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

## Sports provision

This is the amount of sort and leisure activities Depending on where you live in the country you will have access to different types of prevision. If you live in more rural areas of the country, you will have access to outdoor activity due to the space availability they have access to. Activities like climbing, kayaking, sailing are common in rural areas. In urban areas people are more likely to have access to sporting activities like football, basketball etc. The aim of sport prevision is to give everyone an equal opportunity to take part in sport. It will also provide employment opportunities for people who are looking for jobs within the sport industry like becoming a coach for example who will help guide people to improve their performance within sport by doing this it can increase the participation rate within the area you live in.

## Sport industry:

The sports industry provides a range employment opportunity like a sports therapist or a sports scientist for example. The main aim of the sports industry is to provide entertainment to people who are passionate and interested in sport. Because of the large amount of people who take an interest in sport the sports industry makes a significant amount of money roughly £23.8 billion. For example, sport England invest £250 million to the national lottery to help people to play sports (<https://www.sportengland.org>funding>)

Large sporting events like the London 2012 Olympics has increased job opportunities within the sport industry like coaching, trainers etc. The 2012 Olympics provided 17,900 jobs per year between 2013 and 2015. ([olympics.com/ioc/news/london-2012-to-provide-long-lasting-economic-benefits](http://olympics.com/ioc/news/london-2012-to-provide-long-lasting-economic-benefits)). Facilities that were used during the London 2012 Olympics like the Aquatics centre which is now open for the public to use as well as the copper box is used for sport and entertainment venue. Because of the 2012 Olympics cycling became a more popular sport this was due to team GBs dominance in the sport they won eight gold medals two silver medals and two bronze medals individuals like Laura Scott, Bradley Wiggins and many others were the result of a boot in popularity and interest of the sport.

## Geographical factors:

Depending on where you are in the UK you will have access to different types of sports his is because some environments are better suited for some spots. Rural areas like the countryside people there would take part in sporting activities like mountain biking and kayaking for example. This is because in these rural areas they have large amount of free space and open land to take parts in activities like these which require large amounts of space. Within cities however, they are unable to take part in sporting activities like that because of the space that is not available in urban areas instead they take part in sports like football basketball because it does not require large amounts of equipment or space.

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## Socio economic factors

People's participation in sport can be due to their income, employment, education etc. Many sports cost more than others like lacrosse for example which is normally played in private schools. This is because the equipment is expensive, and it is not a sport that is commonly played. Compared to football it requires much less because the equipment is affordable, and no fees must be paid. Work can also affect people participation in sport is someone works a demanding job they are unable to take part, and many sports clubs don't run late hours. Where a person lives can also be a factor that contributes to their participation in sport. People who live in urban areas like the city for example they are more likely to take part in sporting activities like football this is because it does not require a fairly large amount of space, and it only needs a ball and a suitable area to play. Basketball is also popular in city areas it also does not require match equipment all that is needed is a flat surface a ball and a net. People who live in rural areas will have access to sporting activities like climbing, kayaking. This is because of the space availability in rural areas like the county side has more space to do such sporting activity. Certain sports are categorised to different social status like polo for example (which is associated with the higher class) the cost of the equipment is very expensive the cost of a horse can range from £4,000 or £40,000. Depending on what level of polo you will want to play it can cost roughly about £8,000 to £80,000. Another example is lacrosse which is often played by private schools. Sports like football and basketball are mainly associated with lower/middle class this is because it is the most affordable and the equipment is not that expensive and no additional fees must be paid. To categorise sports to different social classes can have a negative impact because someone who is from the lower/middle class might be intimidated or put down for wanting to take part in a sport associated with the lower class and vice versa.

## Seasonal factors

The different seasons can affect when certain sports are played. Skiing for example takes place in winter the snow is used for slopes and gliding which allows for basic transport and Tennis is played during the summer because it is an outdoor sport. Because in some countries they have different seasons at different times to other countries their team might need to play abroad so they can take part in the sport in a suitable environment.

## Sectors

Leisure in the UK can come under three sectors private, public, and voluntary sectors.

### Public sector:

The aim of a public sector is to make sport available for everyone in the community. The government often owns and funds the sector allowing it to be free like an NHS sport psychologist for example. Public sectors ensure that people are able to take part and enjoy sport at all costs like the Tipton Sports Academy for example. Public sectors are the largest provider of sport.

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### Private sector:

This is owned by a private business they charge fees this is the only way people are able to take part like pure gym for example They have 362 gyms in the UK and 161 In Denmark. Private sectors charge fees/memberships because of the expensive equipment and high-quality services they provide which is why it will cost more than public sectors. The main aim of private sectors is for the private company to make profit the employers will get a performance related pay this is where depending on how many clients they have can depend on their pay if an employer has a higher client list they will earn more money the business will also profit from this as they will also make more money.

### Voluntary sector:

This is where people volunteer to help with sporting events or clubs. Voluntary sector can also include local sport clubs that can be run by volunteers and rely on donations from charities and subscription fees. They do not own their facilities they rent them from the local council or the facilities can be donated from charities. A good example of this is the 2016 Rio Olympics more than 50,000 people volunteered to help. The volunteers assisted in many areas like helping with tickets and seatings supporting in medal ceremonies helping others to communicate by translating information to and from athletes' officials and the media.

## Types of employment

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

### Full time:

they are still paid if they have a day off because they are ill as well as People who work have one job, they work at least 35 and 45 hours a week. Within the sports industry employers hardly work a 9-5 job. Most jobs within the job industry generally expect to work some evenings and weekends. People who work full time usually have the benefits of sick pay and maternity leave an example of someone who works full time is a PE teacher. Some companies also offer a pension that they can pay into every month.

### Part time:

People who work part time don't work as much hours as people who work full time, they work a minimum of 34 hours or less a week. A part time contract will allow someone to have more flexibility. People may also work part time because they may be close to retirement and chose to work fewer hours, they are able to spend more time with family while remaining in touch with the industry. Some key jobs within the sports industry like netball officials for example work part time many official roles do not pay full time because the sport industry is unable to pay for the officials to work full time.

### Fixed term:

A fixed term contract has a clear start and end date. Some people chose to work a fixed term contract because they are unable to carry out the job for a long period of time like a premier league footballer might have a fixed term contract for three years for example. Some fixed term contracts only need employers at a set time or event like Olympics for example this will have a contract with a start and end date.

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### Self-employment:

A person who is self-employed works and do their own contracts and choose their own hours for themselves they can produce their own income, and t chose how many hours they work for. Like a coach for example who offers private coaching for either individuals or a team. People who are self-employed have the ability to trade with whoever they chose allowing them to earn more money. Sports psychologist can offer their services on a subscription basis.

### Zero-hour contract:

People who work zero-hour contract are employed by a company but do not work set hours. Like a personal trainer for example. Gyms hire personal trainer with no guaranteed hours, and they only get paid with what they make when they have clients. There are no minimum or maximum hours needed to work.it can be flexible for people who are unable to commit to long term jobs or for people who are still studying. However, some week you are not guaranteed a job this could continue for months leading to you not being able to have and maintain a stable income.

## Part 1 – Different Career Pathways in Sport

### Pathway 1 – sports scientist

Job Summary:

Sports scientists are experts in how the body functions and investigate novel ways of optimising physiological performance for sports people. It's a career that combines health sciences with professional sports and attracts people who want to work in the sports industry. If you're considering a career in sports science, learning what it takes to be a sports scientist can help you plan the steps required to build your career. In this article, we share what it takes to become a sports scientist, along with the key duties and responsibilities of this role.

<https://uk.indeed.com/hire?co=GB&hl=en&from=gnav-menu-career-guide--career-guide-webapp&ikw=gnav-header-hire&isid=employerlink-GB>

Entry requirements: for an undergraduate would typically need 96-160 UCAS pints to get into a sports science degree course.

Essential: a degree relevant to this job like a bachelor's degree in spots science or spots psychology

Desirable: A degree or and a level in biology or knowledge of biology like BTEC sport

A level psychology

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Average Salary: 34,112 a year up to 50,000 depending on location and experience.

Number of hours per week: 37 to 39

Website: [Performance sports scientist | Explore careers | National Careers Service](#)

Types of experience: volunteering at a local sport club, coaching or refereeing experience, experience that is voluntary, art time can vary depending on the role you are applying for. During your early career you need part time experience this will allow you to get hands on experience like working in a sports lab or clinic for example.

[uk.indeed.com/career-advice/finding-a-job/what-it-takes-to-be-sports-scientist](http://uk.indeed.com/career-advice/finding-a-job/what-it-takes-to-be-sports-scientist)

What are the types of professional bodies and organisations are linked to this career:

BASES the British association of sport and exercise this provides networking opportunities and job opportunities.

The long term progression opportunities in this career:

After a certain amount of time you are able to choose what you want to specialise in you can choose to be a nutritionist, sport psychologist or a biomechanist/movement analyst

## Pathway 2 – sports psychologist

Job Summary:

Athletes experience psychological challenges due to injuries or personal events that may be difficult to recover from without professional help. Usually, sporting organisations employ a sports psychologist with advanced knowledge of counselling, sports science and sporting injuries to help competitors return to their best form. Being a sports psychologist can help you significantly impact an athlete's profession and advance your career in the sporting or medical field. In this article, we answer 'What does a sports psychologist do?' discuss the important skills for getting top sports psychology jobs and highlight the educational requirements for the role. (information from indeed)

Entry requirements: to practice as a sports psychologist you will need an additional postgraduate qualification in sports science. 2:1 needed or above

Essential:

To become a sports psychologist in the UK, you need to have a psychology degree accredited by the British Psychological Society (BPS) or complete a psychology conversion course. Additionally, you need to gain Graduate Basis for Chartered Membership and complete a BPS accredited master's degree in sport and exercise psychology: <https://workbred.co.uk/account/register.php>.

Desirable:

psychology degree or any of the online counselling degrees, developing skills in areas like communication and critical thinking, and gaining specialized training and certification.  
[research.com/careers/sports-psychology-careers](http://research.com/careers/sports-psychology-careers)

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Average Salary: 20,000 to 48,000 [Sport and exercise psychologist | Explore careers | National Careers Service](#)

Number of hours per week: 37 to 39 hours per week including weekends [What are sports psychology apprenticeships? \(Plus guide\) | Indeed.com UK](#)

I have chosen these two career paths due to my interest in them both. After thinking about what job is best for me, I decided to go with sport scientist. Although I am interested in the psychology side of sport, I have always been passionate about the anatomy and physiology side of sport and helping athletes to improve their performance.

Types of experience needed:

background in competitive sports, an internship/supervised practice, practical experience a counselling like environment. Volunteering, part time and played can vary depending what stage of your career you're at. For example, if you are in the middle of your career as a sport scientist you do not need part time experience as you would have gained a sufficient amount of full-time experience.

What are the types of professional bodies and organisations are linked to this career:

BPS the British psychological society this provides certification as well as training courses.

The long-term progression opportunities in this career:

after a certain amount of time, you can choose to specialise in performance psychology, clinical sport psychology or rehabilitation and recovery psychologist.

## Part 2 – Development pathway

Development Pathway into becoming a sport scientist.

Professional Training Rate

HYPERLINK: <http://www.hcpc-uk.co.uk/> Salary: Sports Science in United Kingdom 2025 | Glassdoor

I need to make sure that I get a DM in my extended diploma this will ensure that I will have enough UCAS points to get into university of Birmingham. There I will complete my sport science course that will last 3 years when looking for a job I can either get an apprenticeship while still at university (I can do this if I do the undergraduate degree part time). Another option is to get a job after I have completed my course, I can look at local sports club like the Albion, Aston Villa etc I will be able to help athletes to improve their performance. I would be more suitable for this job given my deep

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interest in sport science. I can also work with the NHS or privately I will treat people with sport or physical activity injuries and work to improve people's health through exercise.

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CPD – look what courses can be done



Merit is the minimum in BTEC Level 3 Diploma in Sport, and I need to get a C or above in psychology.

Bachelor's degree in sport and exercise science

Birmingham university requires 80 tariff points and three A levels relevant to course like physical education a grade C or above. 90-160 UCAS points are needed. Wolverhampton university requires 112 UCAS points and a four and [Grab your reader's attention with a great quote from the document or use this space to emphasise a key point. To place this text

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

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

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

<http://www.hcpc-uk.co.uk/>

depending on how much experience you have can depend on how much you get paid a year.

For a year of experience, you would get paid between £29k-£39k

One to three years £29k-£40k

Four to six years £32k-£42k

Seven to nine years £35k-£47k (this is the same amount as 10 to 14 years of experience)

15+ years £38k-£51k [Salary: Sports Science in United Kingdom 2025 | Glassdoor](#)

**You may also work with private hospitals.**

A sports scientist depending on what organisation you work with you can either work with the NHS or a private hospital. As a sports scientist you can also work with teams on a sports field or at a research facility researching how to improve the athlete's performance.

[www.careerpilot.org.uk/job-sectors/training/job-profile/sports-scientist](http://www.careerpilot.org.uk/job-sectors/training/job-profile/sports-scientist)

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<b>General Skills</b>	<b>Analysis</b>	<b>Specific Skills</b>	<b>Analysis</b>
Communication-you need to be able to communicate with coaches to help improve and enhance the athlete's performance	I have shown this when I have assisted in PE lessons where I take over the warmup.	There is course that I can do online on LinkedIn to develop my communications this is targeted toward sport science, or this course can be done in university	I can complete this course on communication preferably online to help build and strengthen my communication skills further.
Independence- this is needed for making decisions when analysing data	I have displayed independence when planning my coaching session, I completed this independently with no help	Often work must be done independently like analysing data creating, training programmes, assessing athletes' condition.	When I get to university a lot of the work that will be set will have to be done independently.
Teamwork- this is to work well and communicate with other people	I have developed my teamwork by taking part in netball. Teamwork is needed in netball to communicate effectively and efficiently.	To be able to get an entry level position 2 years' experience is needed. For a senior role 5-10 year As of experience is needed this is to ensure that you have the knowledge to help improve the athlete's performance sing biomechanics physiology etc	At this moment I do not have any experience in sports science but i am currently doing my BTEC extended diploma in sport, and I will go onto university and complete a course in sport science.
Empathy- this is need when working with athletes it helps to understand the challenges that they may face, and it will then also help to tailor sessions to their needs this challenge can include injuries for example.	I have developed empathy when coaching netball. Some of the younger years may not fully understand the rules of the game so I had to show empathy towards them and help them to improve their knowledge of the game.	I can develop my empathy even further by completing a course on how to demonstrate empathy in sensitive/challenging situations	I have not gotten any experience having to show empathy to actual athletes that may have suffered an injuries or may be fatigued I will however when I get experience through an aperntership.
Good time keeping-essential for	I have demonstrated this skill when	A sport science degree approved by	I do not have a degree in sport

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<p>maintaining professionalism.</p>	<p>coaching a lesson on netball. I arrived on time and my session was well planned which enables the participants to reach the goals I initially set. Allowing them to take more away from the session.</p>	<p>the British association of sport and exercise science (BASES)</p>	<p>science but i am currently completing my BTEC level 3 diploma in sport and I will ensure that I work hard and that my work is completed at a high standard.</p>
<p>Confidence- needed to make the players and coaches more comfortable around you allowing you to conclude with the coach on how to improve the athlete's performance.</p>	<p>I have displayed confidence when in a job interview this so that I am able to show that I articulate myself well convincing the company to consider hiring me.</p>	<p>Having a good understanding of biomechanics, anatomy and physiology to support making training programs.</p>	<p>I have good knowledge of anatomy and physiology due to doing GCSE PE and now BTEC sport at A level. I currently do not have any knowledge on biomechanics, but I will once I start my sport science course at university.</p>
<p>Leadership- needed to help and guide people it also enables you to work efficiently with others.</p>	<p>I have displayed leadership when coaching netball to younger years as their knowledge of the sport has improved and they can execute skills accurately.</p>	<p>A senior role because of their any years of experience they are able to share their knowledge to people who are new in the role.</p>	<p>Once I have completed my sport science course and get a job in sport science, I will then work for a few years (5 years plus I will have the senior role) I will be able to gain experience which I will be able to pass on to others.</p>

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## Part 3 – Careers Development Action Plan

### Personal Skills Audit

#### Personal Interests

I have always taken interest in sport it is something that I enjoy doing from a young age I took part in several after school clubs that did volleyball basketball etc. Ever since doing GCSE pe (the start of year 10) I have always been interested in the anatomy and physiology side of sport. This led to me researching possible job opportunities that required this is when I came across a sport scientist which was everything I was looking for in a job. This job is an option for me because I am intrigued to know how biomechanics (as well as other factors) can be used to help performers to further enhance their performance.

#### Accomplishments

Throughout my sporting life I have achieved some accomplishments. I played netball inside and outside of school. For my team outside of school took part in a league were all the teams in the surrounding areas to part in we ended up coming third in the competition. Inside of school our team has took part in several tournaments and competitions which we came third in many and second in the tournament that happened inlt66l 2023.

<b>Sport scientist /Skills for Employment</b> Read the following statement below and circle the number that applies to you	1=wide experience 2=some experience 3=a little experience 4=no experience 5=do not know				
Written communication: I can write clearly and concisely in a range of different formats to communicate messages effectively to caches and athletes through letters, training plans or data.	1	2	3	4	5
Oral communication/ presentation skills: I can summarise and communicate information effectively when speaking with athletes/coaches that I am working with or delivering presentations to give them additional information	1	2	3	4	5
Time Management: I can manage my time and prioritise requirements like analysing data for example.	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 athletes reach their desired performance goal.	1	2	3	4	5

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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 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, anatomy and physiology which will help me to help plan training sessions	1	2	3	4	5
Work Experience: there is or a required number of years of experience that is required but typically 3 years.	1	2	3	4	5

Skills that I have that I have that already have that match my chosen career consist of oral communication, teamwork, and leadership. Oral Communication matches my chosen career as you need to exchange information efficiently between co-workers, coaches, and athletes. Teamwork as you need to be able to work with not just colleagues but with coaches to ensure that you are making the right adjustments to training to ensure that the athletes can improve their performance at a steady rate. And leadership as sometimes you need to take on this role to lead your team/colleagues to the desired outcome. The technical skills I need to improve are my interpersonal skills and working under pressure interpersonal skills are essential as you need to be able to build rapport with coaches, athletes, and work colleagues. This is a skill that I need to improve because I have not been in a professional environment where I need to build rapport by developing this skill it will help to prepare me for this job role. Another technical skill that I need to improve is working under pressure. Although I am relatively good at working under pressure, I feel that it is something that can be improved it is something that is vital for this job role at times you might have to complete a task with a limited amount of time, and I will have to remain calm and complete this task correctly. Employability skills that I need to improve is my punctuality and problem solving. Punctuality I something that I need to improve as sometimes I do struggle with getting certain things on time this is important as a sport scientist as you have task that take a large amount of time to do if you are unable to do so you will not be able to work efficiently. Another employability skill that I need to improve is my problem solving. As a sports scientist you need to be able find solutions for complex situations so you can come up with suitable solutions that will best suite the athlete.

My personal interest and my strengths link to both of my career choices. I have always been interested in the anatomy and physiology side of sport ( I have done GCSE PE and now BTEC sport for A level ) this links to my main career choice as a sports scientist where this knowledge is required for this job role this prior knowledge will put me at an advantage

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when it comes to doing my sport and exercise science degree at university. For I sports psychologist I also have prior knowledge as I am doing psychology for A level. I have knowledge and understanding of how the human mind works this can help me to then apply how exercise/performance can impact a performer. However, there are some personal barriers that could potentially affect my career progression the main barrier is confidence. This is something that has never been my strong point. Confidence is needed as it allows for effective and efficient communication which will reduce the chances of any miscommunication.

Academic and sector specific qualifications to date:

- Maths-4
- English literature 6
- English language 5
- Science-4-4
- History 6-
- RE 7
- Music level 1 pass
- PE 5

Current qualifications A level: ongoing

- psychology predicted grade is a C
- BTEC level 3 sport predicted grade is a DM

Qualities

I am confident in my abilities to show empathy towards others. I have shown this when coaching younger years. As they may not always understand the rules of netball and may get easily confused, I am able to put myself in their shoes and help them to understand and improve their knowledge of the game. I am also confident in my ability to work independently. I have demonstrated independence when completing my course work for my BTEC sport course this has allowed me to get my work done on time at a high standard. This will help means a sport scientist as you're not

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always working with others, I will enable me to get tasks done efficiently. Another quality that I have demonstrated is encouragement. I have demonstrated when playing netball and coaching netball. When the team was losing, I motivated my team mates to keep going this was able to get us through until the end of the game we ended up scoring a few more times before the game ended. When coaching when I felt that the motivation in the team was low, I encourage them to keep going using positive feedback to motivate them. I have good cooperation skills. I am able to work efficiently with others especially when in group activities I am able to listen to other people's ideas and take them into account and act on it. I am also able to be confident. This has helped me especially when coaching other players. This makes the players feel more comfortable around me giving them the confidence in asking me questions and coming to me about any concerns they may have. This will also help me in future job interviews convincing the employers to employ me (as well as my future job).

### Previous Experience

I am yet to gain experience in my chosen career, but I have been researching things about the job like qualification what is required of me in the job. This has allowed me to understand the job more and what is it exactly they do. I have always wanted to do sport science for the past three years and I will make sure that I get the grades that I need. Taking part in sport outside and inside of school has fueled my passion for sport from a young age. Gaining experience in sport science will show me a different side of sport. I have however in school I have volunteered to do sport support with different year groups this had allowed me to improve skills that is important when it comes to coaching like communication and empathy.

### Academic & Sector Specific Qualifications to Date

#### Employability Skills

- Communication-this is the exchange of information either verbal or non-verbal. Communication is needed when discussing with the coach the steps needed to take to improve their performance.
- 
- Leadership- this is an individual that guides/leads a group of people or an organisation. This is essential as it will allow order and structure to be implemented within the workplace it will also enable work to be completed quickly and efficiently.
- 
- Punctuality-this is good time keeping, being on time. This is important you need to be on time to be able to get everything done like analysing data and assisting in planning coaching sessions which takes time.
- 
- Working as a team / individual-you need to be able to work as a team with other people and to work independently. At times you might need to research or

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investigate data which requires you to work and communicate with others. Compared to planning sessions for athlete's which can require you to work independently.

- Problem solving- this is the process of finding solutions for complex difficult situations. This is needed as a sports scientist this is because. You will need to identify issues in performance and come up with solutions to improve this.
- Time management- this is ability to use your time efficiently this is needed as there are many things to get done this requires you to use the time you have efficiently and effectively.

### Specific Technical Skills

- Interpersonal skills- this is to create a strong rapport with athletes and coaches as well as work colleagues. This can help with the efficiency of information that is exchanged this will reduce any chances of miscommunication. It will also allow the coach to feel more confident in coming to you for assistance when it comes to planning sessions for the athletes. This will ensure that improvement in the athlete's performance will occur.
- Teamwork & collaboration- sports scientist need to be able to work with other professionals to help improve the athlete's performance as well as working with colleagues to analyse data and discuss the next steps to how to help the athletes.
- Attitude-as a sports scientist you need to have a positive attitude as you are not just working with colleagues and the coach you are working with athletes as well. Having a positive attitude can help when working under pressure as you are able to remain in calm manner.
- Wellbeing- by being concerned for the athlete's wellbeing will make them feel comfortable it will also let the athlete know that they have their best interest.
- Working under pressure- this is using you time effectively to complete tasks. As a sports scientist need to be able to work under pressure as
- **Sport scientist Skills for Employment**
- Communication- this is needed when exchanging information to coaches and athletes. I have demonstrated effective communication (oral and written). I have demonstrated written communication when writing my cv/cover letter for jobs I have shown oral communication when playing netball, communicating with players on the court on where to go and when I am available to receive the ball. These types of communication are essential as a sports

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scientist as you need to research and analyse data taking this back to the coach and exchanging information on how to help each other improve the athlete's performance or put them on a steady road to recovery.

- Problem solving/decision making- I have demonstrated this while carrying a coaching session that I had planned. During the session things did not go like I planned the participants found it difficult to perform this task I had to come up with a solution quickly to provide them with additional help. This is essential as a sports scientist as you need to identify problems in training or an athlete's performance and come up with possible solutions to overcome this problem using science.
- Teamwork- I have demonstrated teamwork when coaching netball games. When calling out a foul I made sure that I communicated this clearly to the player and said why if they were confused. This is important in sport sciences you are required to work with nutritionist, physiotherapist etc. to collaborate ideas to improve athletes' performance.
- Time management- I have demonstrated time management when officiating in a tournament I showed up to the tournament early, so I had time to get myself prepared (like checking the courts going over the rules of netball). Using your time efficiently is needed as a sport scientist you are required to do a number of things and being able to manage your time efficiently will help me to get all of my tasks done to a high standard.
- Subject knowledge- because I have completed my unit 1 exam, I already have prior knowledge on anatomy and physiology enabling me to have basic knowledge of the different muscles and bones this is needed as you need to know how bones muscles and tendons work together to bring about movement this knowledge will help me to design training programmes that are safe and effective for the athlete.
- Work experience- although I do not currently have work experience in this field, I am currently looking for work experience that will take place later on in the year. This will help me to understand the demands of the job and how to do the job. This will help me in the future when getting into this career as will have prior experience making me more employable.

Sports scientist for employment analysis:

Best skill- Team work

When completing my skills audit, I discover that teamwork is my best skill. Teamwork is a skill that has always been a strength of mine playing netball over the years has really helped me to develop and strengthen my teamworking skills it is also a skill that is essential in being a sport scientist. I have also completed workshops where teamwork was essential to hear other people's ideas and act on it and to work collectively on tasks without any miscommunication and no disputes. This is why I see teamwork as my biggest strength because over the years I have to continually use this skill which has allowed me to develop

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and improve his skill where I can now use it efficiently and effectively when needed. This is good as a sports scientist as you need to work with a large number of people including athletes' coaches and sports teams. When working it is important to communicate with the coaches and the athletes to come up with training programs and solutions to improve the athlete's performance. If you are unable to do so you will be unable to help supports the athletes and coaches resulting in the athletes not being unable to reach their full potential. Working through my skills audit I found that my worst skill is work experience and subject knowledge. I am currently working on finding work experience for sports science. This will help me to understand the job even further and what is required of in within the job role. I do have some prior knowledge due to completing my unit one exam this is not enough for sport science as there are additional things you need to lean and understand in detail. When I start university, I will begin to do placements which will help me to gain experience within this field allowing me to gain as well as doing theory in my course.

#### SWOT Analysis for sport psychology/sport scientist

<p><b><u>Strengths</u></b> Communication, this is vital as a sport scientist as they need to exchange information to the coach on how they can help the athletes to improve their performance this enables them to come to a solid solution on how to achieve this. I have demonstrated communication when taking over a session. I did this by</p> <p>For a sports psychologist my strength is that I have already have prior knowledge due to me doing A level psychology which also teaches how exercise affects us psychologically.</p>	<p><b><u>Weaknesses</u></b></p> <p>-lack of experience I do not have any experience being a sport scientist as well as not having a degree in sport science.</p> <p>-Because I have not completed my degree in sport science, I have a lack in my depth of knowledge especially in biomechanics I also do not have any knowledge I what they do in their day to day.</p> <p>-I also lack experience using the technology that sports scientist used in analysing data this is important as analysing data is a big part of being a sport scientist.</p> <p>-I also do not have any current knowledge on sport psychology and how taking part in sport can affect the mind</p>
<p><b><u>Opportunities</u></b></p> <p>-while in university I can be able to get an apprenticeship in sport science. -with the right grades I can get into any university I chose.</p>	<p><b><u>Threats</u></b></p> <p>-not getting the grades needed to get into the university of my choice if I get anything less than a DD or DM in sport, I will be unable to university this is the same for psychology if I get below a C.</p>

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	-this course is fairly competitive not all universities have this course as an option making it fairly competitive.
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## Development Plan

### Training Aims

Aim	Method for completion	Timescale	Requirements	Impact
Get work experience in sport science	I can volunteer at clubs (local) or even at hospitals.	July 2025'	Find a place that will allow me to gain experience	I will gain a better understanding of the demands of the job and what it requires me to do
Join the British Association of sport and exercise	After I have completed my sport science course, I can join this association.	2027	I need a degree in sport science	It can help to provide opportunities to develop within this profession

### Educational Aims

Aim	Method for completion	Timescale	Requirements	Impact
To get at least a DM in sport and a C in psychology	Make sure my course work for sport is completed at distinction level and for psychology I will make sure that I am revising daily and complete exam questions.	June 2026	I need a DM in my BTEC level 3 extended diploma	By getting the grades needed to get into the university of my choice is that I am able to go on and complete a course in sport science.
Start my degree in sport and exercise science	After 3 years I will apply for my master's degree in sport science	2028	Complete my undergraduate degree first.	I will be able to gain more knowledge this will make me more employable

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				when it comes to getting job as a sports scientist.
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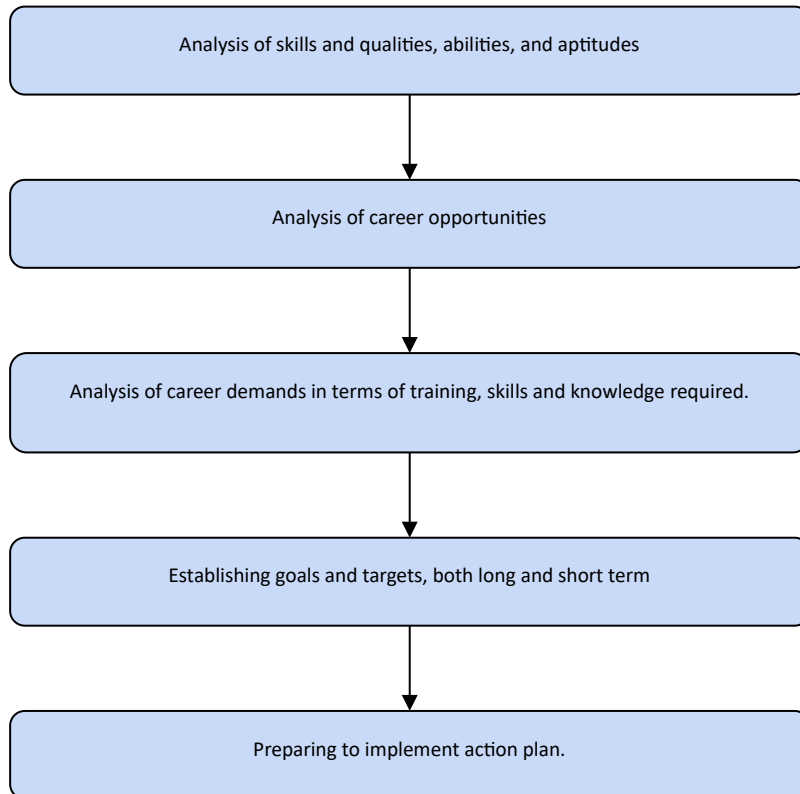
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Time Scale	Goal/ Target	Actions to achieve goals	Support Needed	Deadline	How will you know that this target is achieved?
Immediate Action	Complete my exam and course work for sport at a distinction level and to get a C or above in psychology.	Make flash cards for psychology and practice exam questions for sport I will ensure my work is completed at a distinction level I will do this by making sure that I have written everything I need to include (make sure that it is in depth).	Having access to revision guides for psychology and a textbook for sport	2025	When needed I will ask my teachers for help and support
Second stage of immediate action	Complete my BTEC Sport course and get a C in psychology	I will complete all my assignments to distinction level and on time I will do the same for psychology	When needed I will ask my teachers for help	July 2025	I will receive my Results
1 Year	Start a university course in sport and exercise science. Volunteer at local sports clubs or get an apprenticeship.	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 teachers when applying to university (through UCAS).	2026	When I start the course I have chosen
3 Years	Complete my undergraduate degree in sport and exercise science I will then complete my master's degree in sport science	Working hard at university and complete all assignments with max efforts as well as completing work experience, I will need to achieve good results to become a sports scientist.	This will be achieved by help from my tutors on the course and from other in the same course.	2028	I will have a degree and a bachelor's from university and be practicing as a physiotherapist

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10 Years	I have gained enough experience and have built a reputation in my field of work.	I will take my job seriously and work hard	Other sport scientist I work with and superiors.	Ongoing	I will have a solid income and a good reputation.
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### CDAP- Career Development Action Plan



Name:

## SMARTER Goals for becoming a successful physiotherapist:

### Specific:

Short term- finish my BTEC sport qualification at distinction level.

Medium term- apply to university.

Long term- complete my degree in sport and exercise science.



### Measurable:

Short Term- receive my degree for sports science and do my masters.

Medium Term: become a sports scientist and gain more experience to help me with the job. This will help me to develop my interpersonal skills.

Long term- apply at local clubs to gain more experience.



### Achievable:

Short Term: develop and improves my subject knowledge in sports science and gain experience by getting in contact with local clubs.

Medium Term: finish my degree in sport science by 2028 in the meantime gain knowledge about the profession

Long Term: work with sport clubs as a sports scientist by 2030



### Realistic:

Short Term: develop the skills needed for sports science.

Medium Term: become a sports scientist after completing my degree.

Long Term: start off with working with local clubs I will then gain enough experience to go to other places.



### Time-Framed:

Short Term: in the first year of university, I will complete my course and do work experience in in the meantime.

Medium Term: in the next 5 year I will be a sports scientist working at a local club.

Long Term: by 2030 or 2031 will be able to work with athletes and coaches and help improve players performance.



### Exciting:

Short Term: develop my knowledge on biomechanics to gain a better understanding of movement of the body.

Medium: make my experience more varied by working with clubs that do different sports.

Long term: become a sport scientist with a good reputation within the industry.



### Recordable:

2025- complete my BTEC Sport qualification.

2026-2028 - complete three-year sports science degree.

2028-2029 – complete my masters in the degree.

2029-2030 - apply to at local clubs as a sports scientist.

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The specific qualifications I need to complete are my BTEC extended diploma in sport and psychology A level I will then need to complete a sport and exercise science course at university. For work experience I need to do a placement like an internship at a professional sports club or a strength and condition coach assistant a university this will allow me to gain a sufficient amount of experience within my desired job role. Overtime I will track my progress and review my development by keeping track of my achievements and comparing it to my educational aims and my career development action plan this will allow me to create goals that can ensure that I get comfortable point in my career. Each step within my career development action plan will address my strengths and weaknesses. Subject k and we for example one of my weaknesses was subject knowledge my doing work experience and placements will allow me to gain that knowledge that is required of me as well as work experience it will allow me to see and understand what people in this job role do. For my strengths my CDAP will help to further develop my strengths this will ensure that I am full prepared to take on this job. For example one of my strengths are teamwork my doing placements/work experience will allow me to see how people within this job role work together resulting in an increase in my understanding of team work within his environment.

that my alternative career choice. This is because I have more knowledge about anatomy and physiology than I do on the effect of exercise has on the mind. I am also more passionate about sport science this passion is the reason why have chosen this specific career path. My personal skills like teamwork (which is one of my strengths) best fit my chosen career due to the fact that you will be required to work with multiple people like co-worker's coaches and athletes this will help me work with others efficiently. Whereas in sport psychology teamwork is not as crucial as you are a lot of the time working independently. My personal strengths give me an advantage in my chosen career as I have experience in playing sports and coaching teams this will enable me to understand where the coaches and athletes are coming from this will help me to come up with a suitable solution with the athletes best inters in mind. The biggest challenge that I face in my chosen career is trying to find a job as a sport scientist finding a job like this can be very challenging if I do find a job it may also be that I will have to travel far for this job which could result in me having to make huge adjustment like moving the area were the job is. My CPD and professional registration will help me to remain competitive in my career as it will allow me to track my progress in my career it also providers me with a structure to follow ensuring that I stick to this plan. Following this structure helps me to implement discipline during my journey in my chosen career which will become very useful in my future profession.