



**Careers Education**

**GA TSBY BENCHMARKS 2, 3 and 4**  
 Learning from career and labour market information  
 Addressing the needs of each pupil  
 Linking curriculum learning to careers

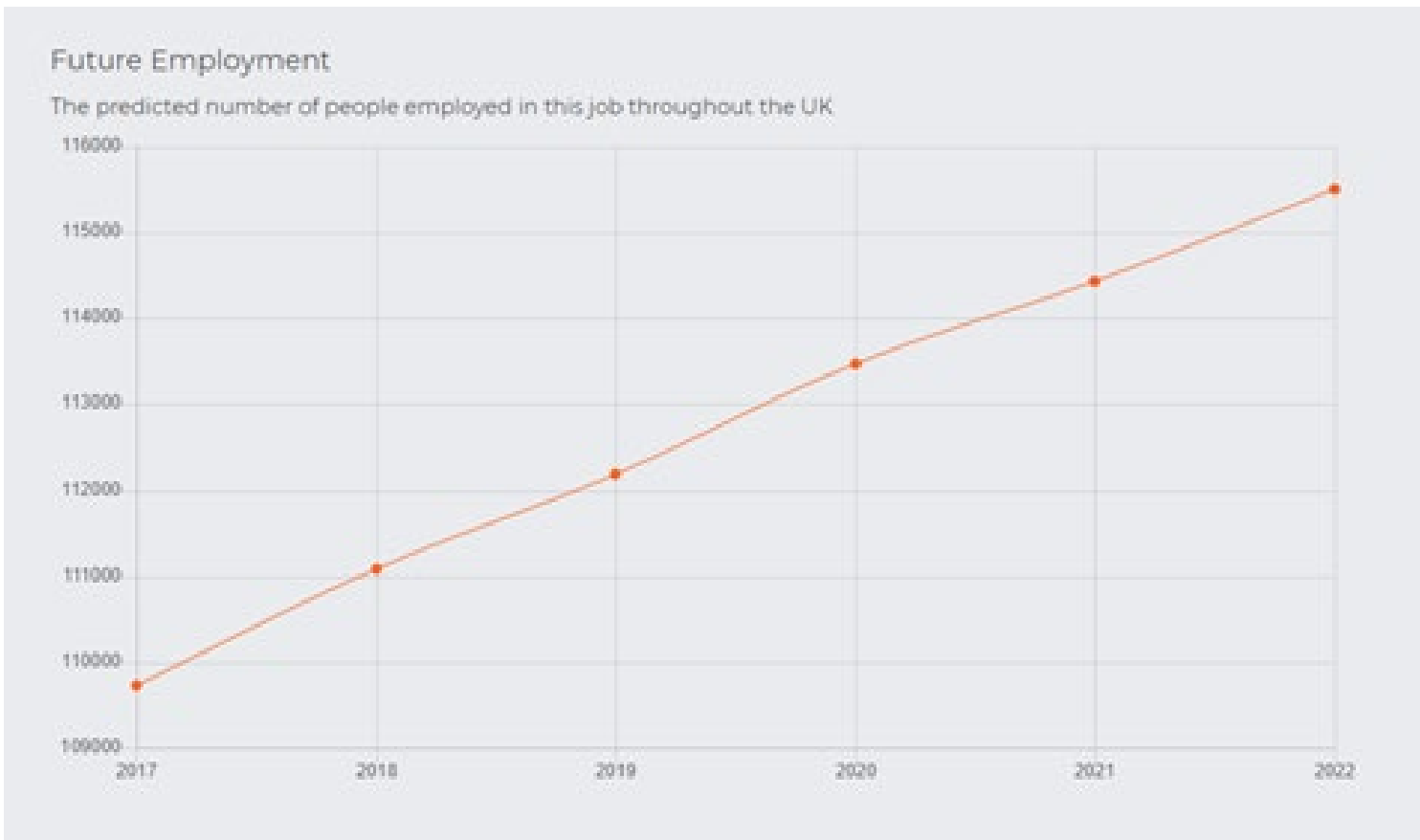


# Career of the week

Monday 21 September 2020

## Sport Coach

Labour market information



Typical weekly hours estimate  
**37**  
 Source: UKCES LMI For All - Annual Survey of Hours & Earnings

Starting Salary  
**£28,000**  
 Source: U-Explore National Research

UK Average Salary  
**£35,000**  
 Source: U-Explore National Research

**Useful GCSE / BTEC subjects for this career:**  
 Physical Education, Maths, English, Biology

Extra-curricular – First Aid qualification, Sports Leader

Job title:	Description:
<b>Sports Coach</b>	Sports coaches work with people taking part in sport and exercise, both professionally and at an amateur standard, and it is their job to motivate people and help them to achieve their personal goals by performing to the best of their ability. They do this by using their knowledge and experience to plan and organise structured training sessions.

<p><b>Career Pathways / Entry requirements:</b></p>	<p><b>University</b> You can take a foundation degree, higher national diploma or degree in:</p> <ul style="list-style-type: none"> <li>• sports coaching and development</li> <li>• sports and exercise science</li> <li>• sports studies</li> <li>• physical education</li> </ul> <p><b>Entry requirements</b></p> <p>You'll usually need:</p> <ul style="list-style-type: none"> <li>• 1 or 2 A levels, or equivalent, for a foundation degree or higher national diploma</li> <li>• 2 to 3 A levels, or equivalent, for a degree</li> </ul> <p><b>College</b> You can do a qualification at college like a Level 3 Diploma/ Extended Diploma in Sport /Coaching. Some courses are specific to a particular sport, for example coaching tennis or basketball.</p> <p><b>Entry requirements</b></p> <p>You'll usually need:</p> <ul style="list-style-type: none"> <li>• 4 or 5 GCSEs at grades 9 to 4 (A* to C), or equivalent, for a level 3 course</li> </ul>
<p><b>Skills required:</b></p>	<p>You'll need:</p> <ul style="list-style-type: none"> <li>• leadership skills</li> <li>• the ability to teach pupils how to do something</li> <li>• patience and the ability to remain calm in stressful situations</li> <li>• the ability to monitor your own performance and that of your colleagues</li> <li>• excellent verbal communication skills</li> <li>• knowledge of teaching and the ability to design courses</li> <li>• to be thorough and pay attention to detail</li> <li>• the ability to use your initiative</li> <li>• to be able to carry out basic tasks on a computer or hand-held device</li> </ul> <p><b>Restrictions and Requirements</b></p> <p>You'll need to:</p> <ul style="list-style-type: none"> <li>• pass <a href="#">enhanced background checks</a>, as you may be working with children and vulnerable adults</li> </ul> <p>You'll usually need some knowledge of first aid.</p>
<p><b>What you'll do:</b></p>	<p><b>Day-to-day tasks</b></p> <p>If you're working with schools and community groups, you'll:</p> <ul style="list-style-type: none"> <li>• plan fun, engaging coaching activities, sessions and programmes in a safe environment</li> <li>• give feedback on performance and help to improve technique</li> <li>• work with young people, schools, community groups and sports organisations to promote the sport</li> </ul> <p>If you're working with young people involved in competitive sport, you'll:</p> <ul style="list-style-type: none"> <li>• design basic training programmes</li> <li>• work on developing more advanced techniques and tactics</li> <li>• support performers at events and competitions</li> </ul> <p>If coaching at national or international level you'll:</p> <ul style="list-style-type: none"> <li>• design challenging and varied training programmes</li> <li>• monitor the physical condition and mental attitude of the people you coach</li> <li>• work with experts in sport like sports scientists, nutritionists, physiotherapists and programme managers</li> <li>• mentor other coaches</li> </ul>
<p><b>What you'll earn:</b></p>	<p>£28,000 Starter salary to £35,000 Average UK salary</p>
<p><b>Working hours, patterns and environment:</b></p>	<ul style="list-style-type: none"> <li>• 37-39 hours per week</li> <li>• You could work evenings/weekends/bank holidays as customers demand</li> </ul>
<p><b>Career path and progression:</b></p>	<p>With experience, you could become a Senior coach working for a National Governing Body (NGB) or professional sports club.</p>

<https://targetcareers.co.uk/careers-advice/choosing-your-career/1034364-careers-in-sports>

<https://www.firstcareers.co.uk/subjects/physical-education/>

**Related careers:**

Sports Physiotherapist <https://app.startprofile.com/role/1462>

Sport and Exercise Scientist <https://app.startprofile.com/role/696>

**Videos:**

Click on this link <https://www.firstcareers.co.uk/careers/what-does-a-coach-do/>