



Careers in...

# PE & Sport

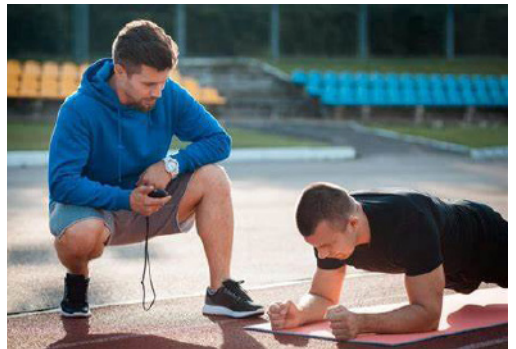
Advice for Year 10 & Year 11 Pupils



---

# Why Physical Education?

Physical Education (PE) is a dynamic and engaging subject that promotes physical fitness, teamwork, and a healthy lifestyle. It helps you develop a deeper understanding of the human body, sports, and the importance of physical activity. Studying PE can also enhance your mental well-being and provide a foundation for lifelong fitness habits.



---

## 1. Explore Career Paths in PE

A GCSE in PE can open doors to various career paths, including:

- **Sports Coaching:** Working with athletes to improve their performance.
  - **Physical Education Teaching:** Educating students about physical fitness and sports.
  - **Sports Science:** Researching and applying scientific principles to improve athletic performance.
  - **Physiotherapy:** Helping people recover from injuries through physical therapy.
  - **Sports Management:** Overseeing sports teams, facilities, and events.
  - **Fitness Training:** Designing and leading exercise programs for individuals or groups.
-

---

## 2. Skills PE Gives You

Studying PE equips you with a range of valuable skills, such as:

- **Teamwork:** Collaborating with others to achieve common goals.
- **Leadership:** Leading teams and motivating others.
- **Communication:** Effectively conveying information and instructions.
- **Problem-Solving:** Developing strategies to overcome challenges.
- **Time Management:** Balancing training, competitions, and academic responsibilities.
- **Resilience:** Building mental toughness and coping with setbacks.



---

### 3. Subject Combinations and Education Pathways

#### **At School:**

Combining PE with subjects like Biology, Psychology and Health & Social Care can provide a strong foundation for further studies in sports-related fields.

#### **Further Education in the North West of England:**

Colleges and universities in the North West offer various courses, such as BTEC Sport, A-Level PE, and degrees in Sports Science, Physiotherapy, and Sports Management.

#### **Professional Development:**

Pursuing certifications in coaching, fitness training, and sports therapy can enhance your career prospects and provide practical experience.



---

## 4. PE in the Real World

PE is not just about playing sports; it has real-world applications in promoting health and well-being. Professionals in this field work in schools, sports clubs, gyms, hospitals, and community centres, making a positive impact on individuals and communities by encouraging active lifestyles and improving physical health.

---

## 5. What Can You Do Now?

### In Year 10:

- **Get Involved:** Participate in school sports teams and extracurricular activities.
- **Volunteer:** Help out at local sports clubs or community events.
- **Research:** Explore different career options and the qualifications needed.

### In Year 11:

- **Plan Ahead:** Consider your post-GCSE options, such as A-Levels, BTECs, or apprenticeships.
  - **Work Experience:** Seek opportunities to gain practical experience in sports-related fields.
  - **Stay Active:** Maintain your fitness and continue participating in sports.
-

---

# Useful Resources

- **National Careers Service:** [nationalcareers.service.gov.uk](http://nationalcareers.service.gov.uk)
- **UCAS:** [ucas.com](http://ucas.com)
- **Youth Sport Trust:** [youthsporttrust.org](http://youthsporttrust.org)
- **Sport England:** [sportengland.org](http://sportengland.org)
- **British Association of Sport and Exercise Sciences (BASES):** [bases.org.uk](http://bases.org.uk)

Mr Bullock, Head of PE & Sport  
January 2025