

A GUIDE TO CAREERS IN SPORT AND EXERCISE SCIENCE

The British Association of Sport and Exercise Sciences



WELCOME FROM BASES EXECUTIVE DIRECTOR

2



Key decisions about what to study at university and what to do after graduating from university can be overwhelming. However, it does not have to be such a daunting and confusing task. There are many resources available to help you make the right decisions. I hope that this guide will serve as a useful and informative resource, whether you are currently studying sport and exercise science at university or are considering it as a possible career.

The decision of what undergraduate or postgraduate course to study will not define your whole career, but making a well-informed decision that reflects your interests and skills will help save you significant time and effort in the future and can help you to stand out in a highly competitive job market. It is with this in mind that we have developed *A Guide to Careers in Sport and Exercise Science*; a concise yet comprehensive guide, packed full of helpful information about careers in sport and exercise science to help you to identify and pursue your dream job or career.

In developing this guide, we have sought the views of many of our members: practitioners, researchers, lecturers, students and other professionals within the industry who have ‘been there and done that’. I hope that the guidance and advice provided by these experts will help to answer some of the frequently asked questions about careers in sport and exercise science and will support you in making decisions that will positively shape your future career. I wish you the very best of luck in whatever path you choose to take.

Ian Wilson
BASES Executive Director

A handwritten signature in black ink that reads "Ian Wilson". The signature is written in a cursive style with a long, sweeping underline.



5

Introduction



6

What is sport and exercise science?



7

The British Association of Sport and Exercise Sciences



8

Pursuing a career in sport and exercise science



10

Entry requirements



11

Choosing an undergraduate course



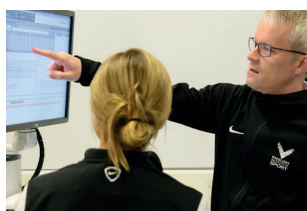
16

BASES Undergraduate Endorsement Scheme



18

Choosing a postgraduate course



21

BASES Accreditation and Supervised Experience



27

Insider's view: Tips from recent sport and exercise science graduates



28

Insider's view: Insight from current sport and exercise science students



29

Employer profile



32

Career pathways



36

Job profiles
Exclusive member benefit*



54

Useful websites and resources



56

Acknowledgements

*Join BASES to unlock sixteen professional profiles.



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This careers' guide is for anyone interested in pursuing a career in the field of sport and exercise science. The guide provides information to help you choose the right undergraduate or postgraduate course to pursue your chosen career path. For those who aren't yet sure what they want to do after university, we have included a comprehensive overview of the range of careers that you could pursue after graduation.

Many institutions offer courses in sport and exercise science, covering a range of disciplines and sub-disciplines. It can be a daunting process trying to narrow down your choices to five courses on your UCAS form or deciding on an area of specialism for your postgraduate degree. We hope that this guide makes these decisions less confusing by highlighting the important points you need to consider when choosing a course in sport and exercise science.

In this guide you will find an overview of a number of common career paths of sport and exercise science graduates. This includes 16 job profiles – written by professionals working in the sector – to give you an insight into what each role entails and what qualifications, training and experience you will need if you want to pursue that career.

Finally, this guide provides a range of helpful information, tips and advice from sport and exercise science professionals and graduates on how to choose the right career path (for you) and how you can be proactive during your studies to improve your chances of landing that dream job in the future.

Feel free to use this guide in whatever way suits your needs, whether deciding if a career in sport and exercise science is for you, narrowing down career options or choosing the perfect sport and exercise science course.

WHAT IS SPORT AND EXERCISE SCIENCE?



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▲ There are many more applications for sport and exercise science than within elite-level sport.

Sport and exercise science is the application of scientific principles to the promotion, maintenance and enhancement of sport and exercise-related behaviours. It is fast becoming one of the most popular subjects to study at both undergraduate and postgraduate level. Sport and exercise science aims to answer questions such as:

- ▶ What happens to the body during physical activity?
- ▶ How and why do injuries occur?
- ▶ How does the body and mind react in extreme environments?
- ▶ How can physical activity support the prevention and treatment of chronic diseases?
- ▶ How can athletes improve their performance?

Most undergraduate sport and exercise science degrees will be structured around the three core elements of sport and exercise science: biomechanics, physiology and psychology. A graduate in sport and exercise science would be expected to have a broad knowledge base covering all three of these aspects and how they interact in both sport performance and health-related exercise. Postgraduate study will usually provide greater specialisation in one or more specific aspects of sport and exercise science.

THE DISCIPLINES OF SPORT AND EXERCISE SCIENCE



Biomechanics: An examination of the causes and consequences of human movement and the interaction of the body with apparatus or equipment through the application of mechanical principles.



Physiology: The branch of biological sciences that is concerned with the way that the body responds to exercise and training.



Psychology: The branch of sport and exercise science that seeks to provide answers to questions about human behaviour and mental processes in sport and exercise settings.



Interdisciplinary: Involves seeking to contribute to the body of knowledge or solve a real-world problem in sport or exercise using two or more disciplines in an integrated fashion from the outset.



THE BRITISH ASSOCIATION OF SPORT AND EXERCISE SCIENCES



Promoting excellence in sport and exercise sciences

The British Association of Sport and Exercise Sciences (BASES) is the recognised professional body for anyone with a professional interest in the science of sport and exercise in the UK. BASES was founded in 1984 with the aim of establishing a powerful, unified voice to promote and support the interests of sport and exercise science in the UK.

Our mission is to lead the advancement of knowledge and evidence-based practice within the sport and exercise sciences for the benefit of human performance, health and education.

BASES represents sport and exercise sciences nationally and internationally by promoting careers; organising conferences and workshops; commissioning and developing publications; endorsing degree courses; providing grants for research; and maintaining professional standards through a system of accreditation.

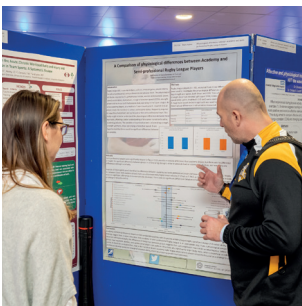
Anyone who is studying sport and exercise science, or is working in a sport and/or exercise science-related occupation, is eligible to become a BASES member. Joining the largest sport and exercise science network in the UK gives you access to a wide range of resources and benefits designed to support you through your studies and subsequent career. To find out more about the range of benefits of becoming a BASES member, visit www.bases.org.uk



▲ A strength test using an isokinetic dynamometer.



▲ BASES conference sessions are sector-leading.



▲ A conference poster session.



▲ BASES Fellow Professor Zoe Knowles.



▲ Exhibitor at BASES Conference 2019.

PURSuing A CAREER IN SPORT AND EXERCISE SCIENCE



Are you interested in human movement, sports performance, physical activity and health? If so, a career in sport and exercise sciences might be for you. The career opportunities available to sport and exercise scientists are expanding all the time and this growth appears likely to continue for the foreseeable future.

Most sports now recognise sports science as an integral part of their development and success. Most athletes consider the application of sports science as part of everyday training and competition. In relation to exercise science, published NHS guidelines outline the role of physical activity and exercise in the prevention and treatment of long-term conditions. This emphasises the importance of exercise as part of healthcare. Clinical Exercise Physiologists are now recognised registered professionals that are employed within public and private healthcare, as part of multidisciplinary teams, and work with individuals with clinical conditions (see page 25 for information).

Despite the increasing number of job opportunities in sport and exercise science, the number of sport and exercise science graduates is also growing, making competition for jobs intense. Students should, therefore, take every opportunity to gain experience and build networks whilst at university and think about how to develop their knowledge and skills beyond what they learn on their course. Here are a few ideas about how you can do this:

Keep up to date with current issues

It is important to recognise that in order to further your career you will have to take responsibility for your own professional development. Being a part of a professional body, such as BASES, can help you keep up to date with news, upcoming events and the latest research in the sport and exercise science sector, and ensure you are kept aware of opportunities to gain experience via internships, research projects or presenting your research at a conference. Remember that new research in sport and exercise science is constantly being published. Being aware of the latest developments is one way to show your knowledge and passion for your subject area – just make sure you are

reading credible sources as there is a lot of misinformation on the internet and in the media.

Gain additional qualifications

Extra qualifications may be essential for you to progress in your chosen career – or may simply help you stand out in a crowded job market. Graduates who progress most quickly in their careers are often those who have sought to gain additional experience and qualifications. Employers will see this positively in terms of your willingness to learn and as evidence of commitment to your chosen career. Undertaking further courses following your degree will make you more marketable and hopefully help you move up the career ladder. This, in turn, will generally mean your earning power increases accordingly. Qualifications might include coaching, first aid, gym instructing or safeguarding training.

Become a BASES student member

Becoming a BASES student member allows you to become part of the largest sport and exercise science network in the UK. You will have the opportunity to network with professionals within BASES, attend the student conference, and access additional learning opportunities. As well as being great for your development within sport and exercise science, this will also look good on university applications because it will show that you have an appreciation of the wider sport and exercise science landscape.

BASES Accreditation (see page 21) is an industry-standard qualification for practising sport and exercise scientists that will open many doors to a successful career in sport and exercise science. The most common route to accreditation is via the BASES Supervised Experience programme, which is open to anyone who has completed an undergraduate degree in sport and exercise science. BASES also offers specialist accreditations for practitioners working in high-performance sport (BASES High Performance Sport Accreditation), prescribing exercise (BASES Certified Exercise Practitioner), or in Sport and Exercise Psychology (Sport and Exercise Psychology Accreditation Route).

THE SPORT AND EXERCISE SCIENTIST

BASES publishes *The Sport and Exercise Scientist* four times per year. It's free to all members, full of insight, interviews, news, articles, reviews and much more.



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Exercise Science

BSc (Hons) Sport and
Exercise Therapy

BSc (Hons) Sport Coaching
and Physical Education

BSc (Hons) Strength and
Conditioning with
Rehabilitation

aru.ac.uk/sportcourses

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aru. | Anglia Ruskin
University

*Guardian League Tables for Sports Sciences 2021 & 2022

ENTRY REQUIREMENTS



Appropriate qualifications are needed to get on to a degree course. For many students, this means gaining the required GCSE and A level grades at school or college. Check carefully what A level subjects and grades are required for the courses you're interested in as these can vary significantly. Most institutions require A level Physical Education or an A level science subject (e.g. Biology). You'll usually need at least 5 GCSEs at grade 4 or above, including Maths and English. The UCAS website or university websites show you the sort of subjects and grades required for different courses. Your teachers or career advisers can also offer help and advice.

There are alternatives to the traditional A level route (see table below) which may be better suited to those who want to gain more vocational (job-related) skills and experience that can be used to gain employment in the sport and/or exercise sector. Part-time 'pre-degree' qualifications are also available for those already working in the industry, or who want to switch to a career in sport and exercise science. Before selecting a course, check carefully that whatever route you choose is suitable to gain entry to the degree you're interested in.

Useful websites

BASES Course Finder

www.bases.org.uk/courses.php

Pearson (BTEC qualification regulators)

<https://bit.ly/32XMJ3f>

Universities and Colleges Admissions Service (UCAS)

www.ucas.com

Business and Technology Education Council (BTEC) qualifications

BTEC offer sport and exercise science courses across their range of qualifications.

BTEC First Certificate/First Diploma

(One year full-time). You will usually need 1–2 GCSEs grade 4 or above to enrol. The course is equivalent to GCSE level and can be progressed to a BTEC National Diploma.

BTEC Extended National Diploma

(Two years full-time). You will usually need 4 GCSEs grade 4 or above, or a BTEC First Diploma to enrol. The qualification can be progressed to a BTEC HND or used to gain entry to a degree course.

BTEC Higher National Diploma (HND)/BTEC Higher National Certificate (HNC)

(Two years full-time). You'll usually need a relevant BTEC National Diploma or relevant GCSE passes and A levels. HNC/HND courses are offered by further education colleges and by some universities. From a HND you can progress to degree-level study. In some cases you can transfer straight into the second year of a degree course.

Foundation Degrees

(Two years full-time). A foundation degree includes a mix of traditional degree-level teaching and 'work-based learning', where you undertake placements with an appropriate employer. You'll usually need an A level or equivalent. All foundation degrees offer the chance to 'top-up' to a full honours degree by further study.

NVQ Framework Level	GCSE / A Levels	BTEC Qualifications
Level 1 Foundation	GCSE Grades 1–3	
Level 2 Intermediate	GCSE Grades 4–9	BTEC First Certificate/First Diploma
Level 3 Advanced	A levels	BTEC Extended National Diploma
Level 4		BTEC Higher National Diploma (HND) BTEC Higher National Certificate (HNC) Foundation Degree (FD)

CHOOSING AN UNDERGRADUATE COURSE

11

With so many courses available it is important that you consider which is the best for you. To help you with this decision, the following is offered as a guide to the key characteristics to look for in a sport and exercise science degree.

Is the course endorsed by BASES?

BASES endorsement assures the appropriateness of the curriculum, resources and opportunities that undergraduate courses offer for training sport and exercise scientists. See page 16 or visit the BASES website (<http://bit.ly/2UfqVJT>) for more details on the BASES Undergraduate Endorsement Scheme.

Are the three foundations of sport and exercise science (biomechanics, physiology, psychology) covered, as well as interdisciplinary approaches? Unless you have a clear idea of what you want to do after your degree and know a more specialist degree course is the right thing for you, it's better to choose a course that covers the three foundation disciplines of sport and exercise science to keep your post-degree options open. Often, courses with the same name have different content (and courses with different names may cover similar material).

How is the course taught and assessed?

Make sure the course includes plenty of interactive teaching sessions as well as lectures. You may also want to think about the coursework to exam balance and choose a course that complements your strengths.

Are there good laboratory facilities to which you will have access?

Check that there is a strong practical skills element to the course and that you will get hands-on experience in the methods used by sport and exercise scientists.

What research, consultancy and community projects exist?

Involvement in these projects will allow you to gain experiences and skills beyond the formal curriculum. Universities with high-ranking research will generally publicise this along with their research rating (4* being the top Research Evaluation Framework [REF] grade awarded by UK Research and Innovation.)

Ask about placement and work-related learning opportunities

The sport and exercise science job market is competitive but when you ask any sport and exercise scientist the one piece of advice they would give to aspiring sport and exercise scientists, it will usually be something related to work experience, placements, or getting used to working with new people in unfamiliar settings. By taking part in placement and work-related opportunities, you get the opportunity to develop and apply your technical and transferable skills in real-world environments, and that makes a real difference when it comes to applying for jobs. It's definitely a question worth asking on open days!

Career pathways and employability of graduates

Most institutions should be able to provide information about where graduates progress to after their degrees. Look for institutions that are successful in placing graduates in sport and exercise jobs. The Discover Uni website (www.discoveruni.gov.uk) gives data about the percentage of students in graduate careers after specific courses, as well as average salaries earned by course graduates.

NSS, rankings and league tables

As with all important decisions, it is advisable to seek as much objective information as possible to support your choice. There are a number of scores and rankings for universities and courses that you can access yourself. The National Student Survey (NSS) asks final-year students how satisfied they are with their courses. Various league tables are also produced, including the Guardian University Guide league tables and the Complete University Guide, which ranks universities and course areas based on various measures including teaching, spend on students and research excellence. Published results and league tables may help you in shortlisting particular universities and courses.

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**(Complete University Guide 2022, QS Rankings 2022).*



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BSc (Hons) Football Coaching and Performance

BA (Hons) Physical Education and School Sport

BA (Hons) Sport Business Management

Postgraduate Courses

MSc Strength and Conditioning

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What to study

It may seem obvious, but it is worth stressing that if you are interested in the topic of your degree you are more likely to do well in it. Many students studying sport and exercise science have a strong interest in the area and this is a big advantage.

Some universities offer discipline-specific programmes of study at undergraduate level, for example, Sport and Exercise Psychology and Sports Nutrition. These courses tend to provide less breadth of study than traditional sport and exercise science courses. Such specialist courses may appeal to those applicants with a clear idea of their disciplinary interests and career progression, but this route can limit the range of potential options later in one's career. Generally speaking, a broad understanding of sport and exercise science is best achieved through multidisciplinary study at the undergraduate level (i.e. a course that covers biomechanics, physiology and psychology). A specialism can then typically be developed through relevant postgraduate study.

Where to study

You won't do very well in your course if you're unhappy, so pick an institution that you think you will enjoy attending. For some this means a city centre location, others prefer an out-of-town campus. Find out about the social and sporting facilities available, particularly if you have a specific sport you are keen to get involved in. You should also consider housing and other costs and how far you want to be from home. Find out what sort of help and support is available to students who experience problems during their time at university.



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Things that will help you decide

Do your research carefully and pick what you believe is the right course in the right location. Look in detail at what each course offers before making your choices and do not select simply on the course name. Most institutions offer open days, so go along and see what the place and people are like and ask lots of questions. Talk to friends and family but decide for yourself.

Most universities can provide information on the destinations of their graduates after they complete their degrees. However, you can also look at the university's Graduate Outcomes data. This is a survey that graduates complete 15 months after graduating from their degree courses and gives an indication of the extent to which their degree course has played a part in students reaching those destinations. The Office for Students' Projected completion and employment from entrant data (Proceed) combines Graduate Outcomes data with university progression and completion data to provide projected completion and employment from entrant data.

In terms of the types of jobs that graduates find after completing their degrees, this tends to vary widely. A sport and exercise science degree can open doors to a wide range of varied careers in professional sport, health promotion, education and research. Alternatively, some graduates tend to use the skills and knowledge they have acquired during their degree to enter the wider job market as graduates with a strong background in scientific theory and application.

When you go on open days or when you are contacting universities about courses, it is always worth asking them about the different industries, job roles and careers that their graduates progress to. If you are interested in a particular career route, you could ask about that specific option. If you aren't sure what you might like to do after your degree, you could ask more open questions about what graduates tend to do afterwards. The Discover Uni website also provides helpful information about different degree courses, such as student satisfaction and average earnings.

Applying through clearing

Sometimes things do not go to plan and you do not get the grades you need for your first choice of institution. It is always worth phoning them anyway, as they may still agree to accept you. However, if they do not, the UCAS website will list all institutions that still have places.

It will also give details of how to apply to formally enter the clearing process. It is important that you do not panic and simply accept the first place that comes along. Check that the course and institution will suit you and, if possible, go to visit and talk to the staff.

BSc (Hons) Sport and Exercise Science at London South Bank University



- Ranked 1st in the UK for Research Intensity in Sports Science (Complete University Guide, 2022)
- Ranked 2nd in London for Sport Science (Complete University Guide, 2022)
- Endorsed by the professional body for Sport and Physical Activity in the UK: CIMSPA.
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LSBU

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Useful Websites

BASES Undergraduate Students
www.bases.org.uk/page-students.html

Complete University Guide
www.bit.ly/3QzNF42

Discover Uni
www.discoveruni.gov.uk

Graduate Outcomes
www.graduateoutcomes.ac.uk

Guardian University Guide
www.theguardian.com/education

Higher Education Statistics Agency
www.hesa.ac.uk

Office for Students
www.officeforstudents.org.uk

Research Excellence Framework 2021
www.ref.ac.uk

Times Higher Education
www.timeshighereducation.com

UK Research and Innovation
www.ukri.org

Universities and Colleges Admissions Service (UCAS)
www.ucas.com



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*2022 Global Ranking of Academic Subjects (GRAS)



BASES UNDERGRADUATE ENDORSEMENT SCHEME (BUES)

16

The BASES Undergraduate Endorsement Scheme (BUES) endorses sport and exercise science courses that provide undergraduates with the opportunity to develop the knowledge and skills that BASES considers essential to enter into the profession as a practising sport and exercise scientist or to progress to postgraduate study.

When reviewing a course, BUES will consider the knowledge, technical skills, competencies and practical experience gained by students through the curriculum and resources available. Courses need to demonstrate that students will gain core competencies and knowledge in each of the sub-disciplines of biomechanics, physiology and psychology. Courses must also demonstrate that sufficient student learning is dedicated to studying of an interdisciplinary nature. In addition, the curriculum must include research methods and an independent study project in the field of sport and exercise science.

The BASES website, www.bases.org.uk, includes a list of courses that have successfully obtained endorsement, as well as more detail on the criteria for gaining BUES endorsement. For more info visit www.bases.org.uk/bues

BUES Universities

The following universities all have sport and exercise science undergraduate degree courses that are endorsed by the British Association of Sport and Exercise Sciences:

- 1 University of Abertay
- 2 AECC University College
- 3 Anglia Ruskin University
- 4 University of Bath
- 5 University of Bedfordshire
- 6 Bournemouth University
- 7 University of Brighton
- 8 Brunel University
- 9 Buckinghamshire New University
- 10 University of Central Lancashire

- 11 University of Chester
- 12 University of Chichester
- 13 Coventry University
- 14 University of Derby
- 15 University of East London
- 16 Edge Hill University
- 17 University of Gloucestershire
- 18 University of Hertfordshire
- 19 University of Huddersfield
- 20 University of Kent
- 21 Kingston University
- 22 Leeds Beckett University
- 23 Leeds Trinity University
- 24 University of Lincoln
- 25 Liverpool Hope University
- 26 Liverpool John Moores University
- 27 Loughborough University
- 28 Manchester Metropolitan University
- 29 University of Northampton
- 30 Northumbria University
- 31 University of Portsmouth
- 32 Plymouth Marjon University
- 33 University of Salford
- 34 Sheffield Hallam University
- 35 Solent University
- 36 University of South Wales
- 37 St Mary's University, Twickenham
- 38 Staffordshire University
- 39 University of Stirling
- 40 University of Sunderland
- 41 University of Surrey
- 42 Swansea University
- 43 Teesside University
- 44 Ulster University
- 45 University of Winchester
- 46 University of Wolverhampton
- 47 University of Worcester
- 48 York St John University



The British Association of
Sport and Exercise Sciences
Endorsed Course

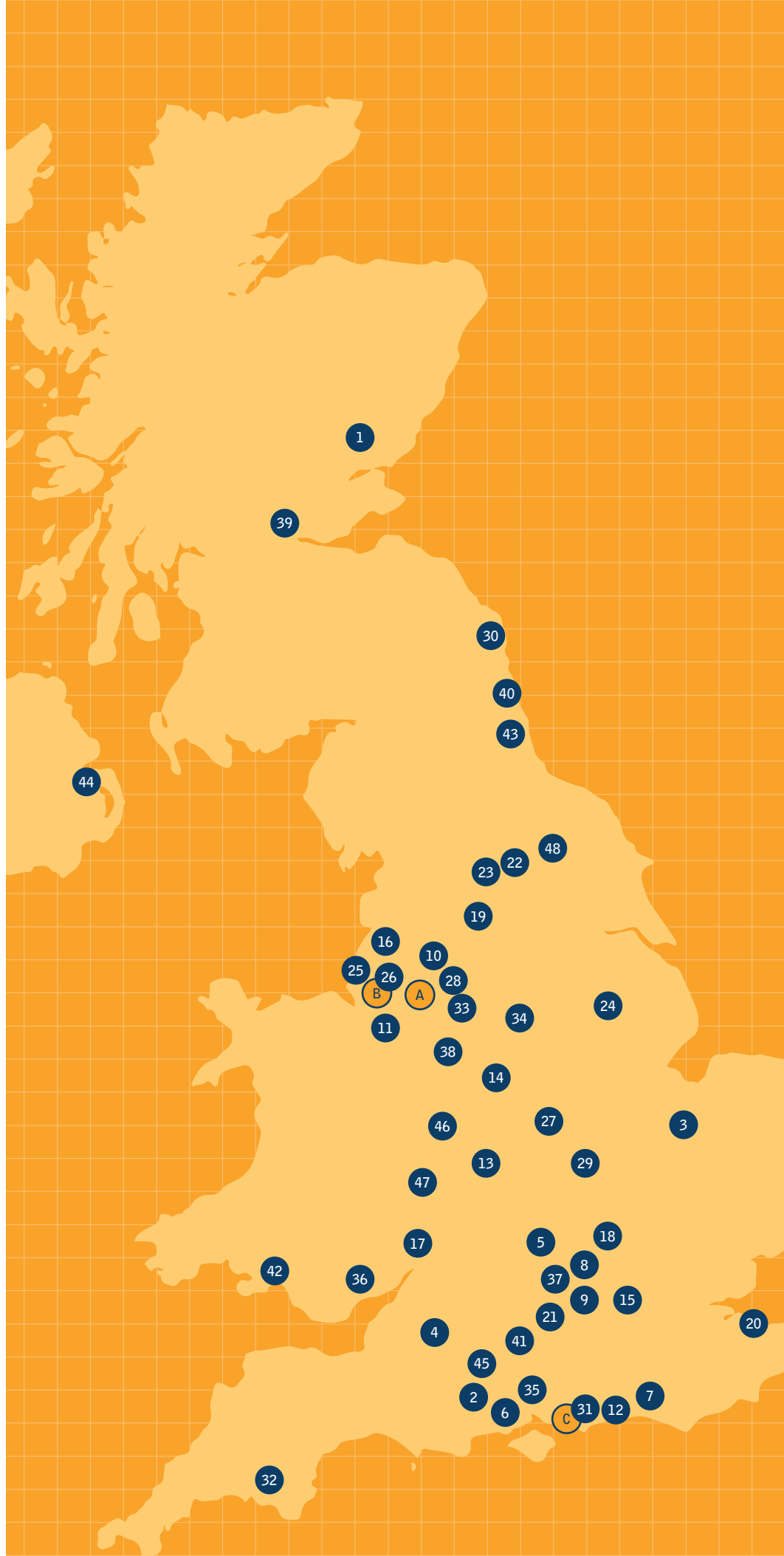
◀ For a degree that provides the knowledge and skills that BASES considers essential, pick a BUES endorsed course.

In 2022, BASES launched a new BASES Postgraduate SEPAR Endorsement Scheme (PSES), which has been designed to allow registrants to evidence, expediently, the completion of an appropriate M-level qualification for entry onto the Sport and Exercise Psychology Accreditation Route (SEPAR) (see page 23), which covers the relevant knowledge-based Health and Care Professions Council (HCPC) Standards of Proficiencies. This Endorsement Scheme will support future Sport and Exercise Psychologists choose an MSc programme that is BASES endorsed, and which will appropriately position them for application to SEPAR upon completion.

The BASES website, www.bases.org.uk, includes a list of courses that have successfully obtained endorsement, as well as more detail on the criteria for gaining PSES endorsement. For more info visit www.bases.org.uk/PSES


The following universities all have M-level Psychology courses that are endorsed by the British Association of Sport and Exercise Sciences:

- A University of Bolton
- B Liverpool John Moores University
- C University of Portsmouth



CHOOSING A POSTGRADUATE COURSE

18

 One increasingly popular option for sport and exercise science graduates wishing to enhance their employment prospects is to study a Masters programme. The difference between postgraduate taught and postgraduate research programmes largely comes down to the level of independence you have during your studies. Research Masters require students to undertake extensive research training, while taught Masters involve a mixture of lectures, seminars and coursework. Whilst the costs involved can be considerable (typically in the range of £7,000–£11,000 for one year's full-time taught study), the long-term returns, both financially and in terms of job satisfaction, have been shown to be well worth the investment.

Most universities require applicants to gain at least a 2.1. Honours degree and expect a clear commitment to the area of study. The general expectation is that applicants for postgraduate courses in sport and exercise sciences will be looking to develop an area of specialism based upon a more broad-based, undergraduate degree. Masters programmes should enable you to develop this specialist knowledge and skills, adding value to your undergraduate degree.

If you have the option of full- or part-time study, then consider carefully which option is better suited to your career intentions. Part-time study can enable you to combine study with existing work commitments, but some flexibility will be required from employers or, if you are self-employed, some adaptation of your normal workload will be needed. Most students, however, choose the full-time option, which normally involves a minimum of 12 months of study.

You are advised to check out the research activity (e.g. Research Excellence Framework [REF] ratings) at your chosen university and find out what opportunities are open to Masters students to get involved in research projects or consultancy work. Also, consider the availability of, and access to, the infrastructure that supports research (e.g. staffing, laboratories, equipment, technicians and other postgraduate students). Most taught Masters programmes will still involve a strong

element of independent work in the form of either a research project or some form of professional, work-based placement.

Normally this equates to about a third of the overall course, so it is well worth researching carefully which option (i.e. taught or research Masters) is better suited to your career aspirations.

It is also worth finding out the number of students recruited for the course each year and the staff to student ratio (SSR) that the course provides. Normally, Masters programmes enjoy the benefits of considerably smaller study groups than those at the undergraduate level and this, combined with relevant staff and facilities, should provide greater opportunity for either laboratory or career-related activities.

Finally, it may be worth researching the nature of assessment used on the course and the opportunity this provides for you to demonstrate the skills expected of a postgraduate sport and exercise scientist. Be prepared for a workload expectation (including contact and non-contact time) that equates to around 35–40 hours each week for full-time study and for a study period of between 12–18 months.

Useful websites

BASES postgraduate students page

<https://bit.ly/3g6SoYr>

BASES postgraduate SEPAR endorsement scheme

<https://bit.ly/2Z8WlRQ>

Research Excellence Framework 2021

www.ref.ac.uk

Current PSES endorsed courses

<http://bit.ly/2JYbQdC>

Funding postgraduate study

Finding funding for postgraduate study is a challenge faced by many students. The average course fee is £4,000–£6,000 for MSc by Research and £7,000–£11,000 for Taught MSc. Living costs also need to be taken into account and you should budget for at least £12,000 in London and £10,000 elsewhere. Fees for overseas students are generally two to three times higher than for UK students.

There is now a funding scheme in place for postgraduate students in the UK, which is similar in many ways to how undergraduate student finance is provided. Postgraduate loans (PGLs) are government-backed loans that allow students studying a taught or research Masters to borrow money to cover fees and living expenses. To be eligible you must be a UK national and be living in England when you start your course (Scotland, Wales and Northern Ireland have their own unique funding opportunities – find more information at <https://bit.ly/3JsTbRC>). You will start repaying your loan the year after your course finishes on any income you earn over the minimum threshold.

Grants and bursaries do exist and can cover both fees and living expenses, but they are highly competitive. Some postgraduate courses that lead to a teaching qualification (a Postgraduate Certificate of Education for example) attract government grants to support students, particularly in subject areas where there are teacher shortages.

PhDs and studentships

Longer programmes of postgraduate study may be available at some universities leading to the award of a Doctorate (i.e. PhD or DProf). These courses involve a sustained period of research (typically three years of full-time study). Grant-aided support or bursaries (often known as studentships) are sometimes available to support students during their PhD studies. These can be funded by the university or by other organisations such as a sporting professional body, a charity or research councils. Some teaching duties may also be attached to these PhD bursaries. Doctoral Loans are now available too. Details are here www.gov.uk/doctoral-loan. Part-time study for a PhD or DProf typically takes between three to six years, so be prepared for a long haul. Studentships, including PhD positions, are listed on the BASES website at www.bases.org.uk

Useful websites

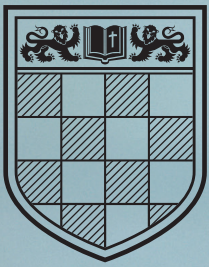
FindAPhD
www.findaphd.com

Jobs.ac.uk
www.jobs.ac.uk

Prospects
www.prospects.ac.uk



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(BPS accredited)

BSc (Hons) Sport Coaching

BSc (Hons) Sport Management

BSc (Hons) Sports Therapy
(SST accredited)

MSc Applied Sport Psychology
(BPS accredited)

MRes Sport and Exercise

MRes Health Science

BASES ACCREDITATION AND SUPERVISED EXPERIENCE

21

Many of the careers profiled in this guide refer to 'BASES Accreditation'. BASES Accreditation is a professional standard, widely recognised by employers in the sport and exercise industry. It is awarded to individuals who have demonstrated they have the necessary knowledge, skills and experience to be safe and fit to practise as a sport and exercise scientist. A number of leading employers in the sector, including the English Premier League and the English Institute of Sport (EIS), now require their employees to be BASES Accredited (or working towards Accreditation). The qualification demonstrates an applicant's competence to provide services to client groups, based on an independent, peer-led review process.

BASES Accreditation

BASES sets and implements professional and ethical standards for individuals who are actively involved in sport and exercise science. These standards are maintained through a system of Accreditation, which serves as a quality assurance mechanism for employers, clients and the wider sector. BASES Accreditation helps to ensure that the level of service provided by sport and exercise practitioners is based on the best available knowledge and practice.

To become a BASES Accredited Sport and Exercise Scientist, applicants must demonstrate their competency to practise within the sport and exercise science discipline in which they specialise (Biomechanics, Physiology, Psychology or Interdisciplinary) and within their domain of practice (Research, Pedagogy or Scientific Support).

There are two 'routes' to BASES Accreditation. The most common is via the BASES Supervised Experience programme (see the next column). Alternatively, for more experienced sport and exercise practitioners, applicants can make a direct application by submitting a portfolio of evidence that demonstrates the knowledge and competencies necessary to practise to the required standard. Visit www.bases.org.uk/accreditation for more useful information on BASES Accreditation.

Chartered Scientist

Chartered Scientist represents a single chartered mark for all scientists, recognising high levels of professionalism and competence in science. BASES is a Licensed Member Body of the Science Council, enabling BASES to award Chartered Scientist status to members who meet the criteria. All BASES Accredited Sport and Exercise Scientists are eligible to become Chartered Scientists, having demonstrated the required competencies through the BASES Accreditation application process. For more information, please see <https://bit.ly/3IQBHiK>

Supervised Experience

BASES Supervised Experience (SE) aims to provide aspiring sport and exercise scientists with the guidance, environment and opportunities that will facilitate the development of the competencies required to gain BASES Accreditation. The SE programme is an important stepping stone to a successful career as a sport and exercise scientist.

The programme lasts for (a minimum of) two years, during which time an individual will work together with a BASES Accredited Sport and Exercise Scientist, who will act as their supervisor, in order to gain appropriate experience and develop their knowledge and skills. You can find more information about Supervised Experience online at <http://bit.ly/2N9Jlpy>

Specialist accreditations

In addition to BASES Accreditation, BASES offers a range of more specialised professional accreditations for practitioners who have chosen to specialise in particular environments and disciplines:

Certified Exercise Practitioner (CEP): A specialist accreditation for individuals who work in exercise referral, treatment and/or rehabilitation with clinical populations. It aims to provide professional quality assurance for anyone wishing to use a sport and exercise science degree to establish credibility as a qualified exercise practitioner. Please see here for more details – www.bit.ly/2AayR9X

High Performance Sport Accreditation (HPSA): A specialist accreditation for individuals providing sports science services to high-performance sport programmes. BASES HPSA is targeted at those with extensive experience and a track record of providing successful, structured and ongoing scientific support to high-performance athletes and is recognised by the British Olympic Association (BOA), the British Paralympic Association (BPA), UK Sport and the Home Country Sports Institutes as the highest accreditation available in the high-performance sector. Please see here for more details – www.bit.ly/3f7dxQW

Sport and Exercise Psychology Accreditation Route (SEPAR): A programme of professional development, skill acquisition and supervised practice designed to ensure that sports psychology candidates acquire the knowledge, skills, self-development and experience required to achieve BASES Accredited status. Those who achieve BASES Accreditation via SEPAR will be eligible for registration with the Health and Care Professions Council (HCPC) as a Practitioner Psychologist. Once registered with the HCPC, members are able to use the protected title: Sport and Exercise Psychologist. The length of the qualification will primarily depend on the time that the candidate is able to dedicate to the qualification and the competencies that require development. As such, the SEPAR can be undertaken in either two, three or four years. Please see pages 23 and 24 for more details.

Registration Council for Clinical Physiologists (RCCP) registered Clinical Exercise Physiologist: Professional registration can now be obtained for clinical exercise physiologists equipped with the requisite knowledge, skills and competencies to work autonomously and as part of multidisciplinary teams across multiple health conditions. Suitably qualified individuals can now apply and will be conferred the title of RCCP-registered Clinical Exercise Physiologist on successful acceptance on the register.




There are currently two routeways to become an RCCP-registered Clinical Exercise Physiologist: (i) through an equivalence pathway and (ii) completing an RCCP-accredited Masters (MSc) degree programme in Clinical Exercise Physiology. Please see page 25 for more details.

The BASES Sport and Exercise Psychology Accreditation Route (SEPAR)

SEPAR is a Health and Care Professions Council (HCPC) approved independent training route for Sport and Exercise Psychologists and facilitates professional and skill development underpinned by supervised practice. Throughout their training, registrants (who can use the title Sport and Exercise Psychologist in Training: SEPiT) will acquire knowledge, skills, self-development and experience to a level of competence that confers their eligibility for registration with the HCPC as a Practitioner Psychologist. Details of the SEPAR scheme are available here – <http://bit.ly/2YEKRey>

For entry you will need:

- ▶ BASES graduate membership as a minimum
- ▶ to be able to evidence ‘core psychology’ which can be undertaken in a variety of ways
- ▶ an MSc/Level 7 Sport and/or Exercise Psychology or equivalent.

Organisation	<p>British Association of Sport and Exercise Sciences</p> 
Training route	<p>Sport and Exercise Psychology Accreditation Route (SEPAR)</p> 
Professional qualifications	<p>HCPC-registered Practitioner Psychologist</p> 
Duration¹	<p>Two to four years</p>
Underpinning or core psychology knowledge	<p>Professionally accredited Psychology course at BSc or postgraduate level OR Professionally accredited Sport and/or Exercise Psychology course OR Professionally accredited Psychology Conversion course (if non-accredited UG course completed), e.g., PGDip, MSc. OR 60-credit Open University module 'Investigating Psychology 2' (if non-accredited UG course completed) OR Prior recognition from a learned society / professional body that underpinning psychology knowledge has been evidenced</p>

¹ Specific information to the duration, costs and structure for SEPAR are available on the website

For those wishing to register for the two, three or four-year SEPAR programme, the total amount payable to BASES is £3,050 (correct as of March 2022). The cost includes all registration and review fees in addition to a number of sector-leading short courses and a DBS check at an Enhanced level on entry. The following table provides an overview of the expected practice hours to be completed over the duration of SEPAR.

Overview of the minimum expected hours for SEPAR

Activity type	Minimum hours	Minimum days
Application / consulting	2700 (900 actual hours)	338
Dissemination and citizenship	225 (75 actual hours)	28
CPD and supervisor-led activity*	275	34
	3200	400

* A minimum of 50 hours is spent with the supervisor with at least 20 hours of the 50 being used for observed work of the candidate.

Did you know..?

Anyone not on the HCPC Register who uses a designated title may be breaking the law and could be prosecuted. Article 39(l) of the Health Professions Order 2001 makes it a criminal offence for a person, with intent to deceive (whether clearly or by implication), to:

- ▶ say that they are on the HCPC Register
- ▶ use a designated title to which they are not entitled
- ▶ say falsely that they have qualifications in a profession HCPC regulate.

More details are available here
<https://bit.ly/3BobW6a>



REGISTRATION COUNCIL FOR CLINICAL PHYSIOLOGISTS (RCCP) REGISTERED CLINICAL EXERCISE PHYSIOLOGIST ROUTEWAY

25

Clinical Exercise Physiologists are now eligible for professional registration with the RCCP, a wholly owned subsidiary of the Academy for Healthcare Science (AHCS). Those registered are appropriately qualified health professionals proficient in exercise testing, prescription and delivery of evidence-based interventions for the prevention, treatment and long-term management of acute, sub-acute, chronic and complex health conditions. They work as part of multidisciplinary teams of healthcare and rehabilitation providers across sectors and settings.

There are two routeways to become an RCCP-registered Clinical Exercise Physiologist:

(i) Equivalence pathway

The minimum entry requirements are:

1. An undergraduate degree in sport and exercise science or relevant, related discipline
2. A postgraduate degree in Clinical Exercise Physiology or relevant, related discipline, or professionally recognised and/or documented training in the health conditions outlined in the CEP-UK Clinical Exercise Physiologist scope of practice (<https://bit.ly/3xTDGPP>)
3. Six years of relevant experience (including the time spent undertaking the relevant degrees).

Please see the RCCP-registered Clinical Exercise Physiologist Equivalence Decision Process (page 26) to identify requirements for application.

For those wishing to apply for professional registration as a Clinical Exercise Physiologist, the total amount payable is £125 per year (£175 from January 2023 onwards).

(ii) Completed an RCCP-accredited Clinical Exercise Physiology MSc degree programme

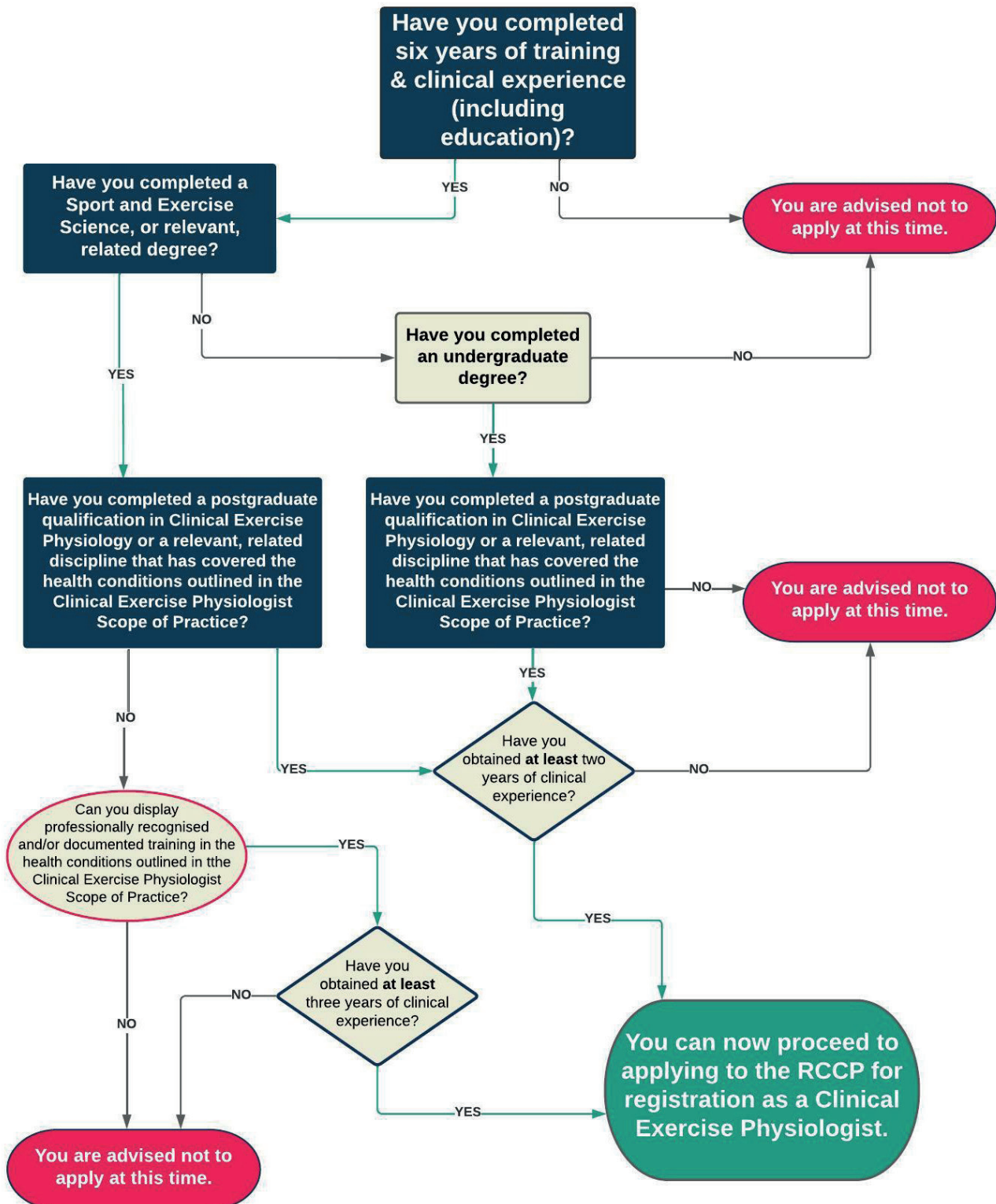
RCCP-accredited Clinical Exercise Physiology MSc programmes must ensure that graduates of their degree programmes meet the RCCP Standards of Proficiency and the Clinical Exercise Physiologist Scope of Practice, through learning and assessment activities and clinical placement. Accredited degree courses can be found here <https://bit.ly/30m512F>.

More information regarding these routeways can be found here www.clinicalexercisephysiology.org.uk



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RCCP-registered Clinical Exercise Physiologist Equivalence Decision Process



INSIDER'S VIEW: Tips from recent sport and exercise science graduates

27

BASES student representatives are postgraduate and PhD students who represent the interests of BASES student members. Here, three BASES student reps take a look back and dispense the advice that they feel would have benefited them earlier in their careers.



Name: Greg Townson
Graduated in: 2021 with an MSc Applied Sport and Exercise Science at Staffordshire University.

What are you doing now?
Over the last two years, I have been completing my teacher training and PGCE. In August 2022, I am beginning a new post as a Lecturer in Sport and Exercise at a University College. I have also been accepted onto a PhD, looking at Stress and Exercise.

What advice would you give your younger self?

For me, I have found it far more beneficial to look for courses and opportunities that interest me at the time, rather than target specific courses for specific careers / roles. As I have worked through qualifications, more and more doors have opened along the way.



Name: Hayley Noblett
Graduated in: 2009 after completing a BSc Sports Science from the University of Leeds.

What are you doing now?
I am currently a Senior Clinical Technician at the University of Huddersfield working in the School of Human and Health Sciences looking after the sports labs and equipment.

I am completing a PhD at the University of Huddersfield titled 'The development, validation and utilisation of a field-based simulation that replicates the mechanical and physiological demands of hockey match-play'.

What advice would you give your younger self?

Get as much experience as possible and take every opportunity to ask questions about the things that interest you.



Name: Ishq Abraham
Graduated in: 2021 after completing an MSc in Applied Sport Psychology from the University of Winchester.

What are you doing now?
I aspire to become a Sport and Exercise Psychologist. I am pursuing SEPAR (Sport and Exercise Psychology Accreditation Route) offered by BASES.

I am currently focusing on CPD and training opportunities. I am working on creating a podcast channel exclusively for Sport and Exercise practitioners.

What advice would you give your younger self?

Believe in yourself!

INSIDER'S VIEW: Insight from current sport and exercise science students

28

BASES undergraduate student representatives represent the interests of BASES student members. Here, two BASES undergraduate student reps share their journey so far and future aspirations.



Name: Annabelle Davis

Division you represent: Undergraduate Student Representative for the Physiology and Nutrition Division

Current study

I'm currently a student-athlete on the women's tennis team at the University of North Florida. I'm pursuing my undergraduate degree in Interdisciplinary Health Sciences with minor concentrations in Psychology, Sport Management and Leadership.

Pathway to university

Prior to the US, I attended Millfield School in Somerset for an amazing seven years! I completed my A levels in Sports Science, Psychology and English Literature, as well as taking the SAT exam.

Career aspirations

In the future, I'd love to gain a Masters degree or PhD in lifestyle research, with my career aspirations being to work in professional sport as a Nutritionist or Psychologist.

What have you gained so far as a Student Rep?

So far as a Student Representative, I've enjoyed engaging with the wider student committee and journal club, as well as supporting the planning and implementing of group projects. In addition, I'm also a member of the BASES Climate Change Action Team which has been a very rewarding and insightful experience.



Name: Mastveer Kaur Ghatahora

Division you represent: Undergraduate Student Representative for the Physical Activity for Health Division

Current study

BSc (Hons) Sport and Exercise Science, University of Portsmouth

Pathway to university

I studied Biology, Chemistry and sports science for higher education. I became passionate about sports science at college and wanted to take this further. These subjects formed a base for my degree that I would be undertaking at university. For this reason, I applied to the University of Portsmouth and received an offer from them to start studying for my degree in BSc (Hons) Sport and Exercise Science.

Career aspirations

I hope to achieve a qualification in Personal Training as it has been an aspiration of mine to be able to build my own business in this field – this is something I would enjoy and aim to be doing as a side to my main career.

My main career goal is to work with patients who have suffered injuries and help to rehabilitate them for a full recovery. I would love to work with athletes, members of the armed forces, and the general population.

Simon Tweddle
Head of Academy
Sports Scientist



Newcastle United Football Club

Core business

Newcastle United is a Premier League football club, comprising of both a Men's and Women's 1st Team, Category I Academy, and its official charity – Newcastle United Foundation.

The aim of the Academy is to support the long-term vision of the Club by producing home-grown professional footballers for our 1st Team.

Within the Academy, our players and staff are at the core of every decision and action we take. We believe in developing and enabling people to be at their best. Multidisciplinary teams and collaborative working practices exist to support our purpose of inspiring and developing every individual to achieve their full potential. Opportunities to excel are underpinned by three key pillars:

- ▶ Better People – Doing the best for and with each other
- ▶ Better Programmes – High-quality teaching based on simple design, specific detail and expert delivery
- ▶ Better Place – An environment, both physically and culturally, where people can grow, develop, be happy and perform to their very best.

Ethos/values of the organisation

We Are United as a family through our core values of:

- ▶ Hard Work - 'We give it our all'
- ▶ Passion - 'We love what we do'
- ▶ Collaboration - 'We are better together'
- ▶ Discipline - 'We control ourselves'

At Newcastle United we are committed to equality, diversity and inclusion and believe in equal opportunities for all. We expect that everyone associated with the Club shares and endorses this commitment at all times.

Those that the organisation connects to and collaborates with

Newcastle United is proud of its rich footballing heritage and connection with our passionate and loyal support. The stadium, St James' Park, is the cathedral of a football-loving city and the Club recognises the power it has to bring the city and region together to change lives for the better.

Our official charity, Newcastle United Foundation, is integral to making this happen. The Foundation provides meaningful opportunities to improve the lives of thousands of children, teenagers, adults, families and older generations through education, sport, personal development, and wellbeing programmes.

The Club has strong links with local higher education providers, Northumbria University, Newcastle University and Newcastle College. Many of the Academy Performance Support staff studied locally, and the Club hosts a number of applied PhD students, independent research projects, both MSc and BSc dissertation studies and a Performance Analysis internship programme.

In 2021, we were also delighted to become an approved partner with the BASES Accreditation Partnership Scheme. This partnership provides further support to our practitioners on their pathway to achieving BASES accredited status and ensuring a high level of professional practice.

What roles do sports science practitioners fulfil within your organisation?

At Newcastle United Academy our sports science practitioners work closely with the players, coaching staff and families as part of a multidisciplinary Performance Support team. Specific disciplines within the team include Sports Science, Strength and Conditioning, Nutrition, Psychology and Performance Analysis.

Through a systematic, evidence-led approach the Performance Support team aims to add value to player development throughout each of the age-specific phases – Foundation (u9–11), Youth (u12–16) and Professional (u17–23).

Developed in conjunction with the coaching and medical staff, our Academy Sports Science and Medical Framework provides an age-appropriate approach to developing players who are Ready and Robust for the challenges of becoming a Newcastle United 1st Team player.

Our key objectives are to improve Player Physical Performance and Player Availability through individualised Strength, Speed and Stamina programmes.

Daily tasks performed by the Performance Support team are varied and many. In fact, no two days are ever the same. Cornerstones of our practice include player assessment, session design and delivery, and physical performance feedback. A significant amount of our time is spent working with the technical coaching and medical staff, planning and reviewing the training programme and player performance. Central to this work is a sound understanding of the demands of elite football, application of the principles of training and an ability to develop a clear and joined-up approach to player development.

Other key duties include maximising the positive impact of science and technology on player performance through research, translation of scientific information to the wider support team and developing a network of internal and external partners through which to share knowledge and learning.

What aspects might you look for in a candidate?

Finding people who embody and can demonstrate our Club values is of paramount importance during the Academy recruitment process. We believe that getting the 'right people on the bus' is critical for our future success.

Since the inception of the Elite Player Performance Plan (EPPP), competition for roles across Academy football continues to rise. For a Sports Science-related position at Newcastle, we would expect to receive in excess of 100 applications, each with undergraduate qualifications and most with postgraduate studies to their name.

Whilst this may sound daunting, it simply sets the challenge to any prospective candidate to establish their own unique selling point. What is it that can make you stand out from the crowd? Almost everyone I have met in interviews over the past 10 years claim 'hard working' to be one of their personal values, but what does this look like on a

daily basis? What evidence can you provide that demonstrates you work harder than the other 99 people in the process?

Good examples we have seen recently include people who have carved out their own opportunities to gain work experience when seemingly very few exist in a saturated student market.

As an applied Sports Scientist, you will be required to work effectively with many other disciplines. Coaching experience at any level and with all kinds of different groups of people will prove to be an advantage. Full understanding and empathy of how other disciplines work, and the supporting approach required, is vital – people who seek to understand first before being understood often prove to be successful in the long run.

Every organisation is unique in terms of its culture and operational processes. Those who have taken the time to understand our environment at Newcastle will be better placed to acknowledge and overcome the challenges we face and how you would fit into and complement the existing team.

Above all else, demonstrate an enthusiasm and overwhelming desire to come and work for the Club and people of Newcastle.

Best piece of advice for prospective employees

Start getting relevant applied experience as soon as possible. Early in your career, get ahead of the curve whilst you study or work – use these opportunities to develop a network, seek experience and be prepared to do so initially at little to no financial reward.

Say yes, more than you say no. You never know what might just be round the corner – career development is about positioning yourself to be in the right place at the right time.

Finally, I always appreciate those candidates who make the effort to reach out and contact the Academy during the recruitment process. It's a great way to introduce yourself informally and find out more about the Club, people you are likely to meet at interview and demonstrate your enthusiasm for the role.



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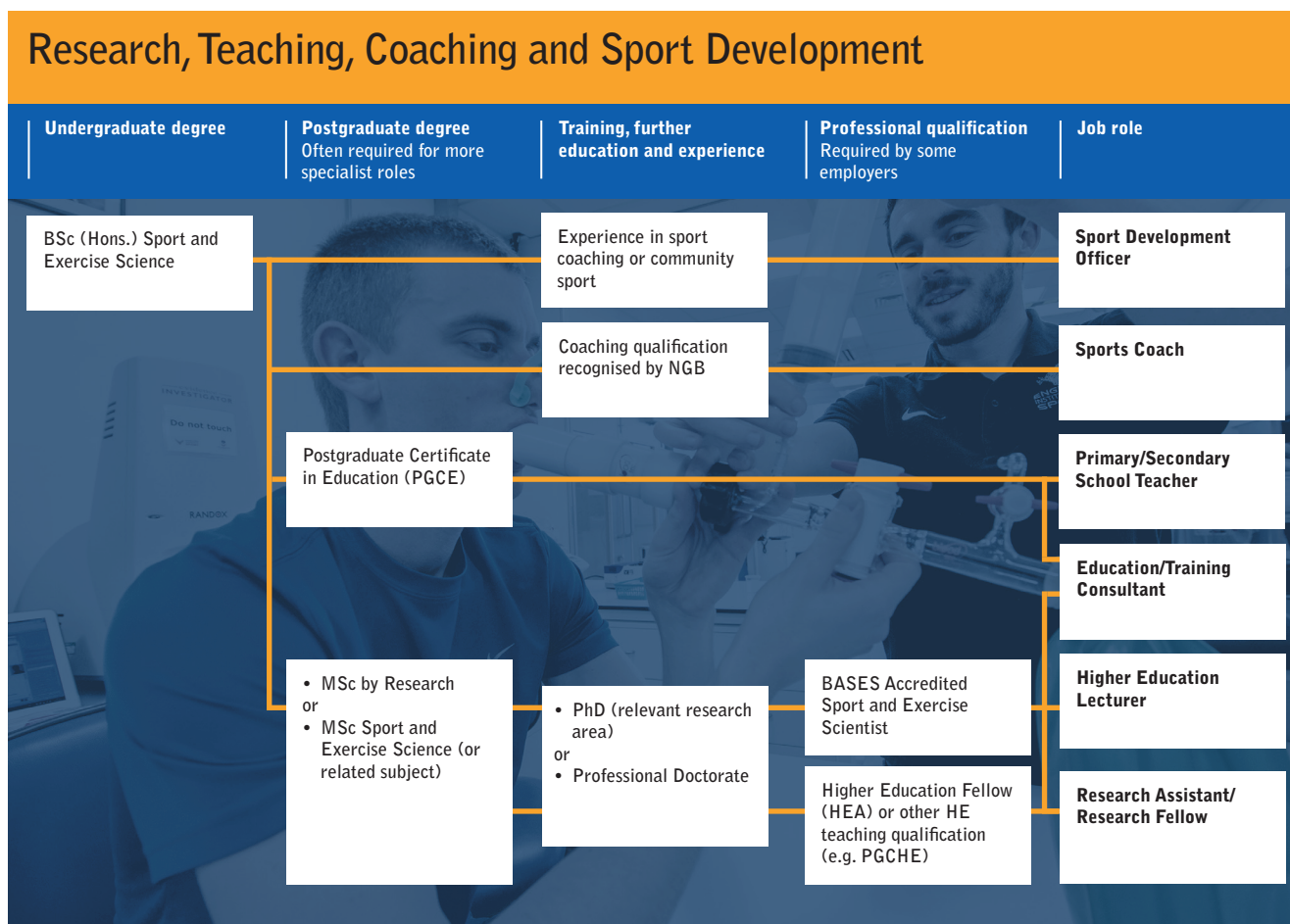
Developed by BASES, these career pathways show you examples of some of the common routes taken by sport and exercise science graduates towards a range of occupations. Please note, these are some, not all, potential job roles for Sport and Exercise Science graduates.

The diagrams are not intended to show all potential career pathways towards the occupations listed. There are a variety of ways of gaining the skills, experience and training required to fulfil any job role. We have chosen a selection of examples that represent common pathways of sport and exercise science graduates.

We have included a range of qualifications and training that may assist you in pursuing a particular career

path. Many of these qualifications are not a mandatory requirement for the occupations listed below. Entry criteria will depend on specific job roles and employers. However, obtaining additional qualifications and training (e.g. postgraduate degrees or professional accreditations) can help you to stand out in the job market and progress faster in your chosen field.

Certain vocational and professional qualifications (such as BASES Accreditation) are normally obtained while working in a particular occupation. Obtaining these qualifications will help open up opportunities for progression to more senior roles in your field. These career pathways are not strictly chronological or hierarchical; qualifications and experience may be gained in a different order to that shown in the examples.

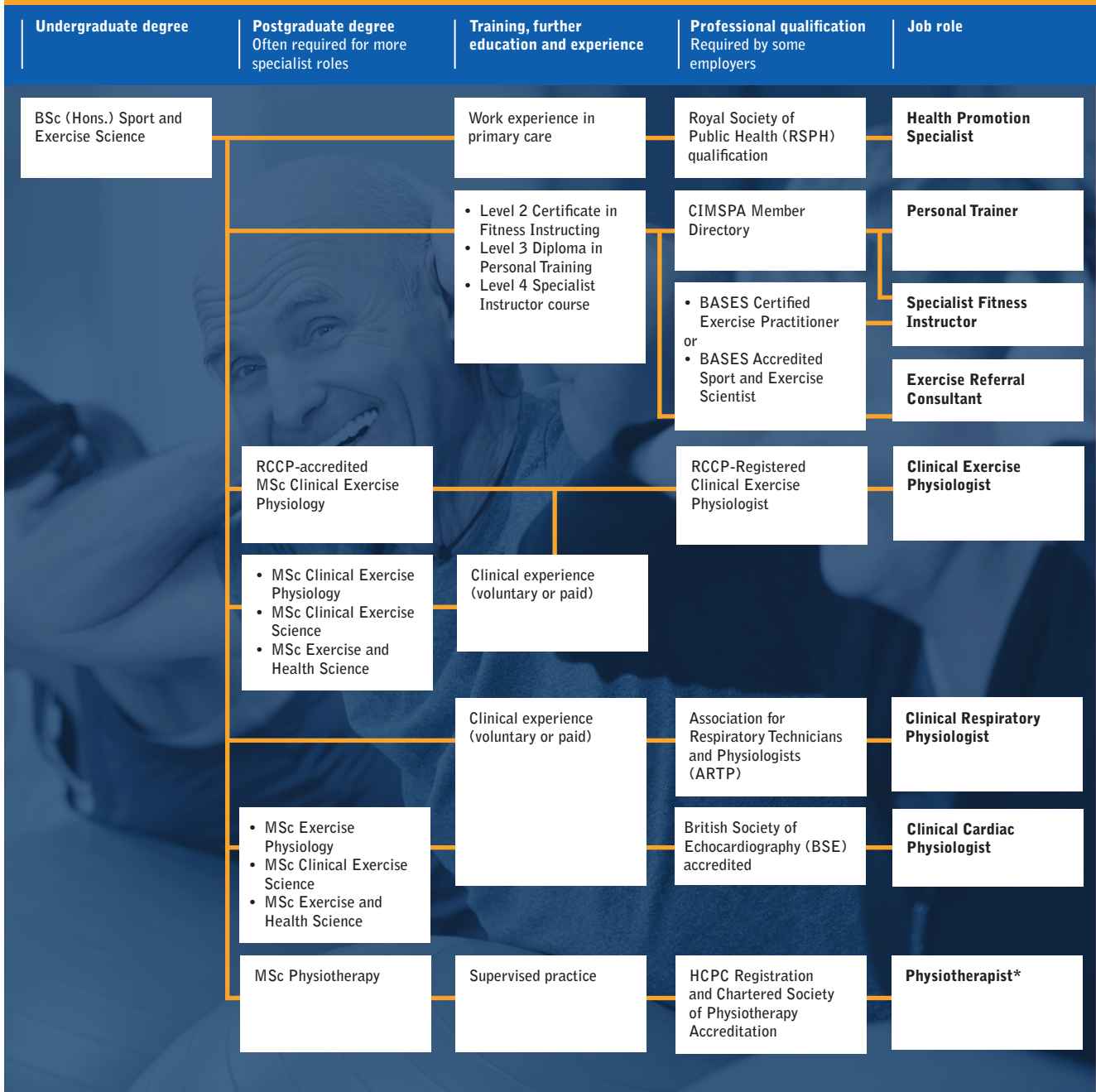


Elite Sport and Performance

Undergraduate degree	Postgraduate degree Often required for more specialist roles	Training, further education and experience	Professional qualification Required by some employers	Job role
BSc (Hons.) Sport and Exercise Science	MSc Sport and Exercise Nutrition	Work experience in a sport and/or exercise setting	Sport and Exercise Nutrition registered practitioner (SENr)	Sports Dietician/ Nutritionist
	MSc Sport and Exercise Psychology	BASES Sport & Exercise Psychology Accreditation Route (SEPAR)	HCPC-registered practitioner	Sport and Exercise Psychologist
	<ul style="list-style-type: none"> MSc Biomechanics MSc Performance Analysis 	<ul style="list-style-type: none"> Experience in provision of support to athletes/coaches or <ul style="list-style-type: none"> Professional development programme (e.g. BASES SE scheme) 	BASES Accredited Sport and Exercise Scientist	Sport Biomechanist Performance Analyst
	<ul style="list-style-type: none"> MSc Sport Science MSc Applied Sport Physiology 	<ul style="list-style-type: none"> Experience in provision of support to athletes/coaches or <ul style="list-style-type: none"> Professional development programme (e.g. BASES SE scheme) 	BASES Accredited Sport and Exercise Scientist	Sport Physiologist Interdisciplinary Sports Scientist
	<ul style="list-style-type: none"> MSc Performance Science MSc Sports Performance Science 	<ul style="list-style-type: none"> Experience in provision of support to athletes/coaches or <ul style="list-style-type: none"> Professional development programme (e.g. BASES SE scheme) 	BASES Accredited Sport and Exercise Scientist	Performance Scientist
	MSc Strength and Conditioning	National Strength and Conditioning Certificate	BASES Accredited Sport and Exercise Scientist	Strength and Conditioning Coach

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Clinical Exercise, Health and Fitness



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*Physiotherapists are also employed in elite sport and performance environments.

Further your career in sport & exercise

At UniOfGlos you'll explore how the human body responds to exercise. Discover how nutrition can influence performance, and apply psychological interventions to promote a healthy lifestyle.

Gain first-hand experience, supporting athletes achieve their very best and gain the skills to succeed in this industry as a professional.

Discover more at an open day



<http://url.glos.ac.uk/BASES>

Career possibilities:

- Interdisciplinary Sports Scientist
- Performance Analyst
- Strength and Conditioning Coach
- Health Promotion Specialist
- Cardiac Physiologist
- Primary/ Secondary School Teacher

UNIVERSITY OF
GLOUCESTERSHIRE



"When attending an open day, I was really impressed with the facilities and I was able to get a feel for what the university has to offer."

Chloe, Sport and Exercise Sciences
BSc (Hons) student

EXERCISE AS MEDICINE?

Our MSc in Clinical Exercise Physiology focuses on using exercise to treat and manage various health conditions and as a form of rehabilitation.

If you are already working or wanting to work with applied science in a clinical setting, this could be the perfect postgraduate degree to help you to pursue or progress your career.

- / Teaching delivered by expert practitioners and researchers
- / Gain experience using state-of-the-art equipment in our Human Performance Laboratory
- / Strong links with industry partners including Salford Community Leisure's exercise referral schemes and Salford Royal NHS Foundation Trust
- / Pursue or progress your career in a number of allied health roles
- / Part-time study options available

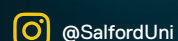
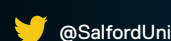
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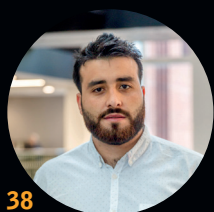


JOB PROFILES

CONTENTS

36

Sixteen professionals active in their respective fields discuss their work and the experiences that led them to succeed.



38
LECTURER
Dr Ayaz Safi



39
**HIGH PERFORMANCE
PHYSIOLOGIST**
Laura Needham



40
RESEARCHER
Anna Myers



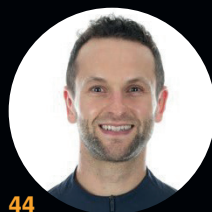
41
SPORTS THERAPIST
Maria Westwell



42
**PERFORMANCE
NUTRITIONIST**
Jodie Hemmings-Trigg



43
**STRENGTH AND
CONDITIONING COACH**
Chris Organ



44
SPORTS SCIENTIST
Dr Will Abbott



45
**PERFORMANCE
DATA LEAD**
Joshua Wass



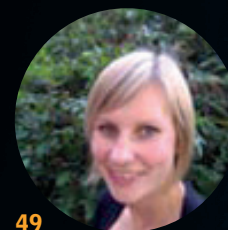
46
**HEALTH AND WELLBEING
PRACTITIONER**
Greg Hastie



47
PERFORMANCE ANALYST
Julia Wells



48
PERSONAL TRAINER
Charlotte Johnson



49
**HEALTH AND STRATEGY
MANAGER**
Helen Fisher



50
**TEACHER OF PHYSICAL
EDUCATION**
Emily Harris



51
**PROFESSOR OF
BIOMECHANICS**
Prof Joanna
Wakefield-Scurr



52
**SPORT AND EXERCISE
PSYCHOLOGIST**
Amy Spencer



53
**CLINICAL EXERCISE
PHYSIOLOGIST**
Brian Begg



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USEFUL WEBSITES AND RESOURCES



Careers in Sport

www.careers-in-sport.co.uk

Provides a suite of marketing and recruitment services to support organisations looking to promote their jobs, sports courses, products and events in the sports and fitness industry.

Careers Service Northern Ireland

<https://www.nidirect.gov.uk/careers-service>

Provides an impartial, all-age careers information, advice and guidance service, to help young people and adults in Northern Ireland make informed choices about their future career paths.

Careers Wales

www.careerswales.gov.wales

Helps people living in Wales to plan their career, prepare to get a job, and find and apply for the right apprenticeships, courses and training.

Health Jobs UK

www.healthjobsuk.com

Lists the job opportunities within the NHS, useful for those interested in a clinical career.

Higher Education Jobs

www.jobs.ac.uk

Caters for all positions and studentships within higher education. Has an easy-to-use search engine, as well as email updates on job openings.

Leisure Jobs

www.leisurejobs.com

Promotes job listings in the leisure and fitness industry, including all the major health clubs and gyms.

Leisure Opportunities

www.leisureopportunities.co.uk

Focuses mainly on the health and fitness sector. Most of the major health clubs and gyms advertise here.

National Careers Service

www.nationalcareers.service.gov.uk

Helps people who live in England with their career, learning and training choices.

Prospects

www.prospects.ac.uk

Provides information and tips for job seeking, postgraduate options and careers open days.

Skills Development Scotland

www.skillsdevelopmentscotland.co.uk/what-we-do/scotlands-careers-services/

Delivers Scotland's careers service in schools, in centres and online.

Supporting Champions

www.supportingchampions.co.uk/

Utilises the lessons learned from the last 25 years of working in high-performance sports and businesses to support and champion you, your teams and systems.

TARGETcareers

www.targetcareers.co.uk

Helps school leavers make decisions about their future by exploring options for careers, university or apprenticeships and getting help to apply successfully.

TES

www.tes.co.uk

Caters mainly for teachers but there are job listings for those wishing to go into lecturing in further and higher education.

The Sport and Exercise Scientist

www.bases.org.uk/spage-resources-the_sport_and_exercise_scientist.html

A well-renowned quarterly publication, available to BASES members, keeping them up to date with the latest industry news, events and research.

UCASwww.ucas.com

Connects people to higher education in the UK. They are a people-focused business and everything they do is designed to help applicants reach their potential.

UK Sportwww.uk sport.gov.uk

Advertises jobs in elite sport and has a useful email newsletter for the latest developments in elite sport.



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BASESwww.bases.org.uk

The BASES website is the go-to place to keep up to date with the latest sector news and resources.

BASES Membershipwww.bases.org.uk/spage-membership-member-categories-and-benefits.html

Details of BASES membership categories, fees and the eligibility criteria for each category.

BASES Members' Areawww.members.bases.org.uk

Login to the members' area to view useful resources including video content, e-magazines, slide presentations, articles and much more.

BASES Careers Centrewww.bases.org.uk/careerscentre

View resources which inform you about careers in sport and exercise science and offer guidance on how to pursue your chosen path. View BUES courses and the course finder.

Vacancieswww.bases.org.uk/vacancies

Find job vacancies, studentships and internships in the sport and exercise science sector.

Professional Developmentwww.bases.org.uk/professionaldevelopment

BASES provides continuous professional development (CPD) opportunities for sport and exercise scientists; from workshops and webinars to nationally recognised accreditations.

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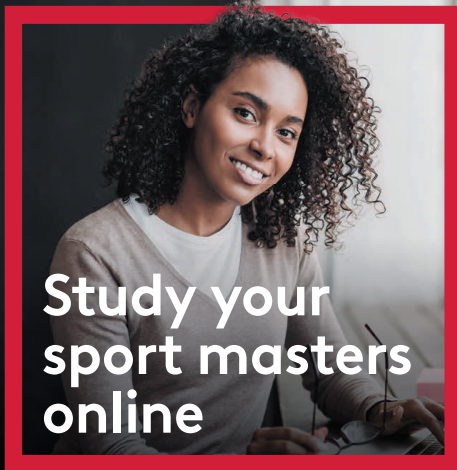
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