

I'm into sport science

What careers are there for me in the NHS?

Some of our faves!

Nutritionist

Someone who works with a range of people from athletes to those with eating disorders to help develop healthy eating habits.

Personal Trainer

Someone who work 1 to 1 with people with different abilities to help them reach their fitness goals.

Strength and Conditioning Coach

Someone who works with athletes and teams to get them to their peak fitness for events by designing and carrying out workout routines.

What do the people in those careers think of it?

The best thing about my job is I get to see athletes get fitter and stronger over time. The athletes I train sometimes think they aren't getting fitter, but it my job to remind them how far they have come and make sure they stay focused on their goal. I also get to shout a lot to motivate them, which is lots of fun!

- Professional coach



How do I get into the field?

A-levels

Or BTEC, PE/Sport, biology also recommended

University

1st or 2:1 at degree level in a related subject

Masters or any other add on qualifications

GCSE's

5 GCSE's level 4-9 including PE