

Options with a degree in Sport

Including Sport Coaching & Physical Education, Sport Rehabilitation and Sport & Exercise Science

What skills will you develop?

Sport graduates are able to:

- work collaboratively with others on projects and presentations
- work independently
- identify and respond to moral, legal, ethical and safety issues
- organise material in a logical and coherent way
- use information technology to store, retrieve and produce material for course work
- demonstrate good problem-solving and decision-making skills

These are just a sample of jobs where a Sports degree would be a useful background or relevant first step prior to further training or study:

- Chiropractor
- Exercise referral
- Fitness centre manager
- Further Education teacher
- Health promotion specialist
- Higher Education lecturer
- Occupational therapist
- Osteopath
- Outdoor activities/education manager
- Personal trainer
- Primary school teacher
- Secondary school teacher (PE)
- Sports administrator
- Sports and exercise psychologist
- Sports and exercise scientist
- Sports coach
- Sports development officer
- Sports journalist
- Sports physiotherapist
- Sports rehabilitator
- Sports therapist
- Strength and Conditioning Coach
- Youth and community officer

What have recent Sports graduates gone on to do?

- Community Sports Coach, Carlisle United FC
- Event Specialist, UK Cycling Events
- Fitness Instructor, Rowton Hall Hotel
- Head Physiotherapist at Carlisle United Academy
- Health and Wellbeing Officer Burnley FC
- Owner of X-treme Rehab room
- Physical Development and Health & Wellbeing Coach for Help for Heroes
- Sport Coach, School Sports teaching
- Strength and Conditioning Coach at Chesterfield FC

What else can I do?

Many employers seek graduates with a good degree (usually a 2.2 or higher), and over 80% of employers don't have a preference for the subject studied. These are some sectors you could also consider. Some of these will involve further study or training:

- Accountancy
- Administration
- Advertising
- Banking
- Charity and voluntary work
- Civil Service
- Events management
- Finance
- Hospitality
- HR
- Insurance
- Law
- Local government
- Management
- Marketing
- Public Relations
- Recruitment
- Sales
- Tourism

For more information about different sectors and job roles, including career-planning tools, the following websites are helpful:

[Prospects](#)

[National Careers Service](#)

[Targetjobs](#)

[Allaboutcareers](#)

What help is available from the University of Cumbria?

The Careers and Employability Service can support you with your career planning throughout your time at university, and for up to three years after you graduate. During this time, you can access our career hub, [My Career Enriched](#), which enables you to:

- search for graduate jobs, part-time work, work experience, placements and paid internships
- book one-to-one advice and guidance appointments
- book a practice interview
- book onto employability events
- access the CV/application review service

We also offer practical workshops on a range of employability topics, as well as advice and information about further study.

Students with a disability or health condition can request information and advice on finding disability confident employers, how to declare a disability, applying for work, and requesting adjustments in the recruitment process. Access our range of careers information and resources on My.Cumbria.ac.uk

Other useful sources of advice:

- [The British Association of Sport and Exercise Sciences](#)
- [Careers in Sport](#)
- [British Association of Sport Rehabilitators and Trainers](#)
- [British Sports](#)
- [Chartered Institute For The Management of Sport and Physical Activity](#)
- [Sport England](#)
- [Health and Care Professions Council](#)
- [UK Coaching](#)
- [Register of Exercise Professionals](#)
- [Skills Active](#)
- [Get into teaching](#)
- [Targetpostgrad](#)
- [Find a Masters](#)

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