



STONEHENGE SPORT

# PHYSICAL EDUCATION

CAREERS OPTIONS

## PE

This document outlines some of the main career options within PE, some of which are established traditional roles, some of which are more recent, and some potential jobs of the future.

Each page contains details about the job, the qualifications required, and useful links that students and parents can follow.

# Physiotherapist

## Useful links

[www.prospects.ac.uk/job-profiles/physiotherapist](http://www.prospects.ac.uk/job-profiles/physiotherapist)

## Qualifications Required

- To practice as a chartered physiotherapist you must be registered with the Health & Care Professions Council (HCPC). To achieve this, you must successfully complete either an undergraduate or an accelerated postgraduate degree in physiotherapy approved by the HCPC. All degree courses also hold Chartered Society of Physiotherapy (CSP) approval.



## Details about the job

- As a physiotherapist you'll help patients with physical difficulties resulting from illness, injury, disability or ageing to improve their movement. You will devise and review treatment programmes using manual therapy (such as massage), therapeutic exercise and electrotherapy.



## Salary

- Starting salaries for qualified physiotherapist range from £21,909 to £28,462.
- With experience you can earn between £26,302 and £35,225.
- Once you've reached highly specialist/advanced practitioner level (band 7), you can earn in-between £31,383 and £41,373. physiotherapists working as extended scope practitioners may earn more.

# Personal Trainer

## Useful links

[www.prospects.ac.uk/job-profiles/personal-trainer](http://www.prospects.ac.uk/job-profiles/personal-trainer)

## Qualifications Required

To work as a personal trainer you'll need a level 3 personal training qualification, ideally one accredited by a reputable organisation such as the Register of Exercise Professionals (REPS) or the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)



## Details about the job

A personal trainer creates one-on-one fitness programmes for their clients, motivating and guiding them to achieve their goals.

Clients may wish to lose weight or gain muscle, and as a personal trainer you'll teach and help them to exercise properly using workouts and specific plans. You'll instruct and advise your clients, using a range of fitness machines, classes or weights.



## Salary

A large proportion, almost 80% of personal trainers work freelance (self-employed) and are therefore usually paid by the hour for each session they undertake with a client.

Freelance instructors could expect to earn between £20 and £40 an hour.

# PE Teacher

## Useful links

[www.prospects.ac.uk/job-profiles/secondary-school-teacher](http://www.prospects.ac.uk/job-profiles/secondary-school-teacher)

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## Qualifications Required

To qualify to teach PE in the UK you will need to gain a level 4 or above in Maths and English. You will also have to either study a Qualified Teacher Status (QTS) degree in Physical Education or study a sports specific degree, then an additional PGCE course. You must also pass a Literacy and Numeracy professional skills test to begin teaching.



## Details about the job

As a PE teacher you will deliver the Physical Education syllabus to 11-16 year olds within classroom time. You will also be expected to devlier a full and varied extra-curricular timetable, enabling the pupils to experience a wide range of sports. Your subject knowledge will have to be excellent as you will be expected to teach GCSE PE and/or BTEC Sport.



## Salary

Teachers pay is determined by their experience and responsibilities. The teacher pay scale can be found here:

<https://www.naswut.org.uk/uploads/6319e9f3-9a9d-4c6a-b6eadae64abdba7.pdf>

# Fitness Centre Manager

Useful links

[www.prospects.ac.uk/job-profiles/fitness-centre-manager](http://www.prospects.ac.uk/job-profiles/fitness-centre-manager)

## Qualifications Required

It is possible to enter this career with a degree/HND/foundation degree in any subject, but the following may be particularly helpful:

- Sport, leisure or recreation management
- Sports science
- Travel, tourism or leisure studies



## Details about the job

Fitness centre managers generally work in centres or clubs that contain a fitness suite or gym.

Responsibilities usually cover the broad areas of marketing the facility and any special events, managing staff and dealing with the technical aspects of fitness provision and health and safety.



## Salary

Fitness centre managers earn around £21,000 to £25,000.

# Sports Development Officer

Useful links

[www.prospects.ac.uk/job-profiles/sports-development-officer](http://www.prospects.ac.uk/job-profiles/sports-development-officer)

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## Qualifications Required

This career is open to all graduates and those with an HND, but the following subjects may increase your chances:

- health and exercise sciences
- leisure studies
- physical education
- recreation or leisure management
- sport development or management



## Details about the job

As a sports development officer, you'll make sure that everybody has the chance to take part in sport by ensuring that all sections of the community are aware of available activities and where they can go to get involved.

You'll distribute information and organize sport-related projects, programmes, coaching, club development and training. You'll also target those who want to take part for fun, as well as those who are interested in competing at all levels.



## Salary

Starting as an assistant sports development officer, you can expect a salary in the region of £18,000 to £23,000.

A sports development manager can earn up to £40,000.

# Sports Coach

## Useful links

[www.prospects.ac.uk/job-profiles/sports-coach](http://www.prospects.ac.uk/job-profiles/sports-coach)

## Qualifications Required

Relevant degree or foundation degree subjects include:

- Health science
- Sports coaching
- Sports management
- Sports science

While relevant qualifications may provide useful background, you can become a qualified coach by gaining the appropriate coaching qualification, offered by the NGB of your chosen sport



## Details about the job

As a sports coach, you'll help people participate in sports to work towards achieving their full potential. They may support professional sportspeople, sports teams, community teams or school groups, working closely with them to improve performance.



## Salary

Typical starting salaries for newly qualified sports coaches working for local authorities range from £15,000 to £25,000, depending on location and qualifications.



# Exercise Physiologist

## Useful links

[www.prospects.ac.uk/job-profiles/exercise-physiologist](http://www.prospects.ac.uk/job-profiles/exercise-physiologist)

## Qualifications Required

You'll usually need a degree in sports science or a closely-related subject. Relevant undergraduate sport and exercise degrees are based around physiology, biomechanics and psychology.

As competition for jobs is strong, it can be useful to have a postgraduate qualification specialising in sport and exercise physiology or a relevant PhD



## Details about the job

As an exercise physiologist you'll investigate how people respond and adapt to activity and help improve performance and fitness levels or to help prevent or treat illness.

You'll typically provide support to athletes and sports teams. This may involve monitoring and developing fitness-training programmes to make sure athletes adequately prepare for competition.



## Salary

- Usually between £18,000 and £35,000 however if you work in high profile sport science, salaries can exceed £60,000 and may even reach £100,000.
- Clinical exercise physiologists working in the NHS will typically start at the lower end of Band 5 (£21,909 to £28,462)
- Salaries for qualified exercise physiology lecturers in higher education typically range from £23,952 to £36,162

# Sports Therapist

## Useful links

[www.prospects.ac.uk/job-profiles/sports-therapist](http://www.prospects.ac.uk/job-profiles/sports-therapist)

## Qualifications Required

A degree or postgraduate qualification is not required to practice as a sports therapist in the UK. Courses in sports therapy are available. It is possible to study a BSc Sports Therapy degree. You can also study a Masters in sports therapy.

It is also a requirement of The Society of Sports Therapists that you have a valid and assessed first aid certificate.



## Details about the job

As a sports therapist, you'll work with the sport and exercise participants to help prevent and treat injuries should they occur, and then rehabilitate the participant back to full fitness.

You can find sports therapy work in sports injury clinics or directly with a sports club or sportsperson, either professional or amateur. Many therapists combine working in this discipline with other sports-related roles.



## Salary

- Salaries if you work in a clinic start at £17,000, with experience this can rise to £28,000
- If you work privately or with a professional team, you can earn up to £35,000
- If you work as a private therapist in a clinic, you can earn £25 to £45 per session.

# Sport & Exercise Psychologist

## Useful links

[www.prospects.ac.uk/job-profiles/sport-and-exercise-psychologist](http://www.prospects.ac.uk/job-profiles/sport-and-exercise-psychologist)

## Qualifications Required

- A degree in psychology accredited by the British Psychological Society (BPS) leading to the Graduate Basis for Chartered Membership (GBC)
- A BPS-accredited MSc in Sport and Exercise Psychology
- Stage 2 of the BPS Qualification in Sport and Exercise Psychology (QSEP) (two years of supervised practice)



## Details about the job

Sport psychologists work with athletes and teams involved in sport from amateur to elite professional level, with the aim of helping them deal psychologically with the demands of the sport, and to improve their personal development and performance.

Exercise psychologists work with the general public to increase motivation and participation in exercise, encouraging a healthy lifestyle and advising on the psychosocial benefits.



## Salary

- Starting salaries range from around £20,000 to £22,000.
- Salaries for experienced sport and exercise psychologists typically range from £27,000 to £37,000.
- Senior psychologists and heads of department can earn around £48,000 or more.

# Health Promotion Specialist

## Useful links

[www.prospects.ac.uk/job-profiles/health-promotion-specialist](http://www.prospects.ac.uk/job-profiles/health-promotion-specialist)

## Qualifications Required

You can become a health promotion specialist with a degree in any subject but the most relevant degrees are biological, social and behavioral sciences.



## Details about the job

Your role as a health promotion specialist is to help people improve their health and increase their control over it. You could also be known as a health education specialist or health improvement practitioner.

Working in a range of settings, you'll give face-to-face advice to individuals, set up schemes promoting a healthy lifestyle, run campaigns and implement government initiatives.



## Salary

- Jobs in the NHS are usually covered by the Agenda for Change (AfC) Pay Rates. The range of typical starting salaries in the NHS is £23,023 to £36,644 (Band 5 to 6)
- Once you've gained several years' experience and a working at a senior level you could progress to band 7 where salaries range from £33,222 to £43,041.

# THANK YOU

For more information, please contact Mr Protheroe 