

Name: [REDACTED]

Unit 3- Professional Development in the Sports Industry
Learning Aim A and B

Sports provision.

This is the total range of sport and leisure activities offered to the public. The sport in which you choose will also depend on the extent on where you live in the uk. You teach what you can fit in your area. You need to make sure the sport fits the area you want to teach it. You wouldn't teach surfing in the west midlands as there is no place to practice. The provision in my area is typically good for playing football whereas for basketball it may not be so good. This may be the case because the area is filled with grass instead of concrete or a haul for basketball. Without a concrete area or a haul basketball would be much harder to play as it is not the correct environment to play in.

Sport industry

The sports industry aims to entertain people on a daily. The sports industry makes a fair bit of money each year. With this money it would be used to be able to fund for anything extra which is needed such as equipment. the sports industry is worth 23.8 billion. The industry of sport became the fastest growing industry within the UK. Following the legacy of the Olympic games to make sure that the hosting wouldn't just be about the games in the summer of 2012 but how the game also inspires the population to engage in sport. Jobs which are commonly found in the sports industry would be a pe teacher or a sports journalist.

Geographical factors

The sport industry will encourage people to do sports by offering new equipment. This would increase the population because one place may have more advanced equipment compared to others meaning a bigger interest will be taken. Football is a very common sport in the uk due to the little equipment needed on the field. This makes it much more efficient meaning it is a more popular sport. Another common sport within the UK would be cricket. Cricket is commonly played in the countryside due to it being a big open field and there would be enough space to correctly set out the game.

Socio economic factors

There is a lack of funds can affect participation as without funds you wouldn't be able to travel to the place where you need to go to. The environment depends on the sport, but the Locations depends on the area as well. This is because if the environment is fit for a winter sport such as football you would not then play badminton on it. An example of this would be where you live this would be an example as you would be impacted on your area so if you have more grassy areas football would be more commonly found rather than badminton or basketball. With a lack of funds employment may be harder. This would be because with fund to barley cover your business then there would be no way in which it would be possible to pay so many employers and run the business at the same time. If the business was to take off and more money was coming in the paying for employers would become easier.

Seasonal factors

Different seasons mean different sports are played. For example, football is a winter sport as its played during the cold months. And sports like badminton can be played all year round. There are two types of sports ones which are only in some seasons and some which the seasons do not affect the play. An example of this would be the gospel oak school which

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is open during the summer for public use in the local area. Summer camps are useful for parents who need to find a way to occupy their children so that's where summer camps come into use. They are used to build up skill and confidence that they will be able to use them in pe, but also in extracurricular activities.

Sectors

Public sector – a public sector is a place in which is open to the public with little to no price. The public sector refers to the part of the economy that is controlled, operated, and maintained by the government. This means also that the government funds anything you would need such as a membership. A public sector could be something such as a gym. But this gym would be funded by the government but not open to the public like a leisure centre is. A positive would be that it is free whereas many sectors it is not free. And a negative would be that there is a lack of equipment due to the Council not paying. A public sector would be a leisure centre, and this would a local place to go which would be at an affordable price.

Private sector – a private sector is somewhere where you need to pay to be able to use a gym which is not open to the public. The private sector is part run by the government and part run by a private business. The private business has to deliver a service, but the government funds it. An example of a leisure centre would be a place in which you could walk in and pay a small fee such as a membership. The leisure centre has basic equipment, so people are able to use the local gym in their area. A private sector has more advanced equipment compared to what a public sector has. A private sector is more developed compared to any other sectors so this is why people may want to pay that little extra meaning they feel they will see better results. An example of a private sector would be pure gym because of having to buy a membership.

Voluntary sector – a voluntary sector sits outside of the public and private sectors to focus exclusively on creating social impact and community change. This means all the funding would be supplied by charities and grants from foundations and trusts there are so many other ways in which voluntary sectors can make their money. Another thing about voluntary sectors is that they are for social purposes. The NHS is a public sector organisation offering statutory services. Whereas a voluntary sector has the basic equipment which may cost little to nothing, some people may find this is better for them as they are going to the to see if it improves their motivation much rather than to see a huge change which people will see in a private sector. This is because they will go and train hard to see a physical change.

Types of employment

There are 5 types of employment they are full time, part time, fixed term, self-employment, zero-hour contract.

Full time

Full time employment is when someone is working full time so 35 hours or more a week. This means you will typically work most days, and it can consume most of your time. With a full-time contract, you get things such as holiday pay and sick pay as well as the annual pay you get for working 35 hours. You would also get maternity pay and paternity pay, this means during you or your partner giving birth you may have 2 weeks off. This is the same as

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holidays and sick days you are still being paid if you're too sick to work or have earned holidays. Benefits of fulltime work would be the pay would be good as you are working many hours on end. Whereas the downsides would be that you will begin to feel more tired and feel like you have a lack of time at home.

Part time contract would be 34 hours or less in a week. Some people will work 2 part time jobs as they like the flexibility of hours and the variation of doing something different. Spending more time with family could be another reason someone chooses a part time job. A part time job could be a retail assistant. Such as in Primark or any other retail store. Part time is beneficial as you have the chance to carry on studying such as if you went to university, if you wanted to study at university and want to be able to have funds getting a part time job on the side would be beneficial.

Fixed term a fixed term contract will have a set date when the contract starts and end. People choose this type of contract as they are not sure if they can fully commit to a job in a sports industry or if they feel as if they need to find something else to do. Fixed term contracts are used for pop-up merchandise stands for sporting events. This would be good for employers as they may not want to stay in the job forever and due to this they may choose to try and find a new pathway which they feel will better suit them. Benefits would be that the employer may feel as if there are better things for their lives rather than this job pathway.

Self-employment this means that you work for yourself and create your own contract. Self-employment comes with many benefits as it allows you to pick who you work with and how many hours you work due to you make the decisions. And you have complete control over it. Self-employment could be seen in the form of a personal trainer (PT). PT's can be classified as self-employment as people typically will work off their own backs such as opening their own business showing their skills to others.

Zero-hour contract

a zero-hour contract is where the employer does not guarantee the individual any hours of work. The employer offers the individual work when it pops up, and the individual can either accept the work offered, or decide not to take up the offer of work on that occasion. It can depend on what the individual is doing at that time. The employer must pay national minimum wage.

Part 1 – Different Career Pathways in Sport

Pathway 1 – physiotherapist

Job Summary:

Physiotherapy helps to restore movement and function when someone is affected by injury, illness or disability. It can also help to reduce your risk of injury or illness in the future another role might be to deliver specialised and individual rehabilitation programs, review, recover and strapping/ taping issues. In the football industry they are a key asset to the team they have the responsibility in helping injured players.

Entry requirements:

- Private practice experience is not essential but will be beneficial.

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- Fully qualified and registered Physiotherapist for at least 2 years.
- Ability to work independently and manage a self-employed role effectively.
- Dbs checked.
- Two or 3 a-levels

Essential:

BSc in physiotherapy

Member of chartered society of physiotherapy

HCPC register physiotherapist

Desirable:

Audit experience

Ability to contribute to internal & external networks

Ability to apply & share knowledge when appropriate

Average Salary: £40,000 - £60,000 a year

Number of hours per week: Flexitime, Monday to Friday

Website:

<https://www.nhs.uk/conditions/physiotherapy/>

Musculoskeletal Physiotherapist (indeed)

Pathway 2 – sports journalist

Job Summary:

This position will operate on a remote, freelance basis. To be eligible for this opportunity, you must be located in the United Kingdom, USA, or Canada.

Entry requirements:

5+ years of writing experience in television, film or social media; prior experience working with producers, creative writers, and on-screen talents, and a bachelor's degree in 'Film, TV, Drama, Media Studies

Essential: for a sports coach you would need a DBS check due to you having to work along side a coach and they will work with highly trained athletes. Due to them being in the range of being in the health care profession.

Desirable: it is preferred if you are able to engage with the athletes and be more included as it may motivate them

Average Salary: £101,608.07

Number of hours per week: any match day and special events.

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Part 2 – Development pathway

Development Pathway into becoming a Physiotherapist.

Professional Training Rate



MMP minimum in BTEC Level 3 Extended Diploma in Sport

Brunel University London – Physiotherapy. UCAS Tariff - Not accepted. A level - AAB – ABB to include Biology, or Physical Education, Pearson BTEC Level 3 National Extended Diploma (first teaching from September 2016) – DDM, in Sport and Exercise Science.

Buckinghamshire New University – Physiotherapy. UCAS Tariff - 112 - 136 points. Must include 5 GCSEs including Maths and English.

HAPS: The mission of the Human Anatomy and Physiology Society is to promote excellence in the teaching of anatomy and physiology

HCPC: Health and care professions council is a statutory regulator of over 344,000 professionals from 16 health and care professions in the United Kingdom.

BASES: Accreditation with the British Association for Sport and Exercise which promotes excellence in sport and exercise sciences

Band Level Agenda for Change from November 2007

Band 4 - Band 5 (points 12-18) Assistant Practitioners £16,853 - £20,261

Band 5 (points 17-25) Physiotherapist £19,683 - £25,424

Band 6 (points 23-31) Physiotherapist Specialist £23,458 - £31,779

You may also work in the community, for local authorities or the private sector in:

private hospitals and clinics; GP practices and health centres; schools and children's centres; nursing homes and day centres for elderly people; charities and voluntary organisations, particularly those serving people with disabilities; sports clinics, professional sports clubs, gyms and leisure centres; the armed services.

Some physiotherapists work in a variety of settings. For example, you may work part time at a sports injury clinic and have another part-time post with an NHS or private hospital. Another option is self-employment.

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Within my subject I would need to overachieve my target grades which are an MMP, in order to be able to have enough UCAS points to apply for my course in physiotherapy. In order to be able to get into the university I would need to get 120 UCAS points in my A-levels in sport, I will need to get above the grades I am working at to be able to get enough points to go to Brunel University London to do physiotherapy. This is where I would do a 3-year course and once I graduate, I will then be able to look into doing a master's degree to expand my knowledge and experience within physiotherapy. There would be two pathways I would be able to go within this career choice to go to the private sectors or even public sectors. I would need experience working with the NHS to ensure I have enough knowledge on what I will be doing, and all the correct ways to do so.

Once I have qualified, I will take part in continuous professional development (CPD) this is where I will be able to progress in the career pathway, I have chosen would also be able to join HCPC to be able to expand my knowledge further to have the best performance outcome possible.

Brunel University of London – Physiotherapy requires DDM.

Typical modules include.

- Musculoskeletal Lower Quadrant
- Pathophysiology
- Respiratory

[Physiotherapy at Brunel University of London - UCAS](#)

Buckinghamshire New University – Physiotherapy requires 112 – 136.

Year one Core

Research and Study Skills

Applied Anatomy and Assessment of the Neuromusculoskeletal System

Applied Pathophysiology Cardio-Respiratory and Pulmonary Conditions

Management and Intervention

Neurological Conditions

Management and Intervention

Neuromusculoskeletal Management and Intervention

Year two Core

Professional Practice 1

Research Methods and Evidence-Informed Practice

Practice Placement 1, 2, and 3

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Physiotherapy Practice through the Life Cycle Public Health

Year three Core

Leadership and Management

Professional Practice 2

Practice Placement 4 and 5

Dissertation - Physiotherapy

[Physiotherapy at Buckinghamshire New University - UCAS](#)

Universities offer part time courses which will take 3 years longer than a regular courses. This would be beneficial for people who are already in a career. This job more than likely will be linked to the pathway they have chosen to do in university.

A degree apprenticeship may be a road in which is to consider.

General Skills	Analysis	Specific Skills	Analysis
Communication	I have used good communication while leading a session while presenting the task I wish to do.	I would need knowledge on what to do within the course of physiotherapy	Right now, I do not have the degrees to be a physiotherapy, at this moment in time but I will eventually have the degrees.
Time Management	I have good time management such as when I am meant to present a session, I am planned in advanced	I would need this as if my time management was off it could ruin the whole plan for what that athlete had to do.	I currently have basic levels of time management as I turn up to school on time, but university and work life is different
Organisation	I make sure I am organised in ways such as the cones and nets are set out before my students arrive.	I would need organisation in physiotherapy due to needing to stick to a tight schedule as athletes won't have time to waste and it will mean the patient will be able to have the time that they booked and no extra so they	I am currently very organised as I set myself tasks and make them happen and I make sure my environment is clean

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		can continue doing what they are meant to do after	
Punctuality	With punctuality I would need to make sure I am on time and not late when about to present a session.	Specific Knowledge – Anatomy & Physiology	Currently I have good punctuality within school
ICT skills	I have some its skills which would make me able to use the computers to be able to read results.	Practical support	I have basic knowledge on how to work on a computer, but I would need to advance more for physio
Individual work	With individual work I would need to make sure I am able to work alone and not need to rely on anyone else	I will need individual skills as it is not 100% that I would need to work in a group because most of the time I would be able to work alone.	I have good individual skills so working solo in physio would not be an issue
Teamwork	Teamwork would be important in this because I may need to do group work rather than solo work	I would need teamwork as in order to have a calm environment having the team work skill would be good as I may need to work together in case one person needs to have a team	Teamwork is key but I would also need to develop my own knowledge on physio as well as group work.

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Part 3 – Careers Development Action Plan

Personal Skills Audit

Personal Interests: my personal interests are to a better knowledge on the human body as I have been interested in the way it works for a long time. This is interesting as I feel as if the human body is a fascinating thing in the way it works. I have been around knowing different affects the body has over time and illnesses which are brought with it meaning I now want to research it deeper and find out the causes. My interest in this has started a few years ago as I saw the affects that these illnesses cause, and I feel like I need to figure out what causes it and if there are any ways to prevent it.

Accomplishments: throughout the years I have accomplished things such as playing football basketball netball and badminton. In football I have accomplished things such as win tournaments. With winning these tournaments it has boosted my confidence and built my love for sport. I have also placed a badminton tournament which broadened my opinion on which sports I would like to play. Because of exploring sports and opening my mind up to playing any sport which is available to me means I now am much more willing to take part in any sport possible.

Qualities: My qualities are I am confident to compete in a game of sport even if I am not confident within that sport. But I am also willing to teach other people around how the correct way to take part in a sport it. I feel more confident to lead a session and make sure all those around are able to comfortably able to perform basic skills within the sport. I have also refereed a torment for the school which expanded my knowledge on the sporting world.

<p style="text-align: center;">Physiotherapy Skills for Employment</p> <p>Read the following statement below and circle the number that applies to you</p>	<p style="text-align: center;">1=wide experience 2=some experience 3=a little experience 4=no experience 5=do not know</p>				
<p>Written communication: I can write clearly and concisely in a range of different formats to communicate messages effectively to clients through advised letter, recovery plans and training plans</p>	1	2	3	4	5
<p>Oral communication/ presentation skills: I can summarise and communicate information effectively when speaking with clients that I am working with or delivering presentations to give them additional information</p>	1	2	3	4	5

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Time Management: I can manage my time and prioritise requirements of the clients and sure that treatment is sufficient and successful to allow a full recovery	1	2	3	4	5
Problem Solving: I know how to find logical, constructive, and realistic solutions when I am presented with complex problems	1	2	3	4	5
Teamwork: I am able to work efficiently as a member of a team in order to help my team achieve its goals efficiently such as rehabilitation	1	2	3	4	5
Leadership: I am able to use a range of approaches and techniques to lead a team towards its required outcome	1	2	3	4	5
Information Skills: I am able to find sources of information (including online sources) quickly and easily and I am able to evaluate different sources of information to determine their reliability such as new techniques to help with rehabilitation and biomechanics	1	2	3	4	5
Independent Learning: I am able to manage my own workload and complete tasks on my own with minimal input or supervision from my tutor	1	2	3	4	5
Subject knowledge: Have a good knowledge of the biomechanics to allow specific treatments of the sport that you are treating and about the anatomy and physiology	1	2	3	4	5
Work Experience: Required to have 3 years of physiotherapy experience before becoming a qualified physiotherapist	1	2	3	4	5

Qualities a quality I have is good teamwork skills. I have used teamwork when I took part in a badminton game in school. This is a quality as I have previous experience which will make me at an advantage. I also have good time management which will also put me at an advantage because I am prioritising the clients over anything else. With both of these qualities it would push me to be able to achieve much more as these are what people look for during employment. Another quality would be my leadership as I feel like I have the confidence I gained from doing sports leadership in school. This would boost my levels of knowledge and confidence once needing to apply within sports.

Previous Experience

my past experience would be when I did leadership in BTEC Tech sport in year 11. When I did this has enabled me to be able to learn new skills other than leadership such as teamwork and communication. This would have boosted the skills I had such as I can now confidently

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present a session to a team. With effective communication it will make leading much easier as I will not feel as stressed over what I need to say. Good communication will also allow me to speak loud and clear which will mean I will have a much better outcome and I will be able to improve my leadership skills. Being able to have the best developed leadership skill and communication will be good in physio because there may be a time where I would need to let the other people know what would be best to do in a situation and I wouldn't be able to do that without some sort of a leadership skill. Communication is also a big thing in physio because of having to speak to the patient and figure out what is wrong.

Academic & Sector Specific Qualifications to Date

Maths- 4

English lit and lang- 4-4

Science 4-4

Sport leadership award.

Employability Skills

- Communication- communication is when you exchange conversation between two people about a subject which may be of use to the person in that specific time. Communication is an important skill to have as it is very useful to have as in physio you will discuss which part is causing pain and which part it is they have come in for.
- Leadership- leadership is when you are in charge of leading a group whether that be a session for something such as football. If you have this skill, it will be very useful as things will be done much quicker compared to someone who has no knowledge.
- Punctuality- punctuality is very important as if you have poor attendance on the run up to being a physio they may feel as if you are not fit for the job because you are unable to show up on time and in the world of physiotherapy there is no time to be late. This is due to athletes' schedules.
- Working as a team / individual- having both of these skills such as working in a group, this would be good as working in a team could be a skill you need in physio due to the practice could be very full at a time meaning they may need more teamwork. You also may need to work individually as you may have been booked for a 1 on 1 session so you and the client will be able to fully discuss where the issues are.
- Problem solving- problem solving can be used when you are seeing a client, and you need to find out what is the best thing to do is. Problem solving can be used many times in a day even if it is simple problems but there is always a problem which needs to be solved in each day.
- Time management- having good time management is crucial in a workplace as you have no time to be late because it can mess up their whole day due to things having to be moved around.

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Specific Technical Skills

- Interpersonal skills- interpersonal skills is when you gain a relationship with the player and their families because if you build up that relationship they will feel more comfortable with expressing how they feel truly as most people will say what is needed to hear such as they are no longer having the pain just so they don't have to go back to the health centre.
- Teamwork & collaboration- in physiotherapy the team will need to work with other health care professions in order to get the correct results for the player to make a full recovery and as fast as possible.
- Attitude- if you have a poor attitude then you would feel unmotivated to do anything which will cause a downfall on work levels. If you are in the wrong mindset you will be unable to fully help your patient as they will not be physically or mentally in the right space.
- Wellbeing- having a concern for your patient's wellbeing will make them feel comfortable. This is crucial as it will also make them feel safe because if they do it makes the whole process easier and you will be able to find out what there is to improve/help with during the session.
- Working under pressure- being able to work under pressure would put you at an advantage as not many people are able to do it due to they find it too stressful and they start to panic and due to this the work would be sloppy.
- Physiotherapy Skills for Employment
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Physiotherapy / Sports Analyst for employment analysis

I feel as if I have little written communication when it comes too delivering messages to clients as I have little experience in it the only experience, I have is communication in groups within pe in school. Time Management would also be a key part of being a physio as you have no time to waste as people who may be coming to see you could be on a time schedule as they may be a pro footballer or basketball player or any type of athlete. This would mean as a physio there is no time to be late. Problem Solving would also be important if the world of physiotherapy as you would need to find out why and where the pain is and what causes more pain and what relaxes the pain as everyone is different.

SWOT Analysis for Physiotherapy

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<p><u>Strengths</u></p> <ul style="list-style-type: none">○ My strengths are I am willing to learn new skills. This is good as it makes me able to learn more skills and techniques which will allow for me to be able to constantly be improving myself, which by my apply all these skills then it will mean my session will progressively be able to get better.○ Another one would be is there are more than one physio in an area making it easier for employment, by this being available to me in my area it allows for me to know that there is multiple places to apply to allowing me to find the closest to me	<p><u>Weaknesses</u></p> <ul style="list-style-type: none">○ Longer education- to be a physiotherapist it takes a lot to become one such as going all the way through secondary school then to university for 3 years and then you will have to work for many years to be able to find a good job within physio therapy so then you will be fully trained and have experience which most people will gain from working around people for years and during university going on placement.○ Difficult course - most people will find this course difficult as it goes on for 3 years when not all courses will at university but not only that they typically feel as if they have a lot to do before they can even think off becoming a physio and that's why people seem to step away from the idea of physio therapy.○ Costs a lot- physio costs a lot to get into again because of university and you having to pay that off for years and then you still must pay extra for the equipment.○ Slow progress- as many know training for something can take a very long time but in some cases such as hair you can be trained much faster compared to nurses and physios. This is also so long because of how detailed the training needs to be to ensure that the physios are fully a wear of what to do so there will be no mistakes.
<p><u>Opportunities</u></p> <ul style="list-style-type: none">○ Allows you to work in a range of settings. Such as in other homes if they are unable to move meaning the physio will have to go to them, or there is when the physio is in a	<p><u>Threats</u></p> <ul style="list-style-type: none">○ Increases pain or discomfort during or after treatment. This is always a risk due to some patients may not make people aware of what type of therapy they have tried before or

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<p>hospital or a gp so then the patients will travel to them. Because off all these opportunities its not going to be a 100% where you will work if you are just based around local parents, however there is where you also work with athletes which you may work with during half time, before and after games too.</p> <ul style="list-style-type: none"> ○ You can work in private practice or hospitals or even sports teams. By this amount of work being open to people who are trained means there are more job opportunities for people which allows more people to do the job they love. 	<p>even if it worked or not. Because without that information then there is no way of making their issue any better.</p> <ul style="list-style-type: none"> ○ Temporary redness or bruising at treated area. The patients will be made aware of the possible cause of redness or bruising before the session ends so they are aware and do not panic ○ Aggravation of existing injury is always a risk when trying to find a way to help the existing injury however there will be training in place which will allow for when this situation happens how to help calm it down and what is best to do next. ○ Allergic reactions are always something which can happen so all physios will have EpiPens.
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Development Plan

Training Aims

Aim	Method for completion	Timescale	Requirements	Impact
Gaining experience	Shadow anyone possible so you are able to gain experience like that but you also could begin to gain knowledge	November 2026	Watching over people you know in the profession and watch videos to be able to gain more knowledge.	Allows you to be able to learn much quicker
Membership of physiotherapy	This would be useful once I have my degree too be able to begin my physio job to get this I will need to apply	May 2029	To get a membership of physio you would need to apply	Allows you to broaden your knowledge

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Educational Aims

Aim	Method for completion	Timescale	Requirements	Impact
A-level results	Revise and work hard	May 2026	Revision.	Opens up opportunities for universities
Finishing undergraduate degree	Revise for final exams to be able to graduate.	2029	Passing all exams/ a-levels	Gives you greater knowledge on what physiotherapy is like

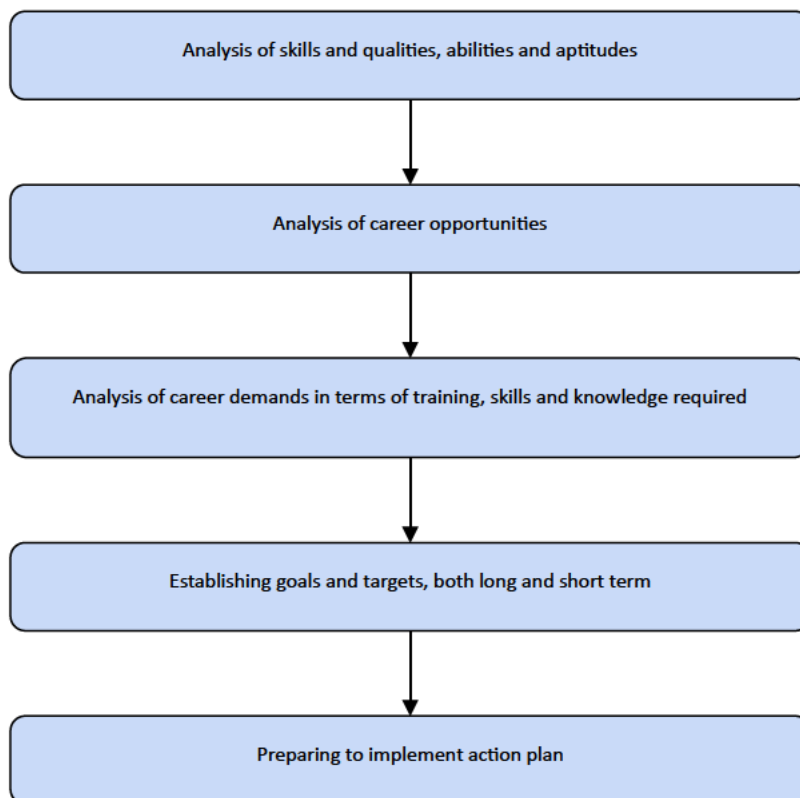
Name: [REDACTED]

Time Scale	Goal/ Target	Actions to achieve goals	Support Needed	Deadline	How will you know that this target is achieved?
Immediate Action	Complete my January Exam and gain results in anatomy and physiology at distinction level.	Research and produce an posters and revision resources	Access to the internet, non-fiction books/ resources on anatomy and physiology	20th March 2025	My tutor will assist within lessons when awaiting on the external grade
Second stage of immediate action	Complete my BTEC Sport course and achieve a distinction grade overall and begin work experience	Complete all parts of the assignment on time and focus on the theory side to the course to achieve the best possible grade	Ask for guidance from tutors and attend support if needed. Keep redrafting assignments to get them to the best possible standard	May 2026	I will receive a certificate to state how I have completed the course with the grade on it
1 Year	Start a university course in physiotherapy and continue volunteering in local sports clubs and centres	Apply for the course through UCAS, visit the university that I want to study at and achieve the grades needed to get in	I will have support from my parents and tutors when looking for the best university to apply for through UCAS	September 2026	I will have begun the course at university
3 Years	Complete my undergraduate degree and register to become a chartered physiotherapist	Work hard at university and complete all assignments to my full potential as well as carrying out work experience and volunteering throughout the course. I will need to achieve satisfactory exam results and apply to become a chartered physiotherapist	Help from tutors and other people on the course. I will also have access to materials and sufficient funds.	June 2029	I will have a degree and a bachelor's from university and be practicing as a physiotherapist

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Time Scale	Goal/ Target	Actions to achieve goals	Support Needed	Deadline	How will you know that this target is achieved?
10 Years	To have developed a positive reputation in the sports industry and local sports clubs	Work hard to make myself known as a qualified physiotherapist and have a successful client list	Other physiotherapists I may work alongside and the services of a good accountant	Ongoing	I will have a secure income and a sturdy client base

CDAP - Career Development Action Plan



Name: [REDACTED]

SMARTER Goals for becoming a successful physiotherapist:

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Specific:

Short Term: Complete my BTEC Sport qualification at a distinction level

Medium Term: receive a degree in physiotherapy by completing a 3-year physiotherapy course at university

Long Term: Start working as a physiotherapist at a local sports club or at a football stadium



Measurable:

Short Term: receive a physiotherapy degree at the end of the 4-year course

Medium Term: to gain more experience in the workplace and work to becoming a band 4 physiotherapist

Long Term: Start working as a full-time physiotherapist as well as understand and be able to explain procedures to patient and/or assistants/students with full knowledge



Achievable:

Short Term: to develop my subject knowledge and amount of experience in physiotherapy by working in local sports clubs with qualified, band 7 physiotherapists and asking family and friends for help who are in the profession

Medium Term: complete my university degree by 2029 and continue to gain experience in local sports clubs

Long Term: be able to comfortably be able to diagnose patients and find an answer to why they feel like that



Realistic:

Short Term: develop skills and knowledge in order to become a successful physiotherapist

Medium Term: Become a chartered physiotherapist by completing my university degree

Long Term: Begin working as a physiotherapist in a local sports club to expand knowledge further and to work towards becoming a self-employed physiotherapist in the future



Time-Framed:

Short Term: 1= begin my university course whilst starting to be completing work experience

Medium Term: 4 years = become a chartered physiotherapist and work in sports clinics and sports clubs and asking my friends who do the same job as I would like to get into

Long Term: By June 2030, I will be able to explain to a colleague, physiotherapy assistant or patient, the surgical procedures and to be able to come a mentor and lecturer and assist with physiological knowledge



Exciting:

Short Term: develop knowledge on anatomy and physiology to gain a better understanding on the topic

Medium Term: expand my experience by working with different companies and working with different sports

Long term: become a well reputed physiotherapist by 2032 with a substantial client list



Recordable:

2018 - complete my BTEC Sport qualification

2018-2021 - complete my 3-year physiotherapy degree

2021-2022 - complete further training in electrotherapy to my expand knowledge and experience on physiotherapy

2022-2023 - apply to work in physiotherapist centres and local sports clubs to gain experience

Name: [REDACTED]