

Physical Education involves not just playing and coaching sports, but many other elements within health and fitness, from the physiology of the human body to the psychology behind a winning mindset.

Augmented Reality Technician

You'll be responsible for installing, configuring and testing video replay technology at sporting venues. Virtual and augmented reality (VAR) has been used in sports like rugby league, tennis and cricket for years and was first introduced to football in the 2018 World Cup. UEFA has continued to expand the use of VAR, so demand for VAR technicians in sports is likely to increase. You'll install VAR systems, evaluate how the technology is performing and make any necessary adjustments.

People & Culture Specialist

You'll work with HR teams to deliver training and help them improve, adapt and develop their relations with employees. Improving people management capabilities was named as one of the top rarities by UK organisations in 2020. Demand for HR managers will grow by 9.1% to 2027 in the UK, with the industry managing the changing world of work. You'll need to inspire people to make positive adjustments and encourage organisational change.

Health Data Scientist

With more and more data being collected about patients, it's essential to have people who can interpret this. Perhaps surprisingly, students learn data analysis skills when they study PE. This helps students interpret the information that's collected and allow them to make their own conclusions.



'Preparing students for a lifetime of employability'

careers@horizoncc.co.uk

'Preparing students for a lifetime of employability'



PHYSICAL EDUCATION

5 work skills that Physical Education will give you:

Leadership

You'll have to plan, coordinate and lead participants in a competitive sporting setting. You'll also have to plan and deliver a progressive session to help an individual improve a particular skill or apply a particular strategy. In the classroom you'll explore different styles of leadership.

Teamwork

You'll be encouraged to participate in team sports at school. As a player or a trainer, you'll be working with other people all the time. You'll also learn about group dynamics and how these can influence performance. You'll learn how to manage social situations and work with people who have different skills and abilities.

Time Management

You'll plan sessions that run for a specific time. You'll need to include time for instruction as well as practice. You'll think carefully about what you have time to teach and how to help people get the most out of your sessions.

Strategic Thinking

You'll learn about different strategies and tactics for different sporting scenarios. You will have to identify what the strengths of your opposition are and what gaps you have in your own team. You'll have to implement strategies as a coach and be able to explain your tactical decisions after a sporting activity.

Communication

When you're playing team sports at school, you'll need to communicate with your teammates to motivate them or to highlight errors. You'll use verbal and non-verbal communication. You'll also learn how to teach sport techniques and explore various ways of interacting with people of different ages.

Where can Physical Education take you?

Sport Professional:

- Athlete
- Cyclist
- Golfer
- Swimmer
- Equestrian
- Footballer
- Tennis Player
- Racing Driver
- Rugby Player

Leisure:

- Lifeguard
- Youth Worker
- Leisure Centre Assistant
- Leisure Centre Manager
- Outdoor Activities Instructor
- Riding Holiday Leader

Sport & Fitness:

- Coach
- Fitness Instructor
- Personal Trainer
- Sports Physiotherapist
- Sport and Exercise Scientist
- Sport & Exercise Psychologist

Other Sport:

- Referee
- PE Teacher
- Journalist
- Football/Sports Agent
- Martial Arts Instructor
- Sport Development Worker

Future of Job Facts:

Sport & Fitness

There are currently **440,000** people employed in the sport and fitness industry. This is 2.3% of all jobs. The biggest employers are football and horse racing.

Health

Personal fitness instructor jobs are expected to increase by just under **3%** over the next 7 years.

Advertising & Marketing

An ability to prioritise the game plan may make marketing and ideal career for you. There are around **400,000** advertising and marketing jobs in the UK.

Education

Primary school and Nursery Teachers have one of the highest rates of job satisfaction in the country. There are more than **450,000** teachers across the UK.

Recruitment & HR

There are currently **440,000** people employed in the sport and fitness industry. This is 2.3% of all jobs. The biggest employers are football and horse racing.

Medicine & Healthcare

Graduates with a background in Physical Education are equipped with the medical knowledge to provide therapy to people with physical difficulties.