

Careers involving Physical Education



Physical education, or PE for short is the study of physical movement, safety and health and well-being. There are a wide range of activities associated with PE including sports, dance and weight training. Physical education helps develop and maintain confidence, well-being and social skills that can be more difficult to achieve through other subjects. Many aspects of PE involves working in teams towards a common goal. Through playing team sports and problem solving with others, you'll develop clear communication skills that will help you in the workplace. Every employer looks for candidates who are able to communicate well verbally and in writing. Physical education is a very social subject and can involve a lot of group work. You'll learn how communicate and socialise with people in an effective way. When you start working, you'll encounter people from a range of different backgrounds, each with different personalities. Studying PE will help you learn how to best communicate with people in a team in order to produce the best results.

Physical education lends itself to a range of careers in sports and fitness as well as other industries that you may not have considered before. For example, did you know that many nutritionists, physical therapists and chiropractors have a degree in PE? Some careers that you could consider doing with PE include:

- Sports science
- PE teacher
- Physiotherapist
- Professional sportsperson
- Sports coach/consultant
- Sports policy at local and national level
- Diet and fitness instructor
- Personal trainer

If you want to specialise in coaching or teaching a specific sport, then there's a chance that you'll need to have a degree in physical education. If you plan to study Sports Science or Occupational Therapy, then having GCSE and A-level PE will certainly come in useful when applying to university. However, every institution is different and you should check the entry criteria with individual universities when applying for degree programmes. At GCSE and A-level, physics, chemistry and biology go well with physical education and will be particularly useful when applying for jobs and university courses. If your school offers sports science or sports science as well as PE, then these subjects will also impress an employer or university. Athlete or sportsperson

To be an athlete or sportsperson, you first need to have a talent for a particular sport. You also need to be willing to commit a lot of time to developing your ability, particularly if you intend to compete at professional level. To become a sportsperson, you may not need to have any particular qualifications although having good grades at GCSE and A-Level will certainly help if you want to apply for sports scholarships.

To be a professional athlete you need to have bundles of energy. If the idea of waking up early to train in all weather doesn't phase you, then a career in sport could be for you. But being a sportsperson isn't just about physical exercise, you'll still need to study your discipline and maintain a healthy diet and lifestyle to gain an advantage over competitors.

Coach or trainer

If you don't fancy being a sportsperson yourself, you could be well-suited to training others in a particular discipline. Many coaches and trainers were once sportspeople themselves, but this isn't always the case. If you have expert knowledge of a sport and have good communication skills, you could have a rewarding career coaching other people. To become a coach, you'll likely need to have good passes at GCSE and A-Level, ideally in Physical Education. You'll also need to gain coaching certificates in your particular sport.

Sports journalist or broadcaster

If you're more of a sports fan than an athlete, a career as a sports journalist could be perfect for you. You may be an 'all-rounder' and cover all types of sport as part of your job, or concentrate on one particular sport. To be a sports journalist or broadcaster, you'll need to have good passes at GCSE level, particularly in English. Having a qualification in media would also be beneficial.

As a journalist or broadcaster, your job could involve travel. If you like the idea of travelling to different sporting events and meeting sportspeople, then this job could tick all the boxes for you. Because there are many different paths into media careers, it's also a good idea to get some work experience under your belt. We have a whole series of posts dedicated to helping you get the most out of work experience in the Advice section of our site.

Marketer

A career in marketing lends itself to many different industries and that includes sport. To become a marketer, you'll need to have A-Level passes, ideally in English and a business subject as well as a degree in marketing or communications. You could find yourself working as a sports coordinator in schools, as a marketing manager for a sports organisation, or for a big sports brand. You'll need to have a strong interest in sport and enjoy being creative. You should also be internet-savvy and have good communication skills.

Nutritionist

Sports nutritionists provide dietary advice to sportspeople and conduct research into sports performance. To become a sports nutritionist, you'll need to have A-Levels in Science subjects and a degree in nutrition. A strong interest in sport is a big plus as well as an interest in biology.

As a physical education major, you can almost guarantee that your future career will be an active one. Whether you aspire to teach kids the benefits -- and fun -- that comes with being physically active or you want to help adults, seniors or athletes achieve new levels of fitness, you'll spend a lot of your time demonstrating skills and inspiring your charges. Career options in this field include teaching, coaching, training and more.

Teaching PE



Perhaps the most obvious career choice for someone with a background in physical education is to become a physical education, or "PE," teacher in a high school, middle school, elementary school or college. PE teachers instruct students in the safe use of equipment, teach games and skills, and help students live healthy lifestyles. To become a PE teacher in a public school, you'll need a bachelor's degree in physical education or a related field, as well as a teaching certificate from the state in which you want to work. To obtain the teaching certificate, you'll need to take courses in pedagogy, child development and other educational subjects.

Activities Director



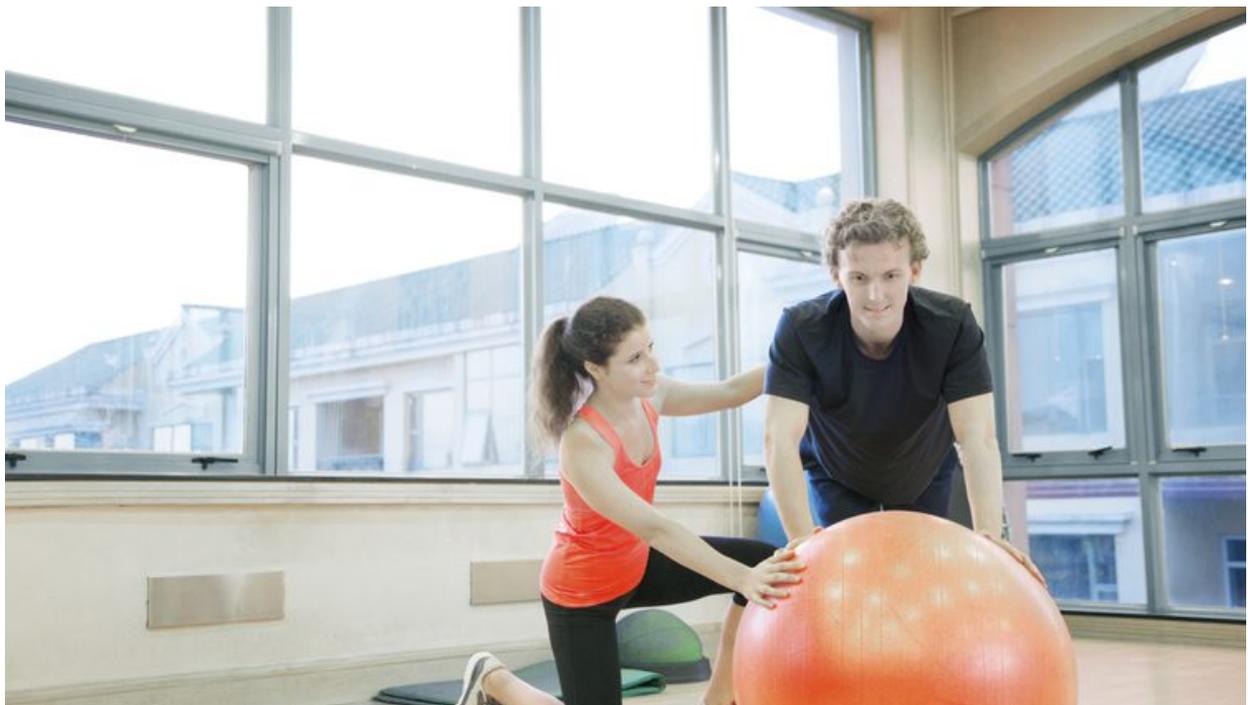
A physical education background can also come in handy for careers related to adult physical activity. People who major in physical education in college can go on to become an activities director on a cruise ship, in a country club or athletic facility or even in a prison. As the physical activities director, you'll be planning activities that work well for the particular population. That might include sporting activities, dances, outings such as hikes, fun runs or walks or active fundraisers. You might also help individuals utilize resources in the local area. For example, you might point a client toward a surfing workshop at a cruise port of call, or help a senior citizen find a walking group.

Athletic Coach



A physical education background lends itself well to a career as a coach -- whether that be coaching young people or college or professional athletes. In many states, coaches at the high school or even middle school level are required to have a teaching credential, or to take special coursework that prepares them for teaching. Having personal experience playing the particular sport you're coaching is a big help, but your degree in physical education may also provide you more in-depth knowledge of that sport or activity.

Fitness Instructor or Personal Trainer



Physical education degree holders can also become personal trainers, group fitness instructors or strength coaches. Some colleges offer coursework that allows you to obtain your certification in one of these fields at the same time as you're getting your PE degree. Personal trainers and group fitness instructors don't typically need a college degree, but if you aspire to be a strength and conditioning coach through the National Strength and Conditioning Association, one of the prerequisites is a college degree.

An interest in athletics, exercise, or sports can lead to a variety of different careers within the sports and exercise industries. You might choose to pursue a career in coaching at the high school, college, or even professional level. Other career options include fitness trainers, recreation workers, physical education instructors, physical therapists, sports medicine, human kinetics, sports nutritionists, and even sport psychologists. Explore your many options as you choose a career in the sports or exercise industry.

The foundation for many of these sports and exercise careers is the study of kinesiology. Kinesiology encompasses the study of physical activity and how it affects health and the quality of life. A student studying kinesiology can prepare to enter careers such as coaching, fitness training, physical education instruction, sports medicine, physical therapy, corporate fitness instruction, and sports management. Even without a degree in kinesiology, it's possible to pursue careers in the sports and exercise fields, however. For example, it's possible to enroll in a fitness trainer certification program to become a certified fitness trainer, working with clients privately or in fitness centers.

The field of physical therapy offers many different opportunities as well. Physical therapists have the ability to partner with patients as they work to improve health or increase mobility. Physical therapists may utilize exercise machines in a clinical setting during therapy sessions with patients. Physical therapists can also help patients avoid conventional treatments such as pain medication and surgery by utilizing other therapeutic options such as therapy with exercise machines.

Sports medicine is a broad field of study that involves a medical practice specializing in preventing, diagnosing, and treating athletic injuries. A physician specializing in sports medicine could work as a team doctor on a college or professional sports team. Olympic or professional athletes also need physicians specializing in sports medicine. Exercise science is connected with the practice of sports medicine because exercise science involves understanding physical movement and how the human body responds and adapts to it.

