



Why choose the sector?

Exploring careers in the sport and physical activity sector

Grab and go careers session cheat sheet

Be **More Than** just your job title

- Bring people together and improve the quality of their lives.
- Enable positive mental health in customers through shared activity.
- Deliver business success – great exercise experiences create loyal customers.
- Be an entrepreneur and an event organiser.
- Create a welcoming, inclusive environment that encourages social connection and sporting diversity in local communities.
- Help build social cohesion, a sense of belonging and stronger communities.
- Transform lives through movement, motivation and mindset.
- Empower individuals to reach their goals – building confidence, strength and long-term healthy habits.
- Help people reduce stress, anxiety and self-doubt through fitness.
- Be a mentor, a motivator and a role model – in the gym and in the community.



A sector with diverse opportunities

Rewarding and impactful work

Inspire others

Help individuals and communities to lead healthier, happier lives. From coaching young athletes to organising community fitness programmes, your work can inspire others to get and stay active as well as improve their wellbeing.

Build communities

Sports and physical activities bring people together. As a professional in this sector, you'll play a big role in fostering community spirit and teamwork.

Career progression and opportunities

Diverse career paths

Whether you're interested in coaching, sports management, physical therapy or fitness training, the sport and physical activity sector has a career to inspire you. There is wide range of roles to explore, each with ways to progress as you gain more experience and knowledge. You could even specialise in areas like sports psychology, nutrition or event management.

Growth and advancement

The sport and physical activity sector is growing rapidly. According to the UK Department for Digital, Culture, Media and Sport, the sector contributes over £39 billion to the UK economy and supports over 600,000 jobs. This growth means more opportunities for career advancement and professional development, giving you options and flexibility whatever role you choose.

Skill development

Transferable skills

Working in sport and physical activity helps you to develop a wide array of skills that are valuable in any career. These include leadership, teamwork, communication, problem-solving and time management.

Specialised knowledge

Gain expertise in areas such as exercise science, sports medicine and fitness training. These specialised skills are highly sought after and can lead to numerous career opportunities and ways to connect with new people.



Feeling included in the sport and physical activity sector

Equality, diversity and inclusion in the sport and physical activity sector



We know that it doesn't always feel like there's a place for everyone in the world of sport and physical activity, but we want to change that. No matter who you are, there is a role for you in our sector. To show you what that might look like, we're offering guidance on the opportunities available to people from disadvantaged groups.

We have resources on the CIMSPA Careers Hub with specific support tailored to disability, ethnic diversity, gender, LGBTQIA+, economic disadvantage, neurodiversity and more.

Visit: www.careers.cimspa.co.uk



If you have any questions regarding the Careers Hub please contact us at careershub@cimspa.co.uk