

We will be taking you on a careers learning journey...





Careers guidance

Sport and physical activity sector

Session 1

Why work in this sector?





Careers guidance Sport and physical activity sector

Session 2

The national workforce





Careers guidance Sport and physical activity sector

Session 3

The local workforce





Careers guidance Sport and physical activity sector

Session 4

Being job ready





Guess the job

**“Hello, my name is Aisha.
I work in the sport and physical activity sector.
Have a go at the following questions, try to think
outside of the box...”**

1. What is my job role?
2. What does my job involve?
3. How do I ensure I am successful in my job role?
4. Why do you think I enjoy my job?



Careers in the sport and physical activity sector



Sports Nutritionist

Assessor



Project Management

Sports Physiotherapy



Training Provider



Starting your own business

General Manager



PE teacher

Safeguarding adults and adults at risk



Working with Children



Training Provider



Olympic trainer

Media and Broadcasting



Teaching/ Tutoring at schools, FE and HE



Helping people with long term conditions

Health navigator

Chief Executive Officer





Top jobs

Individually, write down what you think are the 3 most popular jobs in the industry are and answer the following questions:

1. Why do you think this is a top job?
2. What qualifications/education do you think you need to be employed in these job roles?



Exercise and Fitness

Services, activities, and venues that improve people's physical fitness.



What do you think are the top 3 jobs in this industry?

Specialisms

Many fitness professionals will work with a broad range of customers and places but may have specialist expertise in working with one or more groups of customers or different places.

Options to specialise include.

- Working with people with long term conditions.
- Working with anti and post-natal women.
- Working with children.
- Working inclusively – working with disabled people.
- Working with inactive people.
- Working in Schools.
- Working in communities.

80,680

people are employed as fitness instructors

£45 per hour

**industry average charge
for a Personal Trainer**

£33,927

**average salary of someone
working in a fitness facility**

67%

increase in self-employment since 2016

Education and Training

There are lots of opportunities and options to become a professionally recognised fitness professional.

Vocational qualifications. Qualifications in fitness instructing, group exercise and personal training are provided by independent training providers, there are lots of them out there offering qualifications such as a level 2 in gym instructing or level 3 in personal training. When seeking a provider make sure they are endorsed by CIMSPA the professional body, you should see our logo on the advertising and course materials.

Some vocational qualifications provided by further education colleges such as the BTEC qualifications will qualify you to become a fitness professional, make sure they carry the CIMSPA badge.

Apprenticeships. You can learn on the job; you can access a gym instructor qualification as part of the Leisure Team Member apprenticeship and there is a specific apprenticeship in Personal Training.

Degree programmes. Some universities within their degrees have embedded the skills needed to be an exercise and fitness professional, not all universities and degrees have done this though so where that is the case, you'll see the CIMSPA logo on the university and degree programme advertising and course material so make sure you look carefully.

Learning outcomes

Students will be able to answer these questions:

- ✓ What is CIMSPA's vision and purpose? (session 1)
- ✓ What careers are available to you within the sport and physical activity sector? (session 1)
- ✓ What do you know about the sport and physical activity sector at a national level? (session 2)
- ✓ What do you know about the sport and physical activity sector at a local level? (session 3)
- ✓ How can you best ensure that you are 'job ready' when the time comes? (session 4)

