions. Part-time study can enable you to combine study with existing work commitments, but some flexibility will be required from employers or, if you are self-employed, some adaptation of your normal workload will be needed. Most students, however, choose the full-time option, which normally involves a minimum of 12 months of study.

You are advised to check out the research activity (e.g. Research Excellence Framework [REF] ratings) at your chosen university and find out what opportunities are open to Masters students to get involved in impactful research projects or consultancy work. Also, consider the availability of, and access to, the infrastructure that supports research (e.g. staffing, laboratories, equipment, technicians and other postgraduate students). Most taught Masters programmes will still involve a strong element of independent work in the form of either a research project or some form of professional, work-based placement.

Normally this equates to about a third of the overall course, so it is well worth researching carefully which option (i.e. taught or research Masters) is better suited to your career aspirations.

It is also worth finding out the number of students recruited for the course each year and the staff to student ratio (SSR) that the course provides. Normally, Masters programmes enjoy the benefits of considerably smaller study groups than those at the undergraduate level and this, combined with relevant staff and facilities, should provide greater opportunity for either laboratory or career-related activities.

Finally, it may be worth researching the nature of assessment used on the course and the opportunity this provides for you to demonstrate the skills expected of a postgraduate sport and exercise scientist. Be prepared for a workload expectation (including contact and non-contact time) that equates to around 35–40 hours each week for full-time study and for a study period of between 12–18 months.

Useful websites

BASES postgraduate students page
https://bit.ly/3g6SoYr

BASES postgraduate SEPAR endorsement scheme
https://bit.ly/2Z8WlrQ

Research Excellence Framework 2029
www.ref.ac.uk

Current PSES endorsed courses
http://bit.ly/2JYbQdC

MSc Accreditation Assistance Programme
https://bit.ly/3VVrfiN

CHOOSING A POSTGRADUATE COURSE

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Funding postgraduate study

Finding funding for postgraduate study is a challenge faced by many students. The average course fee is £4,500–£6,000 for MSc by Research and £7,000 –£11,000 for Taught MSc. Living costs also need to be taken into account and you should budget for at least £14,000 in London and £12,000 elsewhere. Fees for overseas students are generally two to three times higher than for UK students.

There is now a funding scheme in place for postgraduate students in the UK, which is similar in many ways to how undergraduate student finance is provided. Postgraduate loans (PGLs) are government-backed loans that allow students studying a taught or research Masters to borrow money to cover fees and living expenses. To be eligible you must be a UK national and be living in England or Wales when you start your course (Scotland and Northern Ireland have their own unique funding opportunities – find more information at **https://bit.ly/3JsTbRC**). You will start repaying your loan the year after your course finishes on any income you earn over the minimum threshold.

Grants and bursaries do exist and can cover both fees and living expenses, but they are highly competitive. Some postgraduate courses that lead to a teaching qualification (a Postgraduate Certificate of Education for example) attract government grants to support students, particularly in subject areas where there are teacher shortages.

PhDs and studentships

Longer programmes of postgraduate study may be available at some universities leading to the award of a Doctorate (i.e. PhD or DProf). These courses involve a sustained period of research (typically three years of full-time study). Grant-aided support or bursaries (often known as studentships) are sometimes available to support students during their PhD studies. These can be funded by the university or by other organisations such as a sporting professional body, a charity or research councils. Some teaching duties may also be attached to these PhD bursaries. Doctoral Loans are now available too. Details are here **www.gov.uk/doctoral-loan**. Part-time study for a PhD or DProf typically takes between three to six years, so be prepared for a long haul. Studentships, including PhD positions, are listed on the BASES website at **www.bases.org.uk**

Useful websites

FindAPhD
www.findaphd.com

Jobs.ac.uk
www.jobs.ac.uk

Prospects
www.prospects.ac.uk

BASES

Continuous Professional Development

Be part of the largest sport and exercise science network in the UK

BASES provides a range of Continuous Professional Development (CPD) opportunities for members and the wider sport and exercise science community. This includes a programme of workshops, webinars and Division events organised by the BASES CPD Committee; and a range of workshops, conferences and courses run by external providers that have been endorsed by BASES.

BASES Workshops

BASES provides members with relevant and topical CPD opportunities through our programme of full and half day workshops, bringing you the latest in sport and exercise science research and practice and on a variety of topics relating to the science of sport, exercise, fitness, health and nutrition. A number of our workshops are designed to support members enrolled on the Supervised Experience programme, enabling them to meet required criteria for BASES accreditation.

BASES Webinars

BASES provide members with relevant and topical CPD opportunities through an exciting programme of online webinars, bringing you the latest in sport and exercise science content and addressing a variety of topics relating to sport, exercise, fitness, health, nutrition and more.

Division Days and Events

BASES has five Divisions; Biomechanics and Motor Behaviour, Physical Activity for Health, Psychology, Physiology and Nutrition and Sport and Performance, which contribute to the management of the Association. Each Division is run by a committee that develops and implements initiatives on behalf of its members. These initiatives include Division days and events which are free/discounted to members.

BASES CPD Endorsement Scheme

BASES recognises that there are many workshops, CPD events and training courses run by external organisations that may be of interest to the sport and exercise science community, which meet the high standards we set for our own CPD events. BASES therefore offers organisations the opportunity to obtain endorsement for CPD events, workshops and training courses. This provides our members with confidence in the quality of the CPD and the chance to gain BASES CPD credits for attending or undertaking training. The BASES Endorsed CPD Event logo confirms that the event has met our standards and is able to award BASES CPD credits to delegates. These events also offer discounted delegate fees for BASES members.

For further information visit **www.bases.org.uk/professional development/CPD**

@basesuk /BASESUK bases_UK BASESUK

BASES
The British Association of Sport and Exercise Sciences

BASES ACCREDITATION AND SUPERVISED EXPERIENCE

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Many of the careers profiled in this guide refer to 'BASES Accreditation'. BASES Accreditation is a professional standard, widely recognised by employers in the sport and exercise industry. It is awarded to individuals who have demonstrated they have the necessary knowledge, skills and experience to be safe and fit to practise as a sport and exercise scientist. A number of leading employers in the sector, including the Premier League and the UK Sports Institute (UKSI), now require their employees to be BASES Accredited (or working towards Accreditation). The qualification demonstrates an applicant's competence to provide services to client groups, based on an independent, peer-led review process.

BASES Accreditation

BASES sets and implements professional and ethical standards for individuals who are actively involved in sport and exercise science. These standards are maintained through a system of Accreditation, which serves as a quality assurance mechanism for employers, clients and the wider sector. BASES Accreditation helps to ensure that the level of service provided by sport and exercise practitioners is based on the best available knowledge and practice.

To become a BASES Accredited Sport and Exercise Scientist, applicants must demonstrate their competency to practise within the sport and exercise science discipline in which they specialise (Biomechanics, Physiology, Psychology or Interdisciplinary) and within their domain of practice (Research, Pedagogy or Scientific Support).

There are two 'routes' to BASES Accreditation. The most common is via the BASES Supervised Experience programme (see the next column). Alternatively, for more experienced sport and exercise practitioners, applicants can make a direct application by submitting a portfolio of evidence that demonstrates the knowledge and competencies necessary to practise to the required standard. Visit **www.bases.org.uk/accreditation** for more useful information on BASES Accreditation.

Chartered Scientist

Chartered Scientist represents a single chartered mark for all scientists, recognising high levels of professionalism and competence in science. BASES is a Licensed Member Body of the Science Council, enabling BASES to award Chartered Scientist status to members who meet the criteria. All BASES Accredited Sport and Exercise Scientists are eligible to become Chartered Scientists, having demonstrated the required competencies through the BASES Accreditation application process. For more information, please see **https://bit.ly/3IQBHiK**

Supervised Experience

BASES Supervised Experience (SE) aims to provide aspiring sport and exercise scientists with the guidance, environment and opportunities that will facilitate the development of the competencies required to gain BASES Accreditation. The SE programme is an important stepping stone to a successful career as a sport and exercise scientist.

The programme lasts for (a minimum of) two years, during which time an individual will work together with a BASES Accredited Sport and Exercise Scientist, who will act as their supervisor, in order to gain appropriate experience and develop their knowledge and skills. You can find more information about Supervised Experience online at **http://bit.ly/2N9JIpy**

Specialist accreditations

In addition to BASES Accreditation, BASES offers a range of more specialised professional accreditations for practitioners who have chosen to specialise in particular environments and disciplines:

Certified Exercise Practitioner (CEP): A specialist accreditation for individuals who work in exercise referral, treatment and/or rehabilitation with clinical populations. It aims to provide professional quality assurance for anyone wishing to use a sport and exercise science degree to establish credibility as a qualified exercise practitioner. Please see here for more details – **www.bit.ly/2AayR9X**

High Performance Sport Accreditation (HPSA): A specialist accreditation for individuals providing sports science services to high-performance sport programmes. BASES HPSA is targeted at those with extensive experience and a track record of providing successful, structured and ongoing scientific support to high-performance athletes and is recognised by the British Olympic Association (BOA), the British Paralympic Association (BPA), UK Sport and the Home Country Sports Institutes as the highest accreditation available in the high-performance sector. Please see here for more details – **www.bit.ly/3f7dxQW**

Sport and Exercise Psychology Accreditation Route (SEPAR): A programme of professional development, skill acquisition and supervised practice designed to ensure that sports psychology candidates acquire the knowledge, skills, self-development and experience required to achieve BASES Accredited status. Those who achieve BASES Accreditation via SEPAR will be eligible for registration with the Health and Care Professions Council (HCPC) as a Practitioner Psychologist. Once registered with the HCPC, members are able to use the protected title: Sport and Exercise Psychologist. The length of the qualification will primarily depend on the time that the candidate is able to dedicate to the qualification and the competencies that require development. As such, the SEPAR can be undertaken in either two, three or four years. Please see pages 23 and 24 for more details.

Academy for Healthcare Science (AHCS) registered Clinical Exercise Physiologist: Professional registration can now be obtained for clinical exercise physiologists equipped with the requisite knowledge, skills and competencies to work autonomously and as part of multidisciplinary teams across multiple health conditions. Suitably qualified individuals can now apply and will be conferred the title of AHCS-registered Clinical Exercise Physiologist on successful acceptance on the register.

There are currently two routeways to become an AHCS-registered Clinical Exercise Physiologist: (i) through an equivalence pathway and (ii) completing an AHCS-accredited Masters (MSc) degree programme in Clinical Exercise Physiology. Please see page 25 for more details.

The BASES Sport and Exercise Psychology Accreditation Route (SEPAR)

SEPAR is a Health and Care Professions Council (HCPC) approved independent training route for Sport and Exercise Psychologists and facilitates professional and skill development underpinned by supervised practice. Throughout their training, registrants (who can use the title Sport and Exercise Psychologist in Training: SEPiT) will acquire knowledge, skills, self-development and experience to a level of competence that confers their eligibility for registration with the HCPC as a Practitioner Psychologist. Details of the SEPAR scheme are available here – **http://bit.ly/2YEkRey**

For entry you will need:

- BASES graduate membership as a minimum
- to be able to evidence 'core psychology' which can be undertaken in a variety of ways
- an MSc/Level 7 Sport and/or Exercise Psychology or equivalent.

Organisation	British Association of Sport and Exercise Sciences
Training route	Sport and Exercise Psychology Accreditation Route (SEPAR)
Professional qualifications	HCPC-registered Practitioner Psychologist
Duration[1]	Two to four years
Underpinning or core psychology knowledge	Professionally accredited Psychology course at BSc or postgraduate level **OR** Professionally accredited Sport and/or Exercise Psychology course **OR** Professionally accredited Psychology Conversion course (if non-accredited UG course completed), e.g., PGDip, MSc. **OR** 60-credit Open University module 'Investigating Psychology 2' (if non-accredited UG course completed) **OR** Prior recognition from a learned society / professional body that underpinning psychology knowledge has been evidenced

[1] Specific information to the duration, costs and structure for SEPAR are available on the website

2.4

For those wishing to register for the two, three or four-year SEPAR programme, the total amount payable to BASES is £3,355 (correct as of July 2024). The cost includes all registration and review fees in addition to a number of sector-leading short courses and a DBS check at an Enhanced level on entry. The following table provides an overview of the expected practice hours to be completed over the duration of SEPAR.

Overview of the minimum expected hours for SEPAR

Activity type	Minimum hours	Minimum days
Application / consulting	2700 (900 actual hours)	338
Dissemination and citizenship	225 (75 actual hours)	28
CPD and supervisor-led activity*	275	34
	3200	**400**

* A minimum of 50 hours is spent with the supervisor with at least 20 hours of the 50 being used for observed work of the candidate.

Did you know..?

Anyone not on the HCPC Register who uses a designated title may be breaking the law and could be prosecuted. Article 39(I) of the Health Professions Order 2001 makes it a criminal offence for a person, with intent to deceive (whether clearly or by implication), to:

- say that they are on the HCPC Register
- use a designated title to which they are not entitled
- say falsely that they have qualifications in a profession HCPC regulate.

More details are available here
https://bit.ly/3BobW6a

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ACADEMY FOR HEALTHCARE SCIENCE (AHCS) REGISTERED CLINICAL EXERCISE PHYSIOLOGIST ROUTEWAY

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Clinical Exercise Physiologists are now eligible for professional registration with the Academy for Healthcare Science (AHCS). Those registered are appropriately qualified health professionals proficient in exercise testing, prescription and delivery of evidence-based interventions for the prevention, treatment and long-term management of acute, sub- acute, chronic and complex health conditions. They work as part of multidisciplinary teams of healthcare and rehabilitation providers across sectors and settings.

There are two routeways to become an AHCS-registered Clinical Exercise Physiologist:

(i) Equivalence pathway

The minimum entry requirements are:

1. An undergraduate degree in sport and exercise science or relevant, related discipline
2. A postgraduate degree in Clinical Exercise Physiology or relevant, related discipline, or professionally recognised and/or documented training in the health conditions outlined in the CEP-UK Clinical Exercise Physiologist scope of practice (**https://bit.ly/3xTDGPP**)

3. Six years of relevant experience (including the time spent undertaking the relevant degrees).

Please see the AHCS-registered Clinical Exercise Physiologist Equivalence Decision Process (page 26) to identify requirements for application.

New application fees for six-year equivalence and international equivalence pathways is £175. Annual renewal fees are £52.50.

(ii) Completed an AHCS-accredited Clinical Exercise Physiology MSc degree programme

AHCS-accredited Clinical Exercise Physiology MSc programmes must ensure that graduates of their degree programmes meet the AHCS Standards of Proficiency and the Clinical Exercise Physiologist Scope of Practice, through learning and assessment activities and clinical placement.

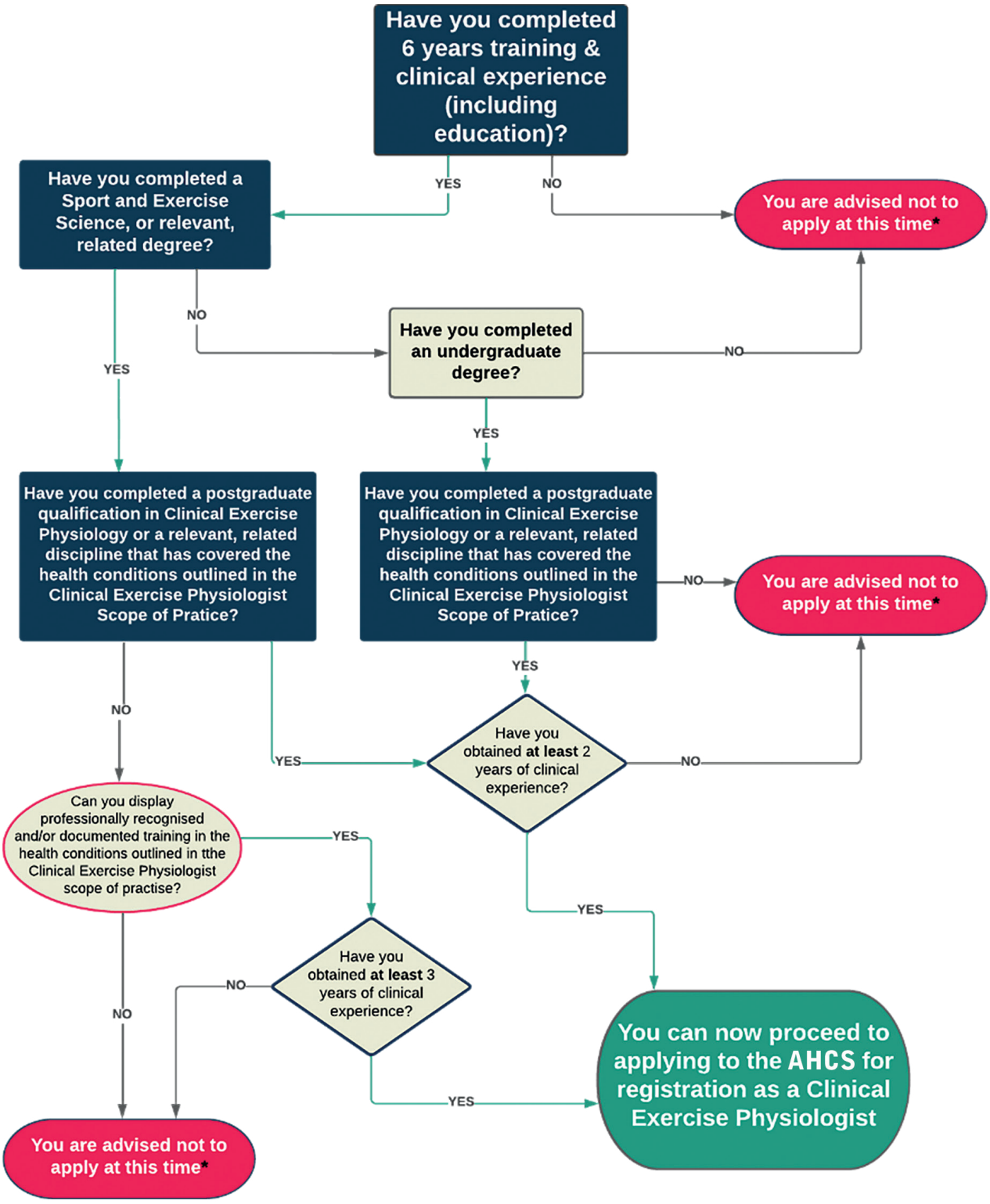
More information regarding these routeways can be found here **www.clinicalexercisephysiology.org.uk**

Did you know:

- The NHS Careers website includes a dedicated webpage to the role and career pathway of Clinical Exercise Physiologists, the first time NHS England has recognised a Sport and Exercise role and the associated career progressions within the NHS workforce - https://bit.ly/49zTG9k.

- In 2023, BASES and CEP-UK launched the MSc Accreditation Assistance programme, which works with university programme teams wishing to develop a master's degree in Clinical Exercise Physiology and planning to develop their curricula to gain AHCS accreditation - https://bit.ly/3VVrfiN. The Academy for Healthcare Science (AHCS) MSc accreditation ensures that students are being equipped with the required knowledge and skills to work in clinical settings as a registered Clinical Exercise Physiologist health care professional. Accreditation is an opportunity for universities to offer students the highest quality education and training to develop the next generation of Clinical Exercise Physiologists.

AHCS-registered Clinical Exercise Physiologist Equivalence Decision Process



INSIDER'S VIEW: Tips from recent sport and exercise science graduates

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BASES student representatives are postgraduate and PhD students who represent the interests of BASES student members. Here, three BASES student reps take a look back and dispense the advice that they feel would have benefited them earlier in their careers.

Name: Victoria Tidmas

Graduated in: 2021 with a First Class BSc (Hons) at the University of Hertfordshire (UH).

Division I represent: Postgraduate Student Rep on the Physiology and Nutrition Division Committee.

What am I doing now?
I am a second year PhD candidate at UH researching the impact of participation in extreme resistance and endurance exercise on the kidney function, and occurrence of kidney injury and disease. I am also a Visiting Lecturer involved in delivering modules to Level 4, 5, and 6 students on the Sport and Exercise Science degree programme.

What advice would I give my younger self?
That things in life do not always have to be perfect the first-time round, whether this is a draft of an assignment, poster, or even an email to colleagues/friends. If you can get the task or work started, then get some feedback from people you trust. We learn by making mistakes or finding new ways to complete something.

Name: Joshua Till

Graduated in: 2023 with an MSc in Strength and Conditioning from the University of Wolverhampton.

Division I represent: Postgraduate Student Rep on the Sport and Performance Division Committee.

What am I doing now?
I currently work as a sport laboratory technician at the University of Wolverhampton. My primary roles as a technician are to assist and support with teaching, research, outreach and consultancy. Alongside working as a technician, I am currently pursuing a PhD studying the application of hypoxic training to combat sport.

What advice would I give my younger self?
Take every opportunity that is given to you and aim to gain as much practical experience as possible. Networking is key for personal and professional development, so make time to connect with other students, academics and practitioners in the field.

Name: Patrick Mannix

Graduated in: 2013 with an MSc in Sports Physiology at Liverpool John Moores University (LJMU).

Division I represent: Postgraduate Student Rep on the Sport and Performance Division Committee.

What am I doing now?
I am currently a senior sport scientist at the U.S. Soccer Federation, working with the men's youth national team programme. I am also completing a DProf at LJMU investigating the youth-to-senior transition process in Major League Soccer.

What advice would I give my younger self?
Be open and curious. Engage early and often in your academic programme and make connections with your professors, lecturers, readers, and peers.

INSIDER'S VIEW: Insight from current sport and exercise science students

BASES undergraduate student representatives represent the interests of BASES student members. Here, three BASES undergraduate student reps share their journey so far and future aspirations.

Name: Molly Banks

Division I represent: Undergraduate Student Rep on the Psychology Division Committee

Current study
I am currently in the third year of my undergraduate degree in Sport and Exercise Psychology at Loughborough University. My degree provides me with the opportunity to partake in a placement year, which I am pursuing at Lincoln City Football Club as a sport psychology intern.

Pathway to university
Prior to university, I studied at Priory Lincoln Academy where I completed my three A levels in Maths, Sports Science and Psychology. My participation in sport and interest in A-level psychology content, fuelled my aspirations to pursue a career in sport and exercise psychology.

Career aspirations
After finishing my undergraduate degree, I hope to complete a Master's degree specialising in Sport and Exercise Psychology. My career aspiration is to continue to work in a professional sport environment, with the ambition of positively influencing sporting cultures and athlete experiences.

What have you gained so far as a Student Rep?
Within my role, I have supported the process of trying to amplify student engagement and the visibility of BASES alongside the members of the Psychology Division. This position has enabled me to gain insight into the planning of large group events and engage with highly credited, like-minded individuals.

Name: Lily Matthias

Division you represent: Undergraduate Student Rep on the Physiology and Nutrition Division Committee.

Pathway to university
I took a very unconventional route to get to university due to my commitments as an elite athlete. After GCSE's, I studied BTEC Level 3 extended diploma in Sport and achieved D*D*D* a year early to earn the UCAS points required for the BSc Sport and Exercise science degree at Sheffield Hallam University.

Career aspirations
It's important to me to keep my career options open as my interests are within high performance sport. However, since beginning my undergraduate degree, I have taken particular interest in female athlete health and the Physiology and Nutrition discipline. I am keen to conduct my own research and advance sport science practice in my sport of Figure Skating.

What have you gained so far as a Student Rep?
This has provided me an opportunity to connect with some of the industry's leading professionals who set the best example of good practice. I have attended many workshops, webinars and conferences which have been incredible for my networking skills and has allowed me to generate ideas, gain inspiration and enhance my knowledge within all contemporary disciplines of sport science.

Name: Julia Suchanecka

Division you represent: Biomechanics and Motor Behaviour Division

Current study
Since starting my role as Undergraduate Representative I have graduated from Liverpool John Moores with a BSc (Hons) in Sport and Exercise Science.

Pathway to university
Previous to my degree I completed a Level 3 Sport and Exercise Science Extended Diploma at West Nottinghamshire College.

Career aspirations
Since graduating, I secured a job working as a Health and Wellbeing Physiologist at Nuffield Health. Also, outside my full-time role I do some motion analysis data processing for the University of Gloucestershire. In the future I would love to complete a PhD and work as an applied practitioner in sport and performance.

What have you gained so far as a Student Rep?
I find the networking and collaborating opportunities the most valuable. I also really enjoy being a voice for undergraduate students, working with the team to implement processes that will benefit future graduates and planning outreach projects to get more student interested in biomechanics.

EMPLOYER PROFILE

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Dr Malcolm Fairweather
Head of Performance Solutions

sportscotland institute of sport (SIS)

Core business

Funded by the Scottish Government and the National Lottery, the **sport**scotland institute of sport (SIS) works collaboratively with key British and Scottish partners. Our expert team of staff are dedicated to the goal of delivering results at Olympic, Paralympic and Commonwealth Games as well as world and continental championships. When an athlete is selected to the UK Sport World Class Programme (Podium or Potential), they may move to a British programme based elsewhere within the UK and funded through UK Sport. At all times we aim to deliver services to Scottish/British-based athletes locally or across the SIS network. We provide people-based expertise and practitioner support to prioritised sport governing bodies. Our support includes high performance management and bespoke services for athletes and coaches.

Ethos/values of the organisation

We are guided by six key principles: Inclusive, Accountable, Responsive, Person-centred, Collaborative and World class. We are **sport**scotland's high performance sport arm, and we share common goals and values across the organisation including the goal of delivering a world class system for sport. This system is founded upon inclusion and opportunity through sport participation and lifetime involvement, providing the many benefits that sport provides for mental and physical wellbeing. At SIS, we deliver to high performance sport and pathway needs and through our business planning we also deliver to measurable objectives and outcomes.

Those that the organisation connects to and collaborates with

We collaborate with key British and Scottish partners to help deliver results at Olympic, Paralympic and Commonwealth Games as well as world and continental championships.

We have strong partnerships with UK Sport, the British Olympic and Paralympic Associations, Commonwealth Games Scotland and British and Scottish governing bodies of sport, and we work closely with them on our headline goals:

- To deliver consistent success on the world stage for Scotland and Scottish athletes
- To build a world-class high-performance system in Scotland

Our partners in the sporting system are public, private and voluntary organisations. These range from local authorities and sports' governing bodies to charities and the education and health sectors. Together with these partners, we aim to create a world class sporting system.

What roles do sports science practitioners fulfil within your organisation?

The SIS supports prioritised sport governing bodies through the provision of sports science resources. These resources include sports science practitioners, technology solutions, special projects and data management innovations. Via an established staffing and resource allocation process, sports are provided with

performance and pathway support that helps deliver world class goals and our world class system intentions.

Sports science practitioners plan their support within annual and quadrennial cycles, and they deliver this support within training and competition environments. We provide a variety of people, skills and expertise e.g., biomechanics, data management, skill acquisition, performance analysis, performance nutrition, performance physiology, physical preparation, special projects and sport psychology practitioners.

SIS practitioners deliver support across a number of Scottish regional facilities e.g., we support Scottish Cycling athletes and coaches at the Chris Hoy Velodrome in Glasgow and British Curling athletes and coaches at their National Curling Centre in Stirling. We also provide sports science support at **sport**scotland's partner-based facilities such as the National Performance Centre in Dundee and at Oriam, based at Heriot Watt University / Edinburgh. At **sport**scotland's inclusivity-designed national sport centre in Inverclyde, we support a variety of sports and athletes' performance needs.

Sports scientists also provide support within competition settings including world, Olympic and Paralympic events. At these events, SIS sport science practitioners form part of Team GB's support teams at holding camps and during events. Performance analysis support can be provided remotely e.g., by collating and analysing video footage for athlete and coaching review. We provide innovative solutions for training and competition purposes such as British Curling's real time use and application of predictive probability analysis during competitions. This solution informs tactical decision making within Olympic, World and European events.

We support sports science people development and quality assurance within the UK. Our work in these areas dates back to the early and mid-2000's when UK Sport and BASES initially piloted and then delivered High Performance Sport Accreditation (HPSA) for performance sport practitioners.

SIS have a number of sports science staff who are HPSA assessors for several discipline areas (i.e., Notational/ Performance Analysis, Skill Acquisition and Sport Psychology). For many years, SIS HPSA assessors have supported BASES HPSA application review process and BASES HPSA observation/interview process.

SIS are a recognised BASES Accreditation Partner, meaning that we can support and directly assess applications through BASES streamlined accreditation process.

What aspects might you look for in a candidate?

We look at many areas and competencies when considering a candidate's portfolio and experience. In addition to undergraduate and graduate degree qualifications, practical experience in various formats can help candidates stand out. For example, experience gathered from sport participation, volunteering, coaching and coach qualifications. An understanding of the coaching process, such as coaching cycles, patterns and principles, helps sports scientists negotiate and effectively plan their support.

Partnerships and collaborations feature highly in our special projects programme. We deliver PhD and MSc collaborations with a number of UK universities with focus upon evidence-based knowledge and informed practice. We look for students with key competencies across both technical and soft skills areas.

Best piece of advice for prospective employees

Knowledge and scientific training provide strong foundations. Through a lifelong learning approach and an open mind, you can continually build upon these foundations. Look for ways to develop your resilience and be patient. Negotiate the necessary time to work things out in advance. Test, communicate and share ideas to help create impactful and well-practiced support processes. These behaviours are fundamental to the creation of longitudinal methodologies that inform best practice. Great sports scientists have strong scientific and people-based skills. Show a willingness to listen, learn from others and ask powerful performance questions!

CAREER PATHWAYS

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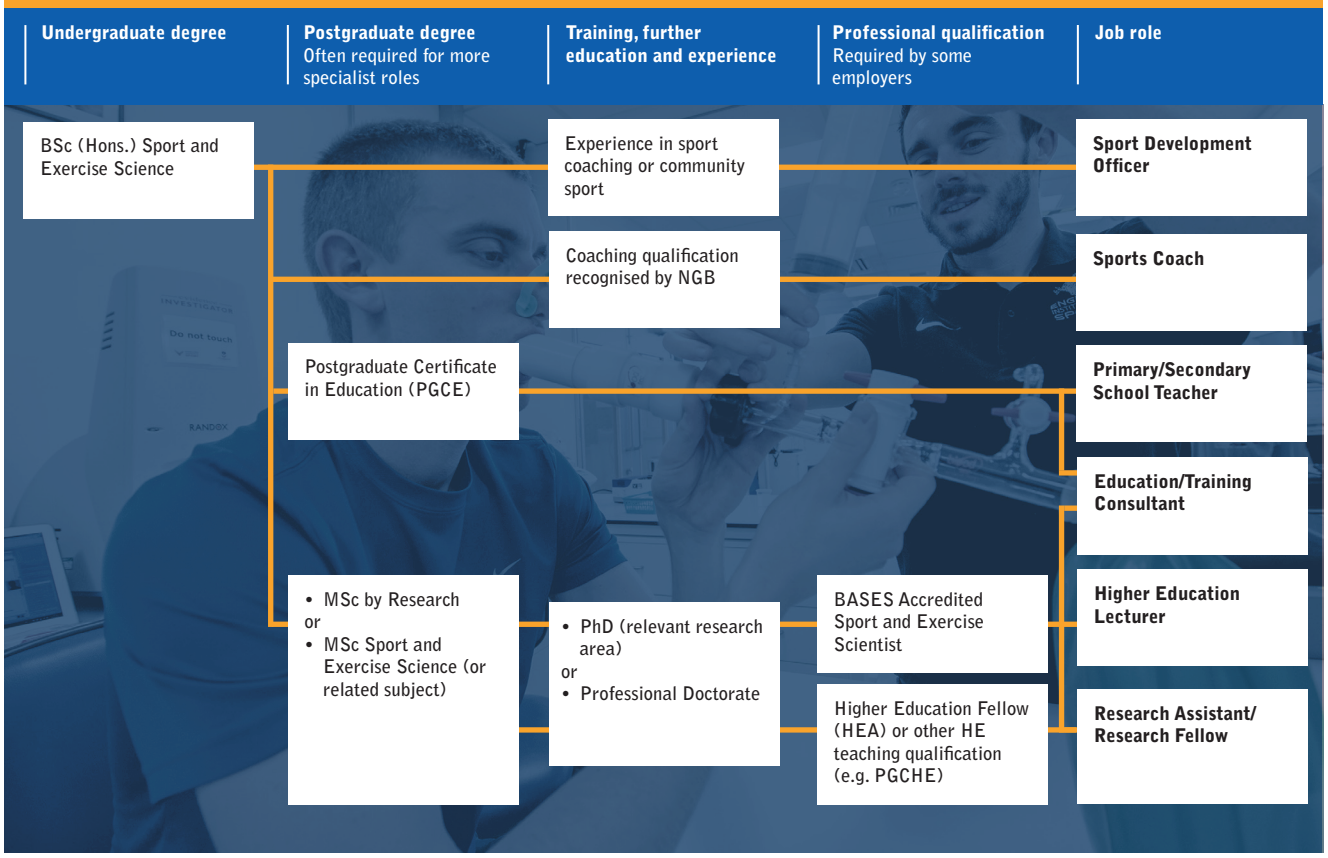
Developed by BASES, these career pathways show you examples of some of the common routes taken by sport and exercise science graduates towards a range of occupations. Please note, these are some, not all, potential job roles for Sport and Exercise Science graduates.

The diagrams are not intended to show all potential career pathways towards the occupations listed. There are a variety of ways of gaining the skills, experience and training required to fulfil any job role. We have chosen a selection of examples that represent common pathways of sport and exercise science graduates.

We have included a range of qualifications and training that may assist you in pursuing a particular career path. Many of these qualifications are not a mandatory requirement for the occupations listed below. Entry criteria will depend on specific job roles and employers. However, obtaining additional qualifications and training (e.g. postgraduate degrees or professional accreditations) can help you to stand out in the job market and progress faster in your chosen field.

Certain vocational and professional qualifications (such as BASES Accreditation) are normally obtained while working in a particular occupation. Obtaining these qualifications will help open up opportunities for progression to more senior roles in your field. These career pathways are not strictly chronological or hierarchical; qualifications and experience may be gained in a different order to that shown in the examples.

Research, Teaching, Coaching and Sport Development

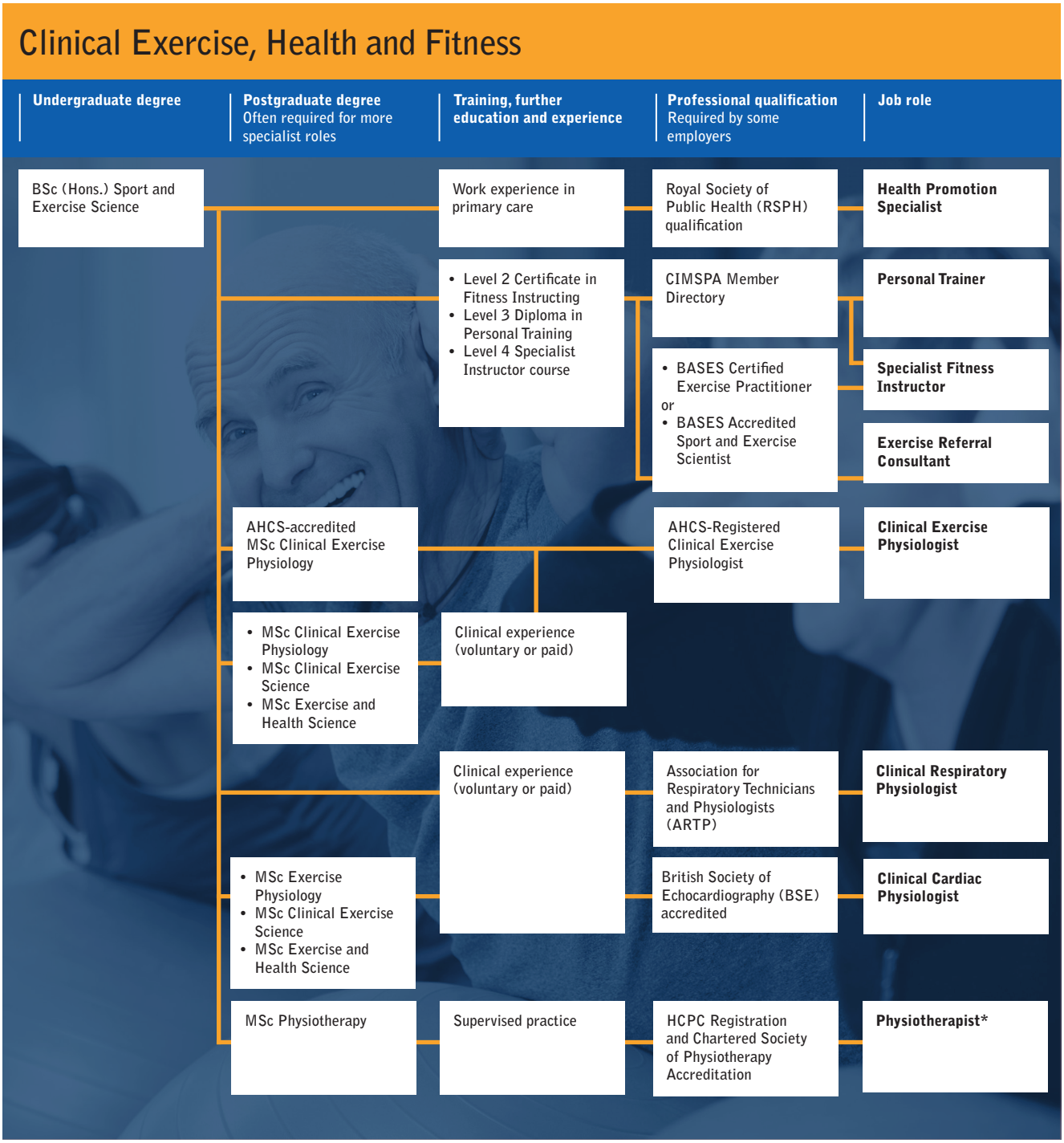


Elite Sport and Performance

Undergraduate degree	Postgraduate degree Often required for more specialist roles	Training, further education and experience	Professional qualification Required by some employers	Job role
BSc (Hons.) Sport and Exercise Science	MSc Sport and Exercise Nutrition	Work experience in a sport and/or exercise setting	Sport and Exercise Nutrition registered practitioner (SENr)	**Sports Dietician/ Nutritionist**
	MSc Sport and Exercise Psychology	BASES Sport & Exercise Psychology Accreditation Route (SEPAR)	HCPC-registered practitioner	**Sport and Exercise Psychologist**
	• MSc Biomechanics • MSc Performance Analysis	• Experience in provision of support to athletes/ coaches or • Professional development programme (e.g. BASES SE scheme)	BASES Accredited Sport and Exercise Scientist	**Sport Biomechanist** **Performance Analyst**
	• MSc Sport Science • MSc Applied Sport Physiology	• Experience in provision of support to athletes/ coaches or • Professional development programme (e.g. BASES SE scheme)	BASES Accredited Sport and Exercise Scientist	**Sport Physiologist** **Interdisciplinary Sports Scientist**
	• MSc Performance Science • MSc Sports Performance Science	• Experience in provision of support to athletes/ coaches or • Professional development programme (e.g. BASES SE scheme)	BASES Accredited Sport and Exercise Scientist	**Performance Scientist**
	MSc Strength and Conditioning	National Strength and Conditioning Certificate	BASES Accredited Sport and Exercise Scientist	**Strength and Conditioning Coach**

3-1

Clinical Exercise, Health and Fitness



*Physiotherapists are also employed in elite sport and performance environments.

Become a

BASES Student Member

Be part of the largest sport and exercise sciences network in the UK from only £24 per year

Build networks and open doors

- BASES Annual Conference discount
- Attend the BASES Student Conference
- Free attendance to members only Division Days and reduced fees for Division Events
- Receive BASES monthly e-newsletter which includes up-to-date sport and exercise news and the latest job vacancies

Continue your professional development

- Event, workshop and webinar discounts
- Join the closed BASES Student Facebook group
- Join BASES Standing Committees, Advisory Groups and Special Interest Groups
- Access BASES Awards

Expand your studies

- Access all BASES Expert Statements and Position Stands
- Access all back issues (on-line) of The Sport and Exercise Scientist publication
- Wide range of publisher discounts
- Access resources in the Members' Area, including conference videos, JSS articles, magazines and webinars
- Priority registration for BASES webinars
- Change - Free access to the BASES app library
- Exclusive subscription rates to the Journal of Sports Science

For further information visit **www.bases.org.uk**

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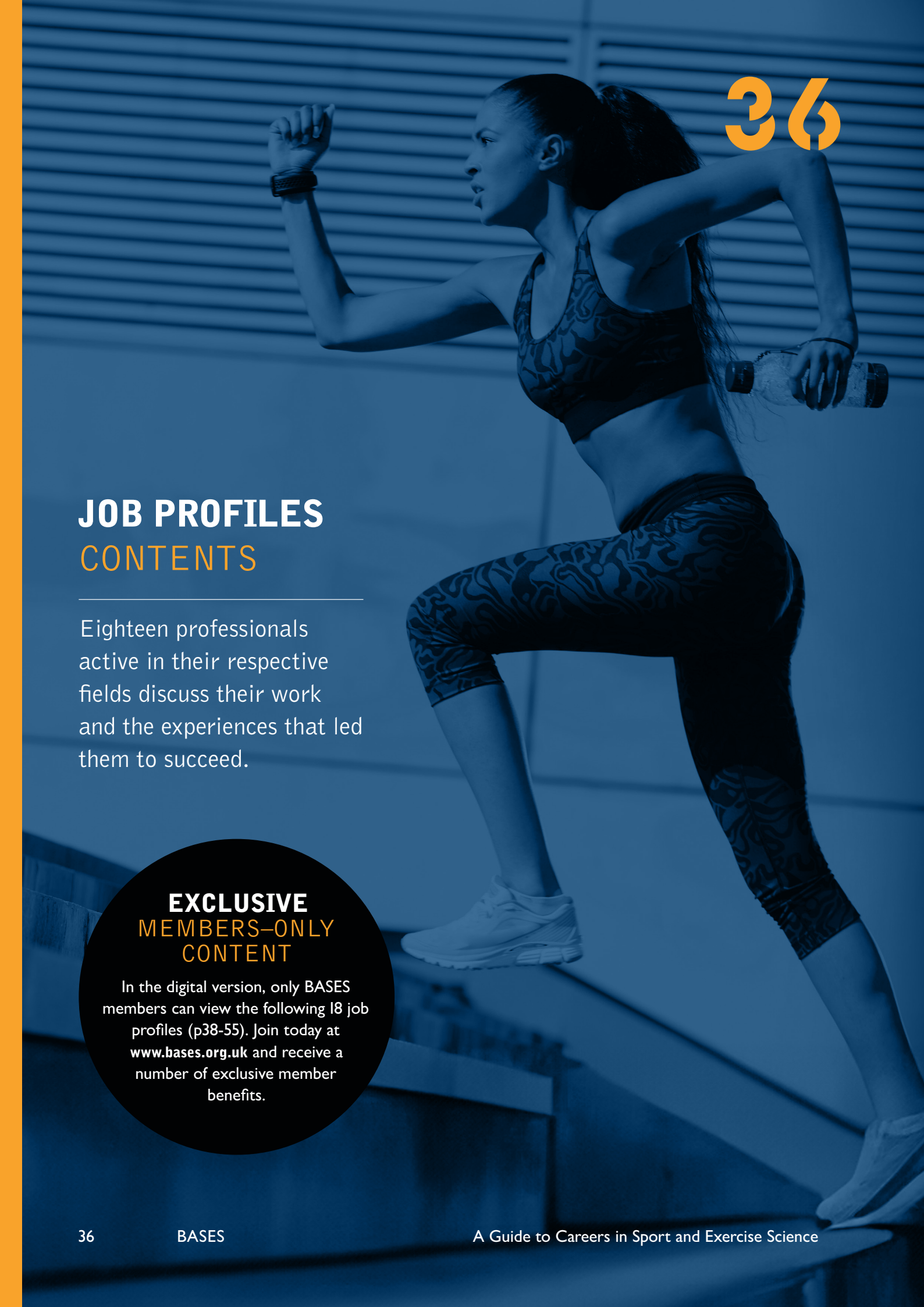
BASES
The British Association of Sport and Exercise Sciences



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JOB PROFILES
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Eighteen professionals active in their respective fields discuss their work and the experiences that led them to succeed.

EXCLUSIVE
MEMBERS–ONLY CONTENT

In the digital version, only BASES members can view the following 18 job profiles (p38-55). Join today at **www.bases.org.uk** and receive a number of exclusive member benefits.

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Katie French

SPORTS SCIENTIST

Jack Sharkey

Director of Performance & Innovation
Olympique Lyonnais Women's Team

In my role, I oversee the development and implementation of comprehensive performance, medical, and psychological support strategies for the Olympique Lyonnais Women's Team. This involves leading a multidisciplinary team in enhancing player health, performance, and welfare through innovative sports science methodologies. A key aspect of my job is fostering collaboration across departments to ensure the integration of performance services, establishing new standards in women's sports science, and ensuring the team's competitiveness on an international level.

Qualifications, Training and Experience

I hold a Bachelor's degree in Sport Science and an MSc in Exercise Physiology. My career spans over a decade, including roles at various professional football clubs and national teams, culminating in my current position. This journey has equipped me with a deep understanding of physiology, strength & conditioning, sports medicine, psychology, and nutrition, essential for elite athletic performance enhancement.

My qualifications and training

- Bachelor's degree in Sport Science
- MSc in Exercise Physiology
- BASES Accreditation (Physiology)
- Chartered Scientist (CSci)
- UKSCA Accreditation (ASCC)

How did I get here?

My path to this role was driven by a passion for sports science and a commitment to continuous learning. Starting as a Sport Scientist at Burton Albion Football Club, I progressed through roles with increasing responsibility, leveraging each opportunity to expand my knowledge and impact. My success stems from a blend of academic achievements, practical experience, and a network of mentors and colleagues in the sports science community.

I have worked with the following Clubs: Burton Albion FC, Queens Park Rangers FC, Aston Villa FC, Australian Women's National Team and Olympique Lyonnais Feminin.

Typical employers

- Professional sports teams
- National sports teams
- Sports science research institutions
- University athletic / sport science departments

Opportunities and pay

The field of sports science offers diverse opportunities, ranging from applied team-based roles to research and academia. Directors of Performance & Innovation in elite sports can expect competitive salaries reflecting their significant impact on team success. Compensation varies by location, team, and individual expertise, with opportunities for additional bonuses tied to team performance. Range: £60k - £120k+.

Useful websites

British Association of Sport and Exercise Sciences - **https://www.bases.org.uk/**
ESSA - Exercise and Sports Science Australia - **https://www.essa.org.au/**
Science Council - **https://sciencecouncil.org/**
UKSCA - UK Strength and Conditioning Association - **https://www.uksca.org.uk/**
NSCA - National Strength and Conditioning Association - **https://www.nsca.com/**
ASCA – Australian Strength and Conditioning Association - **https://strengthandconditioning.org/**

DEFENCE SCIENTIST

Dr Nicky Armstrong

Senior-Principal Physiologist
Defence Science and Technology Laboratory (Dstl)

I am a Defence Scientist that specialises in human performance physiology. My role is to provide evidence in the form of research to inform decisions made by Defence. These decisions relate to strategies that could be implemented to optimise the performance and health of Armed Forces personnel. Examples of my work include:

- Providing recommendations to inform the design and development of future body armour and load carriage systems so that they minimise burden and are inclusive of the diverse Armed Forces population.
- Exploring opportunities presented by novel and emerging technologies (e.g. exoskeletons) to identify if they could reduce injury risk or improve the performance of Armed Forces personnel.
- Characterising health and performance to inform the implementation of work-rest cycles.

Qualifications, Training and Experience

Defence Scientists range from graduates to chiefs depending on experience, which means you can apply for a job at any point in your career. The role requires scientists who are agile and, apply and adapt their skills and experience to meet Defence needs. Interdisciplinary working is an essential part of the job, so being able to step outside your technical area and work with other specialists is key. My employer offers full support with professional development to ensure that our scientists can be successful in their roles.

My qualifications and training

- PhD in Physiology
- MSc in Exercise Physiology
- BSc (Hons) in Physiology and Pharmacology
- BASES accreditation (Physiology, research)
- Chartered Scientist

How did I get here?

My undergraduate degree included a year's work placement which I completed at Dstl. I loved the job, so I successfully applied for a graduate position at Dstl on completion of my degree. Dstl have provided me with many development opportunities during my 21 years in the organisation, including sponsoring my MSc and PhD, supporting my BASES accreditation through the supervised experience route. I also completed a year-long secondment to the United States to support international collaboration with other Defence organisations. I've achieved four, in-post, promotions and I am fortunate to work for an employer that promotes diversity and inclusion.

Typical employers

- Dstl
- Ministry of Defence Front Line Commands (Army, Navy, Air)
- Defence Equipment and Support (responsible for procurement)
- Defence Science Organisations in other countries

Opportunities and pay

Joining the BASES Occupational Performance Special Interest Group (OPSIG) is a good way to learn more about potential career pathways and opportunities to work with Defence. Defence Scientists are typically Civil Servants, so job opportunities are advertised on the Civil Service Jobs page of the GOV.UK website.

Depending on the organisation you work for, Graduate Defence Scientist positions typically start around £25k to £33k. Chief Scientists could earn a salary in the order of £67k+.

Useful websites

Defence Science and Technology Laboratory - **https://www.gov.uk/government/organisations/defence-science-and-technology-laboratory**
Civil Service - **https://www.civilservicejobs.service.gov.uk/csr/index.cgi?SID=cGFnZWF**

PERFORMANCE DATA LEAD

Joshua Wass

Performance Data Lead
UK Sports Institute

My role as a Performance Data Lead is to ensure that Olympic and Paralympic sports maximise the benefits of the data available to them to maximise elite sporting performance. There are three main ways Performance Data Leads do this.

- World Class Programme Support – where a Performance Data Lead helps enable sports to leverage the value of data in their unique performance context.
- Performance Data Products – Where a Performance Data Lead helps develop data products to support sports.
- Learning & community – Where a Performance Data Lead helps enable the development of data skills and knowledge to empower practitioners to realise the potential of data.

Data is a fast-growing area and there are plenty of career paths in this space such as software engineers, BI Developers, Data Analysts, Data Scientists, and front-line Performance Data Leads embedded in sports, all of which work in collaboration with a Performance Data Lead.

Qualifications, Training and Experience

Data is still a relatively new discipline within sport and there is no right or wrong path into a position. However, my broad recommendation would be an undergraduate degree in a related subject and plenty of experience working in sport. In addition to this, having been through the process myself, I would highly recommend the BASES Accreditation process.

How did I get here?

My background was in strength and conditioning and sports science. I spent my early career working in elite youth sport providing sport science support to young athletes.

It was there that I saw the impact and influence data could have on performance and I specialised in sports. This led me to the English Institute of Sport where I spent the Toyko Olympic cycle supporting the Athlete Health Team to leverage insight from their data. After the Tokyo Games, I joined the newly formed Performance Data Team where I work as a Performance Data Lead.

I would stress that there are many different routes into Performance Data and the backgrounds, skills and experience within the UKSI Performance Data team are broad and diverse.

My qualifications and training

I have over 10 years' experience of working in physical activity and health-related research in a variety of roles across various universities. I have the following academic qualifications:

- BSc Strength and Condition Science
- MRes Sport, Health and Exercise Science
- BASES Accredited Sport Scientist
- Chartered Scientist
- UKSCA Accreditation

Typical employers

- UK Sports Institute
- Professional Sports Teams
- National Governing Bodies of Sport

Opportunities and pay

Like all positions, pay varies depending on experience. Entry level positions are circa £25k going all the way up to Senior Leadership roles, which could command circa £70k. Working in Performance Data gives you the opportunity to develop skills that would be transferable to industries outside of sport, which can accelerate your earning potential.

Useful websites

UK Sports Institute - **https://uksportsinstitute.co.uk/service/performance-data/**

PERFORMANCE ANALYST

Kenny More

Performance Analyst

sportscotland **institute of sport**

Sport Performance Analysts develop methodologies to generate and curate information to positively affect the coaching and inter-disciplinary process. Activities start with the acquisition of performance video and data through contemporary hardware and software, but it is skills in data interpretation, visualisation and contextualising that will define the analyst's impact on performance and sport knowledge.

Analysts' work will range from delivering feedback on training and competition performance, to the creation of scouting and pre-competition information, to the creation of benchmark and modelling data that can inform organisational goals and targets. The analyst should grow from reliable deliverer of video and numerical data to an experienced consultant capable of framing solutions. Appropriate technical expertise, combined with good professional behaviours and inter-personal skills will allow the analyst to impact coaching and multi-disciplinary teams.

Qualifications, Training and Experience

Employers across the sector have traditionally looked for applicants with a sport-science degree, but the evolution of the discipline has seen increasing applicants from backgrounds in computer science, mathematics, and engineering. Employers often state a desire for Masters or PhD qualifications in a related field (courses are increasing annually), and for evidence of applied experience during undergraduate, graduate or internship periods. Once in employment, continuous professional development is highly recommended, along with an accreditation track with BASES and ISPAS.

How did I get here?

During my teaching career, I attained a Masters Degree at U.B.C. in Vancouver under Dr Ian Franks. This developed the research, publication, and applied experiences to join Elite Sports Analysis in 2000. Within that context I delivered across Home Country Institutes, Professional Football Clubs, the Scottish Football Association, and others, gaining conceptual and practical experience across circa 20 sports. In 2016 I formally joined sportscotland to lead on Performance Analysis, with my remit focussed on maximising delivery across sportscotland's high-performance landscape. Across those years have delivered at six Winter Olympics and four Commonwealth Games.

My qualifications and training:

- MA School of Human Kinetics
- BEd Scottish School of Physical Education
- BASES High Performance Sport Accreditation
- Chartered Scientist

Typical employers

- Professional Clubs in Football and Rugby
- Home Country Institutes
- National Governing Bodies
- Private consultancy businesses

Opportunities and pay

Opportunities come in various forms. Regular posts are advertised within professional sport, National Governing Bodies and Home Country Institutes. Salaries for entry-level positions are around £22k to £28k and are usually under the guidance of a Head of Analysis/ Insights/Academy etc. Progression through expertise or management duties will see salaries rise to £30k to £40k+.

There are also opportunities for paid internships. Universities are partnering with sport hosts to provide students with excellent curricular content combined with direct industry experience. There is reasonable evidence of transition to full-time employment.

Useful websites

UK Sports Institute - **https://uksportsinstitute.co.uk/service/performance-analysis**

UK Sport - **https://www.uksport.gov.uk/jobs-in-sport**

Sport Performance Analysis - **https://sportperformanceanalysis.com/jobs**

HIGH PERFORMANCE BIOMECHANIST

Professor Paul Worsfold

Head of Sports Biomechanics
UK Sports Institute

A sports biomechanist will apply principles of biomechanics, which is the study of the mechanical aspects of human movement, to analyse and enhance athletic performance, improve efficiency, prevent / recover from injury, and optimise sporting techniques. By identifying the unique movement and force signatures adopted by each athlete, biomechanists provide evidence-based recommendations to athletes, coaches, and sports professionals.

Often working closely with coaches, physiotherapists, and strength and conditioning coaches, biomechanists also assist athletes when learning new movement skills; this is often through constraints-based learning and the application of biofeedback tools.

The role of a sports biomechanist has evolved to become integral within various industries. Not only do biomechanists work within multidisciplinary support teams in high-performance environments, but they are often fundamental in the development of sports equipment and technology.

Qualifications, Training and Experience

Working in the applied world requires expertise and experience, so most biomechanics roles will require an undergraduate degree as well as a postgraduate MSc. Some applied experience will be essential to demonstrate you can use your academic knowledge alongside soft skills to communicate with coaches, athletes, the performance team, engineers, etc. .

How did I get here?

After completing my undergraduate degree, I was fortunate to be offered a PhD opportunity in partnership with the Adidas Innovation Team, where I studied and developed biomechanically optimised footwear. Throughout this journey, I not only honed my academic research and writing skills but also enhanced my ability to translate biomechanical knowledge to various audiences, including athletes, designers, engineers, and the general public. The skill of conveying complex details into understandable and meaningful insights for different consumers has been invaluable throughout my career. Since 2005, I have worked in academia and the high-performance industry. In 2014, I was appointed as Head of Biomechanics at the English Institute of Sport, where I am responsible for the strategic leadership, development, and delivery of biomechanical services to Summer and Winter Olympic and Paralympic sports.

My qualifications and training:

- BSc (Hons) Sport and Exercise Science
- PhD Sports Biomechanics
- PGCert Learning and Teaching in Higher Education

Typical employers

- National Sports Institutes (e.g., UKSI, AIS)
- National Governing Bodies
- Professional Sports
- Sports Equipment Manufacturers
- Universities

Opportunities and pay

Salaries can vary widely depending on the employer, level of position and your experience of working in the high-performance environment. £20k - £30k is typical for entry-level positions; salaries for more senior roles can exceed £65k.

Useful websites

UK Sport - www.uksport.gov.uk/
UK Sports Institute – https://uksportsinstitute.co.uk
International Society of Biomechanics in Sports - https://isbs.org
International Society of Biomechanics - https://isbweb.org
BASES - www.bases.org.uk/

PERFORMANCE PSYCHOLOGIST

Dr Philippa McGregor

Senior Consultant
Mindflick

As a performance psychologist I work with a range of individuals, teams and organisations in various performance environments to help make psychology accessible and useable. I deliver I-I support and coaching, team workshops and organisational level programmes that collectively help develop individual performance, team dynamics and leadership potential. Delivery areas are vast and can include areas such as personality and psychological profiling, self-awareness, relationships, adaptability, psychological safety, resilience, problem solving, stress and pressure.

Qualifications, Training and Experience

Following completing my A levels in psychology, biology and physical education, I started my undergraduate studies for my BSc in Sports Science at St Mary's University London. With a passion for psychology, I specialised in my postgraduate masters studying Sport Psychology also St Mary's University. I then completed my professional accreditation with BASES becoming an accredited practitioner in psychology support and gaining my Chartered Scientist status. Alongside this I went on to do my PhD (part time) in performance psychology at Loughborough University. I then finally and most recently did my SEPAR accreditation and gained HCPC registration as a performance psychologist.

How did I get here?

During my undergraduate degree, I was a qualified level 2 coach in athletics and did various multisport coach development training as means of starting to link my degree with practice. During my Masters I was lucky enough to get an internship with Fulham Football Club, working with a team of psychologists to build psychology provision within the club. This opportunity then led to post masters paid work within the academy and taking more of lead role in building performance psychology into the football programme. After my Masters I taught at St Mary's for four years on their undergraduate sport science course within the psychology division. During this time, I worked across multiple different sports which all fed into obtaining my BASES accreditation.

My qualifications and training:

- BSc Sport Science
- MSc Sport Psychology
- PhD Performance Psychology
- BASES accreditation (Chartered Scientist)
- SEPAR accreditation (HCPC registered)
- Spotlight Accredited Practitioner
- Mental Health First Aid

Typical employers

- Professional Sports Clubs and Athletes
- Home Country Institutes of Sport
- National Governing Bodies of Sport

Opportunities and pay

Full time employed psychology practitioner £38k - £60k.
Senior Practitioner £60k +
Self-employed consultant day rates vary from £500 - £1000, depending upon experience.

Useful websites

BASES - **www.bases.org.uk/**
SEPAR - **www.bit.ly/2YEkRey**
UK Sports Institute - **https://uksportsinstitute.co.uk/careers/current-opportunities/**
UK Sport - **www.uksport.gov.uk**
UK Coaching - **https://www.ukcoaching.org/jobs-in-sport**

PERFORMANCE NUTRITIONIST

Gary Buckland

Self-Employed Performance Nutritionist and Coach
GB Performance & Nutrition

A Performance Nutritionist uses the principles of high-quality nutrition to promote the health, performance, and recovery of athletes and active individuals. Using an 'evidence-informed' approach, the nutritionist applies scientific recommendations to an individual's current situation, sport, and lifestyle. The Performance Nutritionist requires a good understanding of sports science in order to recognise the demands of a sport or activity and choose the most appropriate nutritional strategies to advise.

Practitioners should promote high standards in the field of nutrition, increasing levels of competency and rigorous scientific knowledge, whilst being critical of poor nutritional information.

Practitioners should look to upskill on soft skills such as coaching, building rapport, and communication, to effectively influence positive behaviour change with clients.

Qualifications, Training and Experience

For most roles, a minimum of an undergraduate degree in sport and exercise science with a module relating to nutrition is expected. Increasingly, employers desire completion of a postgraduate course in nutrition such as MSc, PGDip, or PGCert. Additionally, many will want to see evidence of applicants being accredited under a governing body such as the Sport and Exercise Nutrition Register (SENR). Further skills such as taking body composition measurements to International Society for the Advancement of Kinanthropometry (ISAK) standards can be attractive to employers.

How did I get here?

I have a varied background of experience starting with sports coaching, which led me down the sport and exercise route and into physiology at undergraduate. When it came to taking education further to a postgraduate level, I had a keen interest in nutrition feeling it balanced the physiology side, with one aspect complementing the other. Being a self-employed performance nutritionist has allowed me the flexibility to work across a wide range of sports, with teams, as well as individuals, and even guest lecture at universities.

My qualifications and training:

- BSc Sports Performance
- MSc Applied Sports Nutrition
- Sport and Exercise Nutrition Register (SENR)
- International Society for the Advancement of Kinanthropometry (ISAK) Level 2

Typical employers

- Professional and Amateur Sports Clubs
- National Governing Bodies
- Individual Athletes
- Colleges, Universities, Private Schools
- Private Healthcare Clinics
- Nutrition / Supplement Companies

Opportunities and pay

Salaries for qualified sports nutritionists start around £21k – £28k depending on the sector and employer. Experienced practitioners can earn up to approximately £43k.

Given the array of nutrition courses available and their subsequent graduates, full-time opportunities are rare and highly competitive. Many clubs will advertise internships or look for those with substantial experience in the elite sport environment. A large proportion of nutritionists take a contractor / self-employed route; combining contracts, with day-rate work for clubs, and 1:1 sessions with individual clients.

Useful websites

BASES – **www.bases.org.uk**
British Dietetics Association – **https://www.bda.uk.com/**
ISAK – **https://www.isak.global/Home/Index**

SOFT TISSUE THERAPIST

Mark Poolan

Clinic Director
MSK Sports Injury Clinic

Soft Tissue Therapists play a crucial role in the healthcare industry, focusing on the treatment and management of soft tissue injuries and dysfunctions. Therapists treat muscles, connective tissue, tendons, ligaments, and joints. Their primary aim is to alleviate pain, restore function, and enhance the overall well-being of their clients through various manual therapy techniques

Overall, soft tissue therapy is a holistic approach to musculoskeletal health that emphasizes hands-on techniques, patient education, and active participation in the rehabilitation process. By addressing soft tissue dysfunction and imbalances, therapists aim to improve mobility, reduce pain, and enhance overall quality of life

Some of the key aspects of a soft tissue therapist role include:

- Assessments and Treatment Planning
- Manual Therapy Techniques
- Education and Rehabilitation
- Pain Management and Injury Prevention
- Collaboration with other health care professionals
- Continued Professional Development

Qualifications, Training and Experience

BSc in Sports Therapy or Sports Rehab. Once qualified you can further your education as a postgraduate; an MSc in Sport and Exercise Medicine or Exercise Physiology would be advantageous in the industry. Alternatively, you can take a Level 3 Diploma in Sports Massage, which will allow you to apply for jobs as a Sports Massage Therapist. After this, you can go on to finish your Level 4 in Sports Massage and then your Level 5 professional diploma in Soft Tissue Therapy. Once qualified, it is essential to complete CPD each year to stay accredited. The minimum requirement for all members is 30 hours per annum.

How did I get here?

I started practicing in 2011 after graduating with a degree in Sport and Exercise Science. Since graduating I worked in a Sports Injury Clinic gaining knowledge and experience treating a wide range of patients. I then worked as an Exercise Rehabilitation Therapist before opening my own practice, working 12hr days, six days a week.

Once my client base was big enough, I then opened a commercial premises and now we operate with five full time staff. We have won multiple awards like Sports Injury Clinic of the Year, Sports Massage Centre of the Year and Patient Care Excellence awards.

My qualifications and training:

- BSc (Hons) in Applied Sports and Exercise Science
- BASES Certified Exercise Practitioner
- Level 5 Professional Diploma in Soft Tissue Therapy
- Level 4 in Sports Massage Therapy
- Level 3 Diploma in Sports Massage Therapy

Typical employers

- Private Clinics
- Professional Sports Teams
- Self-employed

Opportunities and pay

Aim to gain hands-on experience working with lower-level sports teams to start with. This will predominantly be free work, or you may get expenses paid. This will help gain confidence as a therapist before applying to work in private clinics and professional sports clubs. Working hours vary and you can be expected to work evening and weekends as these are the high demand appointment time slots.As a newly qualified graduate working full time in a private clinic, you can expect to earn a salary of £31k. More experienced therapists / clinic managers could earn over £37k. A self-employed therapist charge anywhere between £45 - £60 per hour before any deductions.

Useful websites

BASES Certified Exercise Practitioner – **https://bit.ly/2AayR9X**
The Association for Soft Tissue Therapist – **www.thesma.org**
The Sports Therapy Association – **https://www.thesta.co.uk/site/index.php**
British Association of Sports Rehabilitators – **https://www.basrat.org/Home/About**
The Society for Sports Therapist – **https://thesst.org/**

STRENGTH AND CONDITIONING COACH

Dr Shaun McLaren

First Team S&C Coach
Newcastle Falcons

I'M responsible for the physical preparation of first team players at Newcastle Falcons, who compete in the Gallagher Premiership and associated cup competitions. My role involves the programming, delivery, monitoring and evaluation of training and other strategies designed to optimise physical qualities (e.g., speed, power, strength, cardiometabolic fitness, etc.) while mitigating fatigue, overtraining and injury risk. This can involve a variety of tasks, such as:

- Writing and delivering gym programmes
- Coaching speed and agility
- Providing rugby training warm-ups
- Administering fitness-based conditioning (on- and off-feet)
- Monitoring training loads and players' responses to training
- Testing physical qualities
- Analysing and reporting data (e.g., the aforementioned)
- Communicating insights to coaches, players and other staff within the multidisciplinary support team
- Designing and delivering recovery interventions

Qualifications, Training and Experience

Most S&C jobs in professional sport will ask candidates to have a relevant undergraduate degree (2:1 or higher) and accreditation with a UK-based professional governing body (e.g., UKSCA, BASES). A relevant masters degree or equivalent will often be desirable. On top of this, and in my opinion the most essential, will be meaningful experience applying S&C knowledge and skills. It's often the growth and learning fostered from these opportunities that provide the greatest professional development.

How did I get here?

After finishing my BSc I'd developed a passion to work in performance sport but had no experience and felt I still had more to learn. This was my main motivation for enrolling on a part-time MSc, which allowed me to gain voluntary experience alongside studying and working. By the end of my masters, I had a bug for applied research and was lucky enough to be accepted onto a funded PhD, during which I was embedded with a Championship rugby union team. Completing a PhD isn't essential to work as performance practitioner, but the skills learnt, such as higher-level critical thinking, problem solving and understanding how to synthesise and apply research, are hugely transferable and something I found as an asset when I transitioned into full-time practice as a S&C coach.

My qualifications and training:

- BASES Accredited Sport and Exercise Scientist (Physiology)
- Chartered Scientist (CSci)
- UKSCA Accredited Strength & Conditioning Coach (ASCC)
- PhD – Sports Physiology & Performance
- MSc – Strength & Conditioning
- BSc (Hons) – Applied Exercise Science

Typical employers

- Professional Sports Clubs
- Home Country Sport Institutes
- National Governing Bodies of Sport
- Universities / Colleges / Private Schools
- Independent Performance Gyms
- Individual Athletes (Self-employed)

Opportunities and pay

Entry-level salary for an S&C coach working with a Gallagher Premiership first-team would typically be £30k - £40K. Career/ role progression could see this become closer to £50k. (e.g., Lead S&C Coach) before progression to a Head of Performance Role, that may be >£50k and encroach beyond £100k.

Useful websites

BASES - **www.bases.org.uk/**
UKSCA - **www.uksca.org.uk**
Sportsmith - **https://www.sportsmith.co**
Collaborate Sports - **https://collaboratesports.com**

PERSONAL TRAINER

Tom Nissen

Director / Exercise Practitioner (specialising in neurorehabilitation)
Self-employed - Lighting Fitness Ltd.

Providing specialist personal training for brain and spinal cord injury rehabilitation working as part of multi-disciplinary teams in private healthcare. As a personal trainer within a rehabilitation setting, my role is to support the client to improve strength, conditioning, mobility and quality of movement as they progress back towards increasing physical activity and possibly a return to sports or interests, whilst keeping in mind the particular needs as a result of their injuries, and working closely with other professionals, especially neuro and musculoskeletal physiotherapists.

Qualifications, Training and Experience

A level 2 fitness instructor, followed by a level 3 personal trainer qualification are the industry standards required which enable you to seek employment, get insured and be registered on CIMSPA. From there it's all about building experience and a working environment that allows you to continue to learn from those around you is of great value in your early years. Ongoing CPD and qualifications for different specialties continue to add value through your career and keep personal training as a genuine long term career option.

How did I get here?

After university, I went to work for a gym chain, adding fitness industry qualifications and work experience to sit alongside my degree, before feeling ready to set up on my own.

The move to being self-employed gave me increased freedom to explore different sectors, whilst building professional contacts and reputation. An opportunity to work as a personal trainer within neurorehabilitation came up and that's where I've stayed ever since.

The great thing about having a sports science degree as my starting point was that it gave me such a broad base and in my early career allowed me to work in a range of areas across the fitness industry before finding my real niche.

My qualifications and training:

- BSc Hons Sport and Exercise Sciences
- BASES Certified Exercise Practitioner
- Various sports coaching qualifications
- Level 2 Fitness Instructor
- Level 3 Personal Trainer
- Master Trainer
- Les Mills International - RPM instructor
- Level 3 GP Exercise Referral Instructor
- Level 4 Exercise for Mental Health Conditions
- Member of CIMSPA
- Emergency first aid qualified

Typical employers

- Gym and health clubs
- Leisure centres
- Private gyms and studios
- Hotels
- Self-employed

Opportunities and pay

A 'typical salary' is hard to estimate and can vary massively based on experience, location and employment status; c.£15 - 25k would be a guide in the earlier years, but the possibility to significantly increase that in time is not out of the question.

Starting as an employee can offer increased security with gym shift hours to top up personal training income but usually comes with a lower hourly rate. The move to self-employed can potentially increase your earning potential but with the need to ensure a continual generation of clients to maintain that income.

Useful websites

BASES - **https://www.bases.org.uk/**
UK Coaching - **https://www.ukcoaching.org**
CIMSPA - **https://www.cimspa.co.uk/**
Clinical Exercise Physiology UK
- **https://www.clinicalexercisephysiology.org.uk/**

PERFORMANCE CONSULTANT

Dr Sarah Gilchrist FBASES

Founder Gilchrist Performance
Self Employed

Performance consultancy is a varied role and is typically linked to a specific area of expertise. Everyday is different given the wide range of clients you may work with, and projects can be short or long term. Opportunities for longer term contracts exist, often following a shorter project, but it really depends on what your product/service/expertise is and the client's needs. Being freelance means you can be in control of your time more freely, but it also means you must keep an eye on workflow. The balance between 'doing' work and looking for other work opportunities can be a juggle, but it's a good working model if you are prepared to put the work in.

Qualifications, Training and Experience

Sport performance consultants typically tend to have had multiple Olympic/Paralympic cycle experience or worked in professional sport, have completed a doctorate and held senior positions for Sporting Governing Bodies, Institutes or have branched out of academia.

Qualifications tend to be numerous, certainly a doctorate, or equivalent, with specialist training related to their area of expertise. Often performance consultants have qualifications in leadership or coaching.

Training tends to have been in a specific field, with the performance consultancy focus following on from that field.

How did I get here?

My MSc. involved a self-organised work placement, which not only taught me about networking and finding opportunities, but also solidified my decision in wanting to work with elite athletes providing sport science support (physiology). From there, I worked at Sport Wales with a variety of sports. I then went onto work for the English Institute of Sport, where I held a dual role of Technical Lead and Senior Physiologist with British Rowing. During this time, I completed my doctorate in sleep and athletic performance. Following this, I established myself as a freelance performance consultant, specialising in sleep and recovery.

My qualifications and training:

- Professional Doctorate in Sleep and Athletic Performance
- MSc. in Sport Science (Exercise Physiology)
- BSc. Sport Science
- Fellow British Association of Sport & Exercise Sciences (FBASES).
- BASES Accredited (high performance sport)

Typical employers

There are no typical employers when you are a freelance consultant. It's really about going out there and finding your own contracts and projects. Employers will fund small or larger projects depending on their needs. Focus on potential employment in areas you can have an impact with your area of expertise. Casting a wide net for small gains is a good starting point.

Lean on your contacts. Most people want to help and could either employ you for your knowledge and experience for a project or could link you to further contacts.

Depending on your area, it might be the general public who you are wanting to engage with your business. Ensure you have appropriate insurance and a good website/business set up before going public.

Opportunities and pay

Being self-employed, the opportunities are limitless. Pay depends on the project. It's hard to gauge how much to charge for your time for a particular piece of work but remember it's not just the time needed for the project, it's your experience, knowledge and skills that people are investing in, so don't sell yourself short.

If people can't pay, it may be better to do a piece of work for free but benefit, for example, in social media or client reach.

Useful websites

LinkedIn - **https://www.linkedin.com**
Henley Business School - **https://www.henley.ac.uk/**
Women in Sport - **https://womeninsport.org/**
Careers in Sports - **https://careers-in-sport.co.uk/sports-science/**

CLINICAL EXERCISE PHYSIOLOGIST

Oli Fiassam

Clinical Exercise Physiologist
University Hospital Coventry and Warwickshire NHS Trust

A wide range of clinical condition treatment optimises the patient's outcome by having the treatment plan incorporate an exercise component. This exercise component can be part of secondary prevention in cardiac rehabilitation, used as first-line treatment in vascular rehabilitation, or even as adjuvant therapy during cancer treatment, for which the prescription and delivery will be the responsibility of the Clinical Exercise Physiologist.

Typically, the physiologist will initially use exercise tests to assess exercise capacity, which will then constitute the basis of the exercise prescription, tailored to the needs of each patient/condition. The physiologist delivers and supervises the exercise component (in hospital setting or the community). They also liaise and communicate within the multidisciplinary team involved in the patient's pathway, which may include consultants, surgeons, nurses, physiotherapist, dietitians, pharmacists, and other healthcare professionals.

Duties in cardiac rehabilitation include assessing patient's exercise capacity while monitoring cardiovascular vital signs (ECGs, blood pressure, heart rate) to evaluate the risk and safety of exercise; prescribing and delivering a safe and effective exercise programme tailored to patient's condition and goals and encourage positive health behaviour changes.

Qualifications, Training and Experience

Clinical Exercise Physiologists typically have a background in sport and exercise science/exercise physiology. Exercise instruction qualifications may be desirable to demonstrate ability to lead an exercise class and use equipment. Experience of prescribing exercise to different population is beneficial; however, clinical populations may be preferred. Postgraduate degrees in Clinical Exercise Physiology or a relevant subject may also be desirable to progress to senior roles. Most employers will require AHCS registration. This involves either completing an accredited Master's degree in Clinical Exercise Physiology or completing the equivalence route - which consists of six years of experience (including training) and evidence of clinical practice in Clinical Exercise Physiology (see -https://www.clinicalexercisephysiology.org.uk/)

How did I get here?

My first clinical experience was a six-week placement in cardiac rehabilitation, which I completed in my third year of undergraduate. During this time, I also volunteered as an exercise instructor, leading circuits for cancer patients with Macmillan Cancer Support. I then completed the BACPR Level 4 Specialist Instructor during my Master's degree in Clinical Exercise Physiology. Both qualifications required me to complete clinical hours which added to my clinical experience. These various experiences enabled me to develop skills necessary to get my first job in cardiac rehabilitation which I have been working with for the past five years since graduating.

My qualifications and training:

- MSc Clinical Exercise Physiology
- BSc (hons) Applied Sport and Exercise Science
- BACPR Cardiac Specialist Exercise Instructor Level 4
- Gym Instructor Level 2

Typical employers

- NHS
- Private rehabilitation centres

Opportunities and pay

Pay ranges from c.£28k (entry point – Band 5) to c.£50k (top of Band 7) which will include managerial duties.

Useful websites

Clinical Exercise Physiology UK - **https://www.clinicalexercisephysiology.org.uk/**
Academy for Healthcare Science - **https://www.ahcs.ac.uk/**

HEALTH AND WELLBEING COACH

Lorraine Brickell

Health and Wellbeing Coach & Team Lead
Mid Chiltern PCN, Bucks

Health and Wellbeing Coaching is a new and rapidly expanding field, particularly in the NHS. Health coaches are non-clinical and support people by empowering them to become more confident at managing their own health. They provide a safe space for people to explore the gap between their current reality and where they want to get to. Health coaches do not give advice! They use an holistic approach to develop the knowledge, skills and confidence of people, through increasing motivation and promoting behavioural change. Health coaches often focus on areas such as healthy eating, physical activity, weight management, sleep and mental wellbeing. They support the self-management of long-term conditions e.g. hypertension, diabetes, heart disease etc. Health coaching is usually delivered via a series of one-to-one consultations, but group health coaching is becoming more popular and facilitates peer support.

Qualifications, Training and Experience

This varies depending on the employer. Some require an undergraduate degree and experience of behavioural change techniques e.g. motivational interviewing, whilst others will not be as specific. Personal qualities are often more important to an employer. Health coaching involves having an empathetic, non-judgemental, person-centred approach, along with excellent communication and listening skills. Training is usually provided on the job, as all health and wellbeing coaches are required to complete a four-day health coaching course (Level I) accredited by the Personalised Care Institute (PCI). Previous experience of working with people to improve their health, particularly those with long term conditions is advantageous.

How did I get here?

Following completion of my MSc, I became a sessional lecturer in sport science and adult nursing. I then moved into exercise referral and personal training. After this, I was a health and wellbeing physiologist in private health care, before working as a clinical exercise physiologist in cardiac rehabilitation in the NHS. I moved into health and wellbeing coaching for a new direction. I love my job as it enables me to use all the skills, knowledge and experience from my previous roles. I find it incredibly rewarding seeing the positive effects health coaching has on people's lives. I am now a Level 3 PCI accredited health coach and manage a small team of health coaches. I plan to become a health coaching supervisor in the future.

My qualifications and training:

- PCI Accredited Level 3 Health Coach
- BASES Certified Exercise Practitioner
- BACPR Level 4 Exercise Instructor (Cardiac Specialist)
- MSc Sport & Exercise Science
- BSc (Hons) Sport Studies with Leisure Studies

Typical employers

- NHS
- Voluntary, community or social enterprise (VCSE) organisations

Opportunities and pay

There are lots of opportunities for health coaching as it is at the forefront of personalised care in the NHS. Salary varies widely depending on the employer and region. Starting salaries are usually between £25k - £29k but are dependent upon qualifications and experience. These can increase up towards £40k. There are also opportunities to become health coaching supervisors and move into more senior positions/management roles if desired.

Useful websites

NHS England – **https://www.england.nhs.uk/personalisedcare/workforce-and-training/health-and-wellbeing-coaches/**
Personalised Care Institute – **https://www.personalisedcareinstitute.org.uk/4-day-health-and-wellbeing-coaching/**
NHS Jobs – **https://www.jobs.nhs.uk/candidate/search**

HEALTH AND PHYSICAL ACTIVITY MANAGER

Chloe Smith

Health and Physical Activity Manager
Active Dorset

Active Dorset's mission statement is "Supporting strategic leaders with high quality advice and advocacy so that people in Dorset choose to enjoy an active lifestyle through participation in sport and physical activity". We take a systems change approach to working with our health system partners to identify "teachable moments" and opportunities to embed physical activity and behaviour change messaging. We upskill professionals, improving their knowledge, skills and confidence in physical activity and behaviour change through delivering training and raising awareness of how to access and signpost to local support services. Working in health can be challenging and complex due to the nature of the pressures that exist within the system – but that's what makes it exciting!

Qualifications, Training and Experience

When I started, my work was co-located in multiple offices, which meant I had the opportunity to network and learn from others in multiple organisations. The Active Partnership network has also provided a platform to share and learn from others. Since starting my role, I have also had the opportunity to engage in a lot of formal and informal CPD. The Local Government Association Leadership Essentials course has been particularly influential in taking a systems change approach.

How did I get here?

After university I got a job as an Engagement Co-ordinator at LiveWell Dorset health behaviour change service. After a year I had gained understanding of working in public health and the landscape of our local integrated care system. Since then, I have been working at Active Dorset. I started as an Active Ageing project officer and have developed into my role as Health & Physical Activity manager, managing a small team of officers.

My qualifications and training:

- BSc Sport & Exercise Psychology (Hons)
- MSc Sport & Exercise Psychology (Hons)

Typical employers

- Active Partnerships
- Integrated Care Board
- Public Health

Opportunities and pay

Pay: £38k.

This role has enabled me to work collaboratively in the development of an outpatient assessment centre; working innovatively to embed prevention into business as usual. Together, we received a high commendation award at the 2023 HSJ Partnership awards.

The role has also enabled me to be involved in consultancy, supporting other Active Partnerships to develop their work in Health.

Useful websites

Active Partnerships - **https://www.activepartnerships.org/**
Active Dorset - **https://www.activedorset.org/**

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RESEARCHER

Steven Morton

PhD Research Student
University of the West of Scotland

I conduct experiments and information gathering, to answer questions asked by interested organisations and/or individuals. I am responsible for critiquing and designing experiments, administrative tasks and participant recruitment and coordination; as well as conducting the data collection and analysis itself. I am supported by senior academic colleagues, who secured necessary funding and contacts to make this research possible. These more senior researchers manage their own research areas of interest, usually with multiple simultaneous projects, aiming to develop and exchange knowledge with collaborative partners, funding networks and the wider researcher/practitioner community. Good researchers are curious, motivated to find answers, very organised and work well as a team to produce research outputs (i.e. journal articles, conference presentations etc.).

Qualifications, Training and Experience

Junior research positions (e.g. Research Assistant) require good undergraduate and postgraduate degrees (MSc/MRes/MPhil) in a related Sport and Exercise Science area. PhD positions also require a good honours undergraduate degree (2:1 minimum) and, usually, a postgraduate degree. Supporting more senior researchers than your current level can build advantageous research experience, to secure employment and/or studentships. Doctoral qualifications can also be achieved through appropriate publications, which can be done alongside other practitioner/academic-based activities and over longer time periods than "traditional" routes.

How did I get here?

I completed my BSc and MSc degrees between 2011-2016. My initial research experience involved supporting data collection for para-football research project during my BSc 2nd year. I would later work with para-football talent development centres, collecting physiological data for Football Association physiologists (among other applied roles) to obtain my BASES practitioner accreditation. Following this, I supported teaching as a laboratory technician and in various sessional lecturing roles. I have taught at several universities in the UK and at University of Limerick in Ireland. I am now researching in an applied sport project at University of the West of Scotland alongside applied practitioner work.

My qualifications and training:

- BASES Accredited Practitioner (Physiology)
- Chartered Scientist
- MSc - Sport and Exercise Physiology, with Sports Injury
- BSc (Hons) – Exercise and Sport Science
- Medical Research Council – Human Tissue Act Training

Typical employers

- Further/Higher Education (i.e. Colleges/Universities)
- Healthcare and Pharmaceutical companies
- Charities
- Professional sports teams / sporting organisations
- Local and national government (i.e. Civil service)

Opportunities and pay

Research 'apprenticeships' can be accessed through the Civil Service with starting salaries between £22k - £27k depending on department. Postgraduate research studentships might include tax-free stipends in line with UK Research and Innovation (UKRI) recommendations. Research Assistant/Technician roles attract £25k - £40k, whilst Academic Tutor/Lecturer Roles attract between £32k - £42k. Senior Research Fellows/Senior Lecturers attract £42k - £55k and Associate Professors attract £55k - £71k. The specifics depend on qualifications, experience, and the employer. Opportunities to be promoted above this level are often at a salary negotiated separate to a typical academic pay grade scale.

Useful websites

Jobs.ac.uk – **www.jobs.ac.uk**
Find a Masters – **www.findamasters.com**
Find a PhD – **www.findaphd.com**
Research Vitae – **https://www.vitae.ac.uk**
UK Research and Innovation – **www.UKRI.org**
NHS Careers – **https://www.healthcareers.nhs.uk/**
Civil Service Jobs – **www.civilservicejobs.service.gov.uk**

LECTURER

Dr John Fernandes

Senior Lecturer in Sport and Exercise Sciences and Academic Team Lead for Sports Performance
Cardiff Metropolitan University

My role is very diverse, but I do a number of key things; 1) lead and manage a team of >25 academics, 2) lecture across Exercise Physiology and Strength and Conditioning, 3) research across Exercise Physiology and Strength and Conditioning, 4) supervise doctoral students, 5) contribute to equity, diversity and inclusion work within my School and University.

Qualifications, Training and Experience

From a lecturing and research perspective, typically you'll need a degree above the level that you're teaching at. Due to the competitive nature of these positions, it's common for jobs to require a doctorate and a teaching qualification, or ability to get these within a certain timeframe. Having experience in teaching, research and applied/clinical practice is certainly helpful, and the amount is dependent on the institution.

How did I get here?

I enjoyed the research elements on my BSc, so I started a PhD. During this time, I had experience in applied sport science and lecturing, and loved the later. After securing my first lectureship I developed my profile, particularly via leadership roles (e.g. course lead), research and equity, diversity and inclusion work, which helped me secure more senior positions. I never thought I'd be in this career when I was younger. But ultimately, I've tried to take experiences that would either build my skillset or that I'd enjoy.

My qualifications and training:

- PhD Exercise Physiology and Strength and Conditioning
- BSc (hons) Sport and Exercise Sciences
- PGcert Learning and Teaching in Higher Education
- Fellow of the Higher Education Academy
- Advance HE Diversifying Senior Leadership
- ISAK level 1
- Level 3 Personal Trainer
- Level 2 Fitness Instructor

Typical employers

- Universities

Opportunities and pay

There are opportunities for progression from lecturer to professor, and to take up other roles (e.g. course lead, research lead) which diversify the role. A clear opportunity with academia is the ability to drive career and manage your own time, which means that typically you can take opportunities which you enjoy. Pay varies for a senior lecturer but is between £40k and £60k depending on institution, experience etc.

Useful websites

Jobs.ac.uk – **www.jobs.ac.uk/**

PHYSIOLOGY LAB TECHNICIAN

Sally Carter

Technical Officer in Sport Exercise and Health Sciences
Loughborough University

The role of a Lab Technician is quite variable and requires good problem solving and practical skills. As the job is quite practical, it doesn't require sitting at a desk for long periods of time and involves elements of manual work.

Responsibilities of a Physiology Lab Technician include:

- Set-up, calibrate and undertake minor repair of Physiology equipment e.g. bikes, treadmills, online gas analysers etc, used in the school's teaching and research laboratories.
- Work as part of a team with the other Technicians (Physiology, Biomechanics and Biological Sciences) to maintain an up-to-date inventory of equipment and consumables, ensuring adequate supplies are in place to meet demand.
- Maintain records of calibration and equipment checks and organise servicing.
- Provide inductions on equipment for student and staff members.
- Provide back up and support for other appropriate disciplines.

Qualifications, Training and Experience

I completed a BSc in Sport Exercise and Health Science at Swansea University where I also did a placement with the Swim Wales Sport Scientist. I then completed an MSc Exercise Physiology at Loughborough University. On completing my MSc, I was offered a Sport Lab Technician Role at Loughborough College where I worked for 2.5 years before moving to Loughborough for my current role. I also trained as a lifeguard when I was 16 and have a good level of first aid knowledge which is also helpful in a Lab Technician role.

How did I get here?

I first became interested in Sport Science when I met a Physiologist as a competitive swimmer. This led me to a BSc in Sport and Exercise Science where I enjoyed the Physiology modules and had dreams of becoming a Physiologist supporting elite athletes. I then completed a MSc in Exercise Physiology to further my knowledge. However, when looking for jobs toward the end of my MSc year, there were very few jobs available in this area. As I enjoyed the practical sessions during my degree, I decided to apply for a lab technician role. Over four years later, I am still a lab technician and love my job as the role requires problem solving and fixing things which I find very satisfying. I also enjoy interacting with students and researchers to teach them how to use different pieces of equipment.

My qualifications and training:

- BSc Sport Exercise and Health Science
- MSc Exercise Physiology
- First Aid at Work
- Safeguarding training
- BASES Supervised Experience

Typical employers

- Universities
- UK Sports Institute

Opportunities and pay

Most Physiology / Sport based Lab Technician jobs are at universities which offer a Sport Science degree programme. There are a few other companies who hire sport lab technicians such as sporting institutes and sport research companies.

Starting pay for a Sport Lab Technician is around £23k increasing up to £40k at senior levels.

Useful websites

BASES – **https://www.bases.org.uk/**
The UK Sports Institute – **https://uksportsinstitute.co.uk/careers/**

PHYSICAL EDUCATION (PE) TEACHER

Katie French

Head of Physical Education & Personal Development
Queen Elizabeth's Grammar School, Faversham

PE teachers are tasked with improving young people's skills, knowledge and understanding of a variety of sports, activities, and games. Physical education is about developing pupils to become physically confident in a way that supports their health and wellbeing. PE teachers are responsible for the wider development of pupils; promoting their interpersonal skills as well as instilling positive character traits such as honesty and fair play.

I manage a team of PE teachers on a daily basis, as well as overseeing all Health & Safety in the department and meeting regularly with ground staff. I organise the PE curriculum across the school, together with leading the academic delivery of both GCSE and A Level Physical Education.

Qualifications, Training and Experience

There are various ways to become a PE Teacher. At school, it's a good idea to study a subject related to physical education at GCSE level and then move on to a post-16 qualification in Sport. You can then choose to study a sport related degree qualification, followed by a Post Graduate Certificate in Education (PGCE) or Schools Direct course. Some PGCE routes offer the ability to specialise in a second subject such as Physical Education and Biology or Physical Education and Maths.

How did I get here?

Having completed my degree, I knew I wanted to be a PE teacher so I went on to complete a Post Graduate Certificate of Education, also at Bangor University.

I taught at two schools previous to my current school and was promoted to Head of PE in 2016. The Faculty expanded in 2022 to include Personal Development, which I believe goes hand in hand with physical well-being.

I have now taught at my current school for nearly 20 years! I have gained various coaching certificates along the way in individual sports activities.

My qualifications and training:

- BSc Sport Science
- PGCE Secondary Education
- Level 5 Diploma in Soft Tissue Therapy - LSSM
- Emergency First Aid at Work
- Level 2 British Gymnastics Teachers Trampoline

Typical employers

- Active Partnerships
- Integrated Care Board
- Public Health

Opportunities and pay

Career teachers' salary begins at £30k increasing each year dependent on review.

After six years on the main pay scale, you can progress onto the upper scale starting at £43k. You can gain responsibility points for various academic or pastoral roles, which carry monetary values ranging from £639 - £15k extra per annum.

Useful websites

National Curriculum – **https://bit.ly/3NbhiWG**
Get into Teaching – **https://getintoteaching.education.gov.uk**
Association for Physical Education – **https://www.afpe.org.uk/**

USEFUL WEBSITES AND RESOURCES

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Careers in Sport
www.careers-in-sport.co.uk
Provides a suite of marketing and recruitment services to support organisations looking to promote their jobs, sports courses, products and events in the sports and fitness industry.

Careers Service Northern Ireland
https://www.nidirect.gov.uk/careers-service
Provides an impartial, all-age careers information, advice and guidance service, to help young people and adults in Northern Ireland make informed choices about their future career paths.

Careers Wales
www.careerswales.gov.wales
Helps people living in Wales to plan their career, prepare to get a job, and find and apply for the right apprenticeships, courses and training.

Health Jobs UK
www.healthjobsuk.com
Lists the job opportunities within the NHS, useful for those interested in a clinical career.

Higher Education Jobs
www.jobs.ac.uk
Caters for all positions and studentships within higher education. Has an easy-to-use search engine, as well as email updates on job openings.

Leisure Jobs
www.leisurejobs.com
Promotes job listings in the leisure and fitness industry, including all the major health clubs and gyms.

Leisure Opportunities
www.leisureopportunities.co.uk
Focuses mainly on the health and fitness sector. Most of the major health clubs and gyms advertise here.

National Careers Service
nationalcareers.service.gov.uk
Helps people who live in England with their career, learning and training choices.

Pearson (BTEC qualification regulators)
https://bit.ly/32XMJ3f
Find a BTEC Nationals subject

Prospects
www.prospects.ac.uk
Provides information and tips for job seeking, postgraduate options and careers open days.

Skills Development Scotland
www.skillsdevelopmentscotland.co.uk/what-we-do/scotlands-careers-services/
Delivers Scotland's careers service in schools, in centres and online.

Supporting Champions
www.supportingchampions.co.uk/
Utilises the lessons learned from the last 25 years of working in high-performance sports and businesses to support and champion you, your teams and systems.

TargetJobs
www.targetjobs.co.uk/careers-advice/advice-for-school-leavers
Discover the world of options open to you upon finishing school or college.

TES
www.tes.co.uk
Caters mainly for teachers but there are job listings for those wishing to go into lecturing in further and higher education.

The Sport and Exercise Scientist
www.bases.org.uk/spage-resources-the_sport_and_exercise_scientist.html
A well-renowned quarterly publication, available to BASES members, keeping them up to date with the latest industry news, events and research.

UCAS
www.ucas.com
Connects people to higher education in the UK. They are a people-focused business and everything they do is designed to help applicants reach their potential.

UK Anti-Doping
https://www.ukad.org.uk/
Information, advice and resources to support athletes, within your role, to ensure that sport is clean.

UK Sport
www.uksport.gov.uk
Advertises jobs in elite sport and has a useful email newsletter for the latest developments in elite sport.

World Anti-Doping Code
https://www.wada-ama.org/en/what-we-do/world-anti-doping-code
A core document that provides the framework for anti-doping policies, rules, and regulations within sport organisations and among public authorities.

BASES
www.bases.org.uk
The BASES website is the go-to place to keep up to date with the latest sector news and resources.

BASES Membership
www.bases.org.uk/spage-membership-member_categories_and_benefits.html
Details of BASES membership categories, fees and the eligibility criteria for each category.

BASES Members' Area
www.members.bases.org.uk
Login to the members' area to view useful resources including video content, e-magazines, slide presentations, articles and much more.

BASES Careers Centre
www.bases.org.uk/careerscentre
View resources which inform you about careers in sport and exercise science and offer guidance on how to pursue your chosen path. View BUES courses and the course finder.

BASES Course Finder
www.bases.org.uk/courses.php
Locate undergraduate and postgraduate courses in subject areas related to sport and exercise science.

Vacancies
www.bases.org.uk/vacancies
Find job vacancies, studentships and internships in the sport and exercise science sector.

Professional Development
www.bases.org.uk/professionaldevelopment
BASES provides continuous professional development (CPD) opportunities for sport and exercise scientists; from workshops and webinars to nationally recognised accreditations.

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