

Thinking about choosing to study Sport / PE at Advanced level?

or

Already studying it and wondering what your next step might be?

This worksheet has been designed to help you consider how you can use what you learn from an Advanced level course in Sport / PE in your future career planning.

+ What to study it with?

When choosing to study A level courses full time it is usual to study four subjects at AS level in the first year then three at A2 level in the second year. It is also possible to study some subjects via the vocationally related route (Applied A level double awards and BTEC Diplomas). Sport would come under Sport, Leisure & Recreation on this route. The other subjects you choose to combine with Sport / PE may have an influence upon what you can choose beyond Advanced level, so check out your choice. Although some Advanced level subjects require a good grade at GCSE as a foundation for study at the advanced level, others can be studied from scratch. It's a good idea to check this out before finalising your Advanced level course choices.

CAREER WARNING



SPORT / P E

Studying any Advanced level course will give you two main things, knowledge about the content of the subject (the structure and organisation of sports, anatomy, psychology, etc.) and skills in how to deal with that content. Although you may not need to remember the content for very much longer than your course, the skills you develop can be built on and used throughout the rest of your life.

MIX & MATCH +

Students wishing to enter careers related to Sport might take Sport / PE with Mathematics and/or science subjects such as Biology to gain a relevant foundation in some of the subjects which are useful, or required, for entry to Sports Science degrees and Diplomas. Other relevant subjects might include Sociology and Psychology or a vocationally related course in Leisure & Recreation. Sports Studies can also be combined with a wide range of arts, business and humanities subjects.

The higher education and employment scenes are continually changing due to social, economic and political pressures. This worksheet, therefore, is not a definitive guide to your future career but is more of a prompt to get you thinking about making connections between your choice of Advanced level courses and higher education and career opportunities.

<i>Sports Studies Skills</i>		⊗ Ways in which you might learn
<i>Research skills:</i>	<ul style="list-style-type: none"> ✱ researching a topic by finding and choosing the most appropriate sources to use ✱ summarising that information either in writing or verbally 	<ul style="list-style-type: none"> ✱ learning about the organisation of sport in the UK, sports psychology, anatomy, physiology and biomechanics and the sociology of sport, etc.
<i>Communication skills - written and visual:</i>	<ul style="list-style-type: none"> ✱ putting across clear and relevant information when writing about a subject ✱ using visual materials to illustrate straightforward and complex matters 	<ul style="list-style-type: none"> ✱ writing essays and reports ✱ producing data about sports performance using tables, graphs, histograms and frequency polygons
<i>Communication skills - verbal:</i>	<ul style="list-style-type: none"> ✱ taking part in discussions and making relevant contributions ✱ listening and responding to others and encouraging them to speak 	<ul style="list-style-type: none"> ✱ working as part of a team to organise sports events ✱ explaining rules, scoring and tactics in particular sports
<i>Numerical skills:</i>	<ul style="list-style-type: none"> ✱ collecting and recording data ✱ reading, understanding and interpreting graphs, tables and histograms ✱ estimating, measuring and calculating distances and timescales ✱ observing and measuring physical performance and biological response 	<ul style="list-style-type: none"> ✱ working out how much exercise someone should do, taking into account their age, height, weight and general state of fitness ✱ using diagrams to explain techniques for measuring fitness
<i>Problem solving:</i>	<ul style="list-style-type: none"> ✱ selecting suitable techniques to test hypotheses and investigate biological and physiological processes ✱ carrying out practical investigations and experiments 	<ul style="list-style-type: none"> ✱ setting up experiments to test physical responses to exercise such as strength, stamina, motivation and fatigue
<i>Sporting skills:</i>	<ul style="list-style-type: none"> ✱ demonstrating sports skills and coaching others ✱ communicating the values of hygiene, nutrition, physical well being, fair play and self discipline 	<ul style="list-style-type: none"> ✱ behaving in a sporting manner yourself and encouraging others to do so

⊗ Ways in which you might use

- ✿ investigating the availability, suitability and price of equipment, facilities, funding sources, etc.
- ✿ researching and preparing reports or funding applications

- ✿ producing letters, memos, reports, presentation materials, notices and handouts
- ✿ preparing exercise plans for individuals

- ✿ organising events or activities
- ✿ working as part of a team
- ✿ teaching or coaching others in sports
- ✿ leading groups or expeditions in physical activities

- ✿ calculating how much exercise an individual should do as part of a personal fitness plan
- ✿ undertaking research into sports performance, equipment design, etc.

- ✿ working out exercise and fitness programmes for individuals and teams

- ✿ refereeing matches and ensuring that players adhere to rules and any codes of behaviour
- ✿ being physically fit and active

sports studies

🔗 other skills

In addition to the specific skills you will develop whilst studying Sports Studies at Advanced level, you may also develop a number of other skills which will be extremely important, whether you go on to higher education or into employment.

>Improving own learning and performance:

- dealing with complex subjects
- checking understanding of work set and seeking clarification if unsure
- agreeing and setting targets and planning action
- following a plan to meet targets and making revisions to the plan as necessary
- checking progress with an appropriate person
- identifying any support needed and using it effectively

>Working with others:

- planning activities with others
- identifying and agreeing targets with others and checking understanding
- identifying and confirming responsibilities within the group
- agreeing working arrangements with those involved

>Working with Information Technology:

- deciding what, when and whether to use information technology
- selecting and using appropriate technological hardware and software to process data, prepare and present information
- identifying support needed and using it effectively

Sports Studies

C A R E E R c-o-n-n-e-c-t-i-o-n-s

There are a number of careers where having an Advanced level qualification in Sport / PE, and all the skills you develop through studying it, will be very useful. You can find out more about these careers by looking up information in your careers library under the Connexions Resources Classification Index (CRCI) codes listed here.

CRCI code	Title
M	General information on Tourism
MB	Sport and Outdoor Pursuits
MA	Leisure and Recreation
O	Marketing and Advertising
F	Teaching
V	Youth Work
JF	Physiotherapy
JF	Sports Therapy
PB	Journalism
UC	Fire and Rescue Services
UA	Armed Forces Careers
UA	Royal Marines

Although it is possible to enter some of these jobs after Advanced level studies, many of these areas recruit people with higher qualifications so you may need to seriously consider going on to higher education.

6 ways to check it out



Put a cross against those skills you already have.



Tick those skills you would like to gain or develop further.



Could you see yourself studying this subject at:

	Yes	No
Advanced level	<input type="radio"/>	<input type="radio"/>
Degree level	<input type="radio"/>	<input type="radio"/>



Look at the Career Connections section which lists careers related to Sport and PE. Do any of these appeal to you? Why?



Look at the 'Thinking of doing a degree' section which lists degree programmes that are popular with Sport / PE students. Tick those that appeal to you. Pick out your top 3 and explain why.



So what do you think?
Are you interested in studying Sport / PE further? Give 3 reasons for your answer:

1

2

3

Remember: Advanced level course grades can be converted into UCAS points which count towards admission to university so it is important to choose subjects which reflect your interests and abilities

A = 120 points
B = 100 points
C = 80 points
D = 60 points
E = 40 points

Thinking of doing **a** degree?

Degree level programmes normally require a minimum of 2 A2 levels, or the equivalent, plus supporting GCSE passes. At degree level sports courses can usually be distinguished between those that have a science bias (often titled Sports Science) and those with a more general study of the Sports and Leisure Industry (Sports Studies).

Degree courses in Sport

Sports courses vary enormously in style and content, in the amount of practical experience that is covered, and include the following titles:

- ⊕ Sports & Exercise Science
- ⊕ Applied Sports Sciences
- ⊕ Sport Development & Coaching Sciences
- ⊕ Fitness Science
- ⊕ Sport & Recreation Management
- ⊕ Human Movement
- ⊕ Tourism & Leisure Studies
- ⊕ Leisure Management
- ⊕ Health Sciences
- ⊕ Outdoor Leadership
- ⊕ Adventure Recreation Management
- ⊕ Education and PE (Teaching)
- ⊕ Sport and Fitness Management
- ⊕ Sport and Human Performance
- ⊕ Sports Coaching
- ⊕ Sports Product Design
- ⊕ Sports Development
- ⊕ Sports Psychology
- ⊕ Sports Studies
- ⊕ Sports Technology
- ⊕ Sport and Society
- ⊕ Community Sport Development

There are many degrees where having an Advanced level qualification in Sports Studies may not be of direct relevance but will be useful, however, so you need not be restricted by this list.

Sport related degree courses

Other degree courses where Sports Studies may be useful include:

- ⊕ Physiology
- ⊕ Biological Sciences
- ⊕ Community Development
- ⊕ Countryside Management
- ⊕ Hospitality Business Management
- ⊕ Health Sciences
- ⊕ Human Biology
- ⊕ Nursing
- ⊕ Physiotherapy
- ⊕ Psychology
- ⊕ Sociology
- ⊕ Travel and Tourism Management

Some of these will require that you also have other science A levels alongside your sports studies. Details of all the degrees available in these areas, and more, can be found on the University Central Admissions System website at www.ucas.com

Sports Studies F A C T F I L E

Opportunities for Graduates

From recent surveys the following trends have been identified for Sports Science graduates (based on a survey of graduates' six months after completion of the degree):

- ★ around 62% of graduates entered
- ★ a significant number entered work
- ★ other job areas included sales
- ★ 17% entered further full-time study including teacher training.

...jobs



These are some of the jobs that Sports graduates have gone into in recent years ...

- Sports Co-ordinator
- Fitness Adviser
- Coach/Trainer & Semi
- Trainee Respiratory
- Police Office
- Trainee Manager (Breweries)
- Trainee Pharmacist
- Lifeguard
- Croupier
- Customer Service



need to find out more?

You might find these publications useful. Check to see if your Careers Library or local library have copies.

- > Sport and Fitness Uncovered
published by Kogan Page
- > AGCAS: Sport & Leisure
published by AGCAS/CSU
- > Degree Course Guide - Leisure and Sport
published by Trotman
- > Sport and Fitness Uncovered
published by Trotman
- > Sports Scholarships in the USA
available from the Fulbright Commission
- > Sports Scholarships and College Athletic Programmes in the USA
published by Vacation Work

Free information is available from the following organisations. If writing please send a stamped addressed envelope to cover postage:

- ▷ Central Council of Physical Recreation
4th Floor, Burwood House
14-16 Caxton Street
London SW1H 0QT
0207 976 3900
Email: info@ccpr.org.uk
www.ccpr.org.uk
- ▷ Fitness Industry Association
4th Floor, 61 Southwark Street
London SE1 0HL
020 7202 4700
www.fia.org.uk
- ▷ The Football Association
25 Soho Square
London
W1D 4FA
0870 8500 424
www.thefa.com
- ▷ Fulbright Commission (US Education Advisory Service – including Sports Scholarships)
62 Doughty Street
London WC1N 2JZ
020 7404 6994
www.fulbright.co.uk
- ▷ Institute for Outdoor Learning
The Barn
Plumpton Old Hall
Plumpton
Penrith
Cumbria CA11 9NP
01768 885800
Email: institute@outdoor-learning.org
www.outdoor-learning.org
- ▷ Institute for Sports, Parks and Leisure Professionals
The Grotto House
Lower Basildon
Reading RG8 9NE
0845 603 8734
Email: info@ispal.org.uk
www.ispal.org.uk
- ▷ Institute of Sport & Recreation Management
Sir John Beckwith Centre for Sport
Loughborough University
Loughborough
Leics LE11 3TU
01509 226474
Email: info@isrm.co.uk
www.isrm.co.uk
- ▷ Sports Coach UK
114 Cardigan Road
Headingley
Leeds LS6 3BJ
0113 274 4802
www.sportscoachuk.org
- ▷ Sport England
3rd Floor, Victoria House
Bloomsbury Square
London WC1B 4SE
020 7273 1351
Email: info@sportengland.org
www.sportengland.org
- ▷ Sub Aqua Association
Space Solutions Business Centre
Sefton Lane
Maghull
Liverpool L31 8BX
0151 287 1001
Email: admin@saa.org.uk
www.saa.org.uk