

Sports professional

Sports professionals are paid to train and compete in their chosen sport.

Sports you could take part in professionally include:

- individual sports – athletics, boxing, tennis, snooker, cycling, golf, horse racing, and other equestrian sports
- team sports – football, cricket, basketball, rugby, hockey, and ice hockey

As a sports professional, you'll usually:

- compete in matches and competitions
- keep up and improve your skills with regular practice
- maintain your general fitness and stamina by training
- make sure your diet and lifestyle help you to achieve peak performance
- take advice from coaches, nutritionists, exercise professionals, sports psychologists, and doctors

If you become well-known as a sports personality, you might also:

- give media interviews
- promote products by appearing in adverts

Working hours - variable

- Training almost every day, could be early in the morning or late in the evening
- Some sports, could be outdoors in all weather conditions. Competitions and matches usually take place in the evenings or at weekends.
- You'll spend a lot of time travelling in the UK or overseas, and could spend long periods away from home.



Skills required

- physical abilities: keep up your physical fitness and stamina, so you can cope with regular training and perform at your best in your sport
- planning skills: you'll need to set long-term goals, like distance or time targets, and stay on track with your schedule so you can meet them
- adaptability / resilience: you'll need to stay motivated when you face setbacks, like injuries, and adapt your training when needed
- working under pressure: around race or game times, you may feel more stressed and under pressure to do well,

Entry requirements

If you have the potential to succeed, you could be awarded a scholarship to help fund your studies whilst you're at university.

Check unis' websites to find out what's on offer before applying.

Around the world, other schemes include:

- Talent ID Camps run by NGBs or funding from the Olympic & Paralympic Committee (US)
- The Talented Athlete Scholarship Scheme (TASS) – whereby national governing bodies (NGBs) select young people in higher or further education to receive awards of sporting services – or the advanced apprenticeship in sporting excellence (UK)
- The Sports Scholarship Boarding Program for grades 9-11 (year 10-12), run by the Abu Dhabi Department of Education and Knowledge (ADEK) (UAE)



Sports professional

Labour Market Information (LMI)


Median averages relating to the Sports professional profession.

● UK USA

Jobs

Sports and fitness professionals

140,003

 819 in your local area of Croydon


Top 5 local areas

| | | |
|---|---------------|-------|
| 1 | Surrey | 4,765 |
| 2 | Hampshire | 4,169 |
| 3 | Essex | 4,080 |
| 4 | Hertfordshire | 4,061 |
| 5 | Kent | 3,711 |

Salaries

Sports players


£67,596

 (Not enough data for this region) in your region of London

Hours/week

Sports players

37

 34.8 in your region of London

Growth

2020-2035

Culture, media and sports professionals

+0.2% ↑ 1,593 jobs

 +3.2% in your region of London, an increase of 7,786 jobs



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