

# Sport & Leisure roles

01



## Fitness or Gym Instructor

Fitness instructors organise exercise programmes to improve people's health and fitness. You could do a Level 2 Accessible Apprenticeship as a Community Activator Coach to give you some of the skills needed for this role. You could also work as a leisure centre assistant and do part-time fitness qualifications on the job to train for jobs as an instructor.

02



## Football Coach

Football coaches teach skills and motivate individuals and teams. You could start as a volunteer at your local amateur football club to help to build up your experience which could lead onto training for coaching qualifications, or you could go to college and do a course in Sports Coaching.

03



## Health Trainer

Health trainers promote healthy living and help people make healthier lifestyle choices. You could train as a health trainer if you are already working in a related role such as pharmacy assistant, within the NHS or in a leisure centre. You could look at Supported Internships within a hospital setting to start getting experience in this area.

04



## Leisure Centre Assistant

Leisure centre assistants set up and supervise activities like fitness and exercise classes, gym sessions and swimming. You will need to work well with other people and some employers may prefer you to have a qualification in first aid, gym instruction or lifeguarding.

More information on all of these roles can be found on the National Careers Service website: [www.nationalcareers.service.gov.uk/job-categories/sports-and-leisure](http://www.nationalcareers.service.gov.uk/job-categories/sports-and-leisure)



Essex County Council

05



## Outdoors Activities Instructor

Outdoor activities instructors lead trips and teach skills in activities like hill walking, climbing, canoeing and skiing. Try to get work experience to help you understand the role and make contacts to help you to find paid work. You could try the Duke of Edinburgh awards scheme, being part of activity clubs or volunteering at outdoor activities centres.

06



## PE Teacher or PE Teaching Assistant

Physical education (PE) teachers work in schools and colleges, teaching sport and fitness to young people. You could start by volunteering at a school, doing youth work or coaching at a sports club and then go on to do a Level 2 Community Activator Accessible Apprenticeship. To be a teacher you will need to do a sport or PE degree.

07



## Personal Trainer

Personal trainers work with clients to improve their health and fitness. You can apply to become a personal trainer or set up your business, if you've got qualifications and experience as a fitness coach or gym instructor. You can do qualifications through companies who offer specialist courses in gym instructing and personal training.

08



## Resort Representative

Resort representatives look after holidaymakers during their stay abroad. You could do a college course like a Level 2 Diploma in Travel and Tourism or start in customer services within a travel agency to gain different skills. A first aid qualification or a driving licence can be useful for some jobs.

09



## Sports Coach

Sports coaches teach sports skills to individuals and teams of all abilities. You could get experience as an assistant sports coach by volunteering for a few hours a week with a club or amateur team. This is a common way to start a coaching career. Some roles may be part-time or paid by the session.

For information on Supported Internships and Accessible Apprenticeships

Email: [targetedemployment@essex.gov.uk](mailto:targetedemployment@essex.gov.uk)  
or speak to your SEND Careers Advisor



Essex County Council