

Physical Education

Summary

'Physical Education' looks at some of the jobs related to this subject that might interest you.

Introduction

An increasing number of people are able to find jobs related to their interest in sport and physical activities. This can include:

- teaching
- coaching
- leisure and fitness
- sports development
- sports administration

For those with outstanding ability, there is the possibility of becoming a professional Sportsperson.

The entry level for employment in this area ranges from jobs that require no academic qualifications, to those that need a degree or postgraduate qualification. A number of jobs require sports coaching, leadership or supervisory awards.

Each individual sport has a national governing body, which can advise you on training and qualifications. There is a wide range of courses available in physical education, sport and related subjects.

Jobs in professional sport

Most Sports Professionals are exceptionally talented in their particular sport, and have been playing from an early age. Not many make a full-time living from professional sport; greater numbers play on a part-time or semi-professional basis, combining this with other employment.

Some of the most popular professional sports include cricket, football, rugby, golf, horse racing and other equestrian sports.

There are also sports, such as athletics, where very few people earn enough to make a living. Money can be earned directly from competition, but winnings are highly unlikely to support you financially. Other potential sources of income include sponsorship, grants and fees for personal appearances.

Sports Professionals need to practise and train regularly to maintain a high level of physical fitness.

Most professional sporting careers are short, so it's important to prepare for a second career later in life.

Jobs in teaching and coaching

Teaching and coaching jobs involve working in schools, colleges and a variety of other settings. You'll need good communication skills, as well as physical ability. It's important to be able to work with people from different backgrounds, different age groups and of different abilities.

Physical Education Teacher

Physical Education (PE) Teachers instruct young people in physical activities and sport. They organise and supervise groups, coach in various sports and skills, and motivate young people to improve their performance.

At GCSE and above, PE Teachers cover topics in sports and exercise science, including diet and nutrition, anatomy, physiology, preventing sports injuries, and looking at ways to encourage people to exercise.

PE Teachers often need to supervise sporting activities during lunchtimes or after school. Some schools expect PE Teachers to teach another subject as well.

Lecturer - Further and Higher Education

Lecturers teach a range of subjects related to sport, for instance sport and exercise science, sports studies, physical education, coaching, and fitness science.

They plan and design courses, teach students through formal lectures and other means, and assess students' work.

In higher education, they are expected to do research in their own specialist field.

Sports Coach

Sports Coaches work with teams and individuals, passing on the skills and techniques of a sport. They may work with complete beginners, or at the other end of the scale, with Professional Players and Athletes.

After identifying the needs of the individual or team, the Coach plans and puts into practice a suitable training programme. As well as improving technique, the programme should also build confidence, and encourage participants to fulfil their potential.

Only a small number of Coaches have full-time, salaried posts. Most work on a part-time basis, paid or voluntary. Coaching can sometimes be combined with other work, such as administration or lecturing.

Outdoor Pursuits Instructor

Outdoor Pursuits Instructors work with individuals and small groups of all ages and abilities. They teach a range of skills by giving practical demonstrations and short lectures. Activities include abseiling, canoeing, caving, rock climbing and windsurfing.

Instructors need to plan programmes of activity that meet the interests and ability levels of particular individuals or groups.

Jobs in sports-related businesses

Sports shops, sports equipment manufacturers and other businesses employ people with an interest in sport, in roles such as marketing, sales and public relations.

Jobs in sports medicine

Medical staff, particularly Doctors, Physiotherapists and Osteopaths, treat sports injuries and provide specialist advice to Sports Performers.

There are also opportunities for Dietitians to work with Athletes and Sports Professionals.