Getting into…Applied Sports Science

Jobs are available within a wide range of organisations in the public, private and not-for-profit sectors. Typical employers include:

- professional sports clubs
- national sporting associations, governing bodies and other related sporting agencies
- private health and fitness clubs, spas and public sports and recreation facilities
- local authorities
- schools, further education and higher education institutions
- the health sector, including the National Health Service

The British Association of Sport and Exercise Sciences (BASES) is the professional body for sport and exercise sciences in the UK. You can download their free careers guide, which includes 17 career profiles, and search for the latest jobs and internships at: www.bases.org.uk/careers

Further Study

Sport science graduates may also go on to establish their own businesses and consultancies. Further study is often a pre-requisite for pursuing a career in sport science – often leading to a PhD. Sport science graduates also choose to undertake postgraduate study at Masters or PhD level in order to specialise in a particular area of interest within their discipline and open up opportunities in teaching and research in higher education.

For more information about postgraduate courses and funding, have a look at the following websites:

- www.findamasters.com
- www.findaphd.com
- www.prospects.ac.uk

Developing a career in elite athlete support

- There are more opportunities across the health sector than in elite sport, with severe competition for all posts (even unpaid internships). A first degree is rarely enough, and a MSc is often preferred. There are many more opportunities for those who take a PhD route, combining research, university teaching and sports consultancy
- Practical coaching, fitness, and strength and conditioning (S&C) qualifications are very desirable
- Experience can be difficult to get but is also very desirable, with networking essential to make contacts and gain experience

www.intranet.birmingham.ac.uk/careers
Starting point for vacancies

- **The English Institute of Sport**  [www.eis2win.co.uk](http://www.eis2win.co.uk)
  A nationwide network of world class support services, designed to foster the talents of elite athletes. They are able to provide unpaid work placement opportunities for students and individuals who are interested in a career within high performance sport in sport science and sport medicine related disciplines. Placement candidates will have the opportunity to observe and work shadow world class practitioners within the high performance environment, gaining knowledge, skills and techniques needed to work within high level performance system. Placements will be advertised online when available.

- **UK Sport**  [www.uksport.gov.uk/jobs-in-sport](http://www.uksport.gov.uk/jobs-in-sport)

- **Sport England**  [www.sportengland.com](http://www.sportengland.com)
  The government agency for community sport. The website is useful for finding out about policy, regional activities, county sport partnerships and other organisations and bodies such as the [Youth Sports Trust](http://www.sportsbusiness.org.uk). Has a section listing all the national governing bodies (NGBs), which is ideal for finding organisations that could offer work experience and future employment.

- **UK Strength and Conditioning Association**  [www.uksca.org.uk](http://www.uksca.org.uk)
  You can search the national register for members. Strength and Conditioning qualifications and experience can also be useful if you are aiming to work in applied sport science in some sports such as football.

- **International Society of Biomechanics**  [www.isbweb.org](http://www.isbweb.org)
  Becoming a student member will enable you to access the directory, mentoring scheme, newsletter, jobs and other useful sections.

- **Jump in Sport**  [www.jumpinsport.com](http://www.jumpinsport.com)
  Recruitment site that has lots of sport internship opportunities in the UK and overseas.

- **www.jobs.ac.uk**
  Search UK and international jobs in academic, science, research and administrative employment in universities, colleges, research institutions, commercial and public sector, schools and charities.
How can I improve my chances?

- Get networking – this is essential in order to find work experience opportunities. You could start by becoming a student member of The British Association of Sport and Exercise Sciences (BASES) – this will enable you to subscribe to The Sport & Exercise Scientist, attend the student conference and provide other networking opportunities.

- Ask your tutors and other contacts about potential work experience opportunities. Where appropriate, keep in touch with useful contacts in order to keep open the potential for advanced notice of opportunities.

- Use social media to get involved in online discussions, attend events such as our careers fairs in order to meet employers and build your network. Reading journals and attending conferences/short courses can help you to expand your network and keep up to date with news in your discipline/sport.

- Consider doing a dissertation/research project that is relevant to sectors that interest you.

- Think about which career area interests you; Strength and Conditioning? Exercise Physiology? Sports Biomechanics? Bear in mind that not all sport scientists work in one sport, so developing experience in other sports can enable you to keep your options open. Research potential careers using the BASES guide to careers: www.bases.org.uk/careers

- Break down your career into short, medium and long term goals – this will help you to prioritise the experience and qualifications you need to get before getting that internship at the English Institute of Sport!

- Don’t give up! Sport science is a niche occupational area and you are unlikely to come across people falling over themselves to offer you work experience – be prepared for not getting responses to your speculative approaches. If this happens try not to get disheartened, be persistent (without being annoying!)

Further help

Find useful resources and book an appointment with a careers adviser at: www.intranet.birmingham.ac.uk/careers