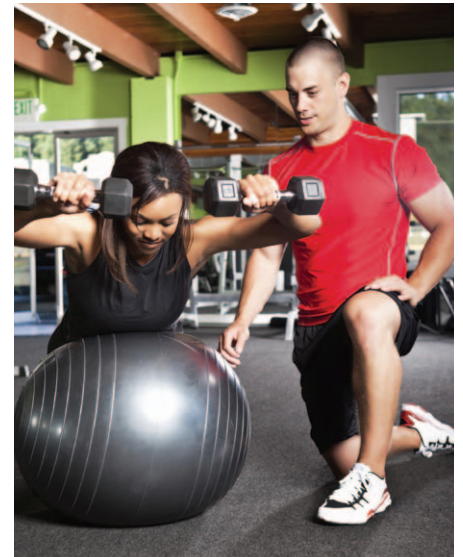


Sport & Fitness



51,500
PEOPLE WORK IN
THE HEALTH &
FITNESS INDUSTRY

THERE ARE OVER
3,100 PRIVATE
FITNESS FACILITIES
IN THE UK WITH 4.4
MILLION MEMBERS

THERE ARE JUST
UNDER
2,600
PUBLIC HEALTH &
FITNESS FACILITIES

Keeping fit is very important nowadays; the time of extra Yorkshire puddings and chips are gone! People are more keen to get and stay in shape and this sector is all about helping people do just that.

You ask us...

WHAT'S THE SPORT & FITNESS SECTOR ALL ABOUT?

It's more than just working out at the gym; this sector also includes coaching people in various sports, running outdoor activities such as kayaking, rock climbing and gliding and of course there are the roles that support sports centres, gyms and activity areas.

WHAT KIND OF SALARY CAN I EXPECT TO EARN?

The starting salaries vary according to the role you will play, but they tend to range from **£12,000** to **£15,000** and can be upwards of **£25,000** with experience. For example, a fully qualified Fitness Instructor can earn over **£32,000** a year.

WHAT KIND OF ENVIRONMENT WOULD I BE WORKING IN?

Again, this depends on your role. If you are working in fitness, then you are likely to be in a gym or sports centre. Outdoor activities can take you to rivers, cliff faces, mountains, oceans and ski slopes, so be prepared to fill your wardrobe with clothing to suit the occasion!

HOW DOES THIS SECTOR COMPARE TO OTHERS ACROSS THE COUNTRY?

Sport and Fitness is a popular sector to work in and it employs **663,000** people across the country, which accounts for 2% of the total UK workforce. Over **4 million** people are subscribed to some sort of fitness or gym program, so there will never be a shortage of people to help. The one downside to this is the cost and some people see it as a luxury they cannot afford. Perhaps this is something you can change for the better!

WHERE IS THE WORK MOST CONCENTRATED?

You'll find gyms all over the place although some of the private ones can be found attached to spas and hotels and can be in the middle of nowhere. The bigger chains can be found in town and city centres along with council run sports centres. Outdoor activity centres are usually found in the countryside, but also look out for places by the sea and in forested areas.



Careers Choices

You don't have to be a fitness fanatic to work in this sector (but it probably helps to be a little fit) and there are many more roles than people think. This industry also covers outdoor activities, play work (with you children and toddlers), coaching in the community and the operations of gyms and sport centres. Here are some of the areas within this industry you could go into:

PERSONAL TRAINING

People hire Personal Trainers (or PT's as they are commonly known) so they can have one on one training sessions tailored to suit their needs. You'll need a wide knowledge of physiology and the body so that you can cover all possible areas that a person might ask for. As well as just training them, you will be giving them nutritional advice, as well as therapies such as warm downs, stretches and massages to help the client relax after a workout.

COACHING

Sir Alex Ferguson, Jose Mourinho, Martin Johnson and the like all started out as coaches before they became successful managers. Coaching is all about using your skills and knowledge to guide others as they start out their sports careers and this could be coaching at grassroots level with an U9's basketball team, right up to working for the big sports clubs in England.

OUTDOOR ACTIVITIES

There are a whole host of outdoor pursuits that you can work with. Sports such as White Water Rafting, Paintballing, Go-Karting, Zip-Lining, Abseiling and Caving all require instructors and supervisors to ensure everybody has a safe and enjoyable time. Instructors can also coach people who are interested in making a career out of their sport.

SPECTATOR SUPPORT

Every professional sports match requires stewards to maintain health and safety, help people with queries and act in case of an emergency. NVQs are available in spectator safety, where you'll learn skills such as conflict management, first aid and dealing with emergencies.

OPERATIONS

The operations section of Sport and Fitness is important; it's all about the day to day running of a centre, gym or facility. Whether that's maintaining the equipment,

keeping everything clean and hygienic, taking bookings and sorting memberships or managing the whole place, this sector wouldn't run without responsible, organised people behind the scenes.

WHAT CAN I EXPECT TO EARN?

Salaries start out between **£12,000** and can rise to **£25,000** as you gain experience. Gym Managers can earn upwards of **£35,000**.

Where to begin

APPRENTICESHIPS

With over 48,000 different companies in this sector, an Apprenticeship might be the easier route to take to get into a very tough sector. Competition for places in this industry are super high, so having one foot in the door and earning as you learn could be a great way to go. Here

are the frameworks you can expect to see in this industry and all Apprenticeships result in a Level 2 BTEC, Diploma or NVQ.

Leisure Operations • Coaching • Instructing Exercise and Fitness • Activity Leadership

ADVANCED APPRENTICESHIPS

These are the equivalent to A-Levels and can usually be joined after completing the associated Intermediate Apprenticeship. They are ideal for people who want a practical role as they learn while gaining valuable employment experience. Here are some of the Apprenticeship Frameworks for this sector and all of these will result in a Level 3 qualification such as a BTEC, a Diploma or an NVQ.
Sporting Excellence • Sports Development • Leisure Management

A-LEVELS

A-Levels are the most popular gateway into university and are sought after by employers.

Here are some of the relevant A-Levels for this sector:

P.E. • Sports Studies • Biology

FOUNDATION DEGREES

A Foundation Degree combines university lifestyle with practical, hands on work. It's sort of like a cross between an Apprenticeship and an Honours Degree. They are often used as gateway qualifications to a full time Degree as they count towards the first two years of an Honours Degree. They usually take two years to complete and you'll be both in the work place and on the university campus. Example degrees include **Physiology, Nutrition and Sports Studies**.

COLLEGE COURSES

College courses are also a great way to get into this sector and many colleges do Creative courses. To check which colleges do these courses, head to our website at www.careersworld.co.uk. **CW**