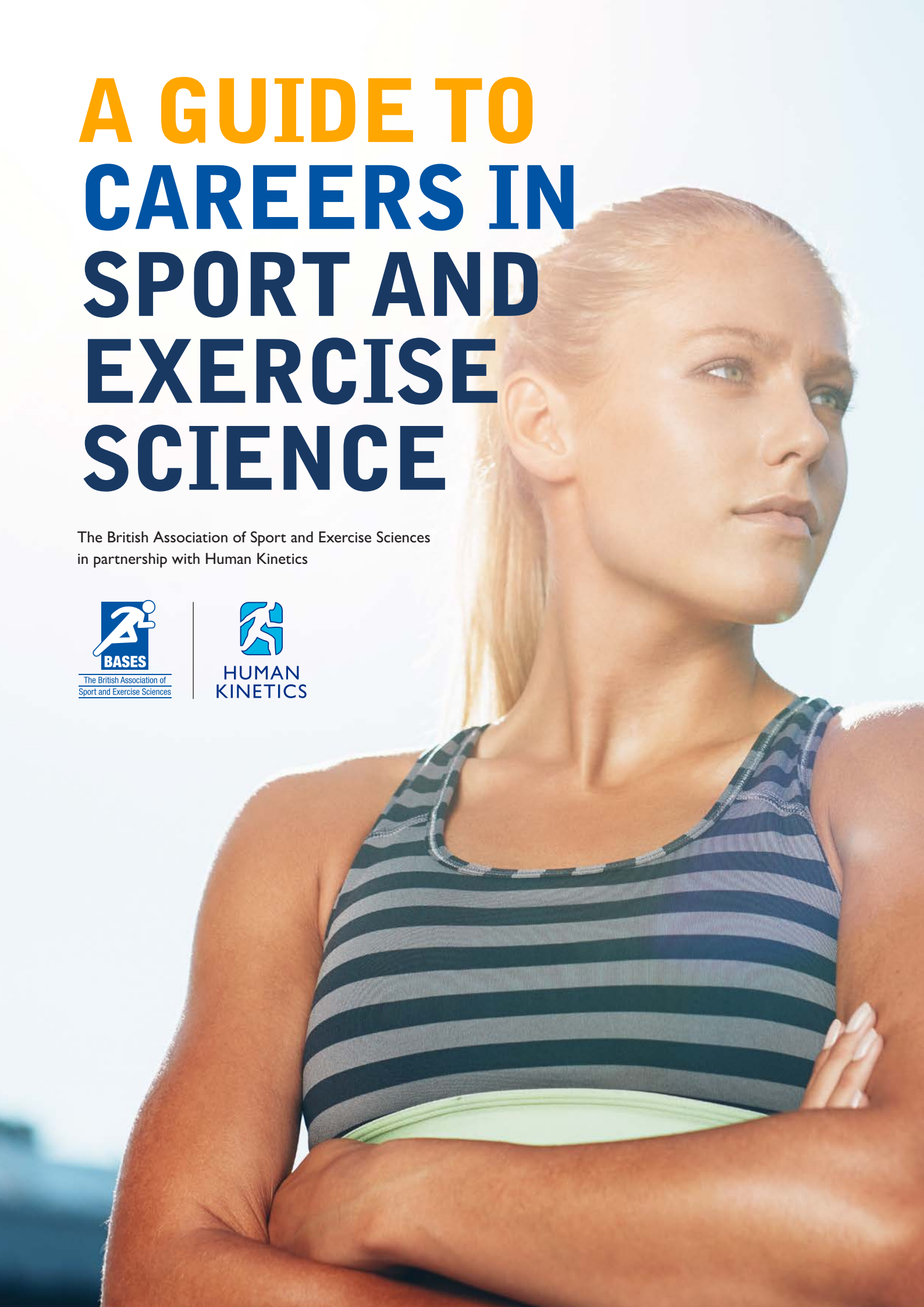
A GUIDE TO CAREERS IN SPORT AND EXERCISE SCIENCE

The British Association of Sport and Exercise Sciences
in partnership with Human Kinetics

BASES
The British Association of Sport and Exercise Sciences

HUMAN KINETICS



WELCOME FROM BASES EXECUTIVE DIRECTOR



I know from my own experience that decisions about what to study at university – and what to do after graduating from university – can be overwhelming. However, it does not have to be the daunting and confusing task that it first appears. There are lots of resources available to help you make the right decisions and I hope that this guide will serve as a useful and informative resource, whether you are currently studying sport and exercise science at university, or are considering it as a possible career.

The decision of what undergraduate or postgraduate course to study will not define your whole career but making a well-informed decision that reflects your interests and skills will help save you significant time and effort in the future and can help you to stand out in a competitive job market. It is with this in mind that we have developed A Guide to Careers in Sport and Exercise Science; a concise yet comprehensive guide, packed full of helpful information about careers in sport and exercise science to help you to identify and pursue your dream job or career.

In developing this guide, we have obtained the views of many of our members: practitioners, researchers, lecturers, students and other professionals within the industry who have 'been there and done that'. I hope that the guidance and advice provided by these experts will help to answer some of the frequently asked questions about careers in sport and exercise science and will support you in making decisions that will positively shape your future career.

I wish you the very best of luck in whatever path you choose to take.

Tom Holden
BASES Executive Director



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Sixteen professionals active in their respective fields discuss their work and the experiences that led them to succeed in it. Join BASES to unlock this exclusive content and get a host of other benefits at **www.bases.org.uk**



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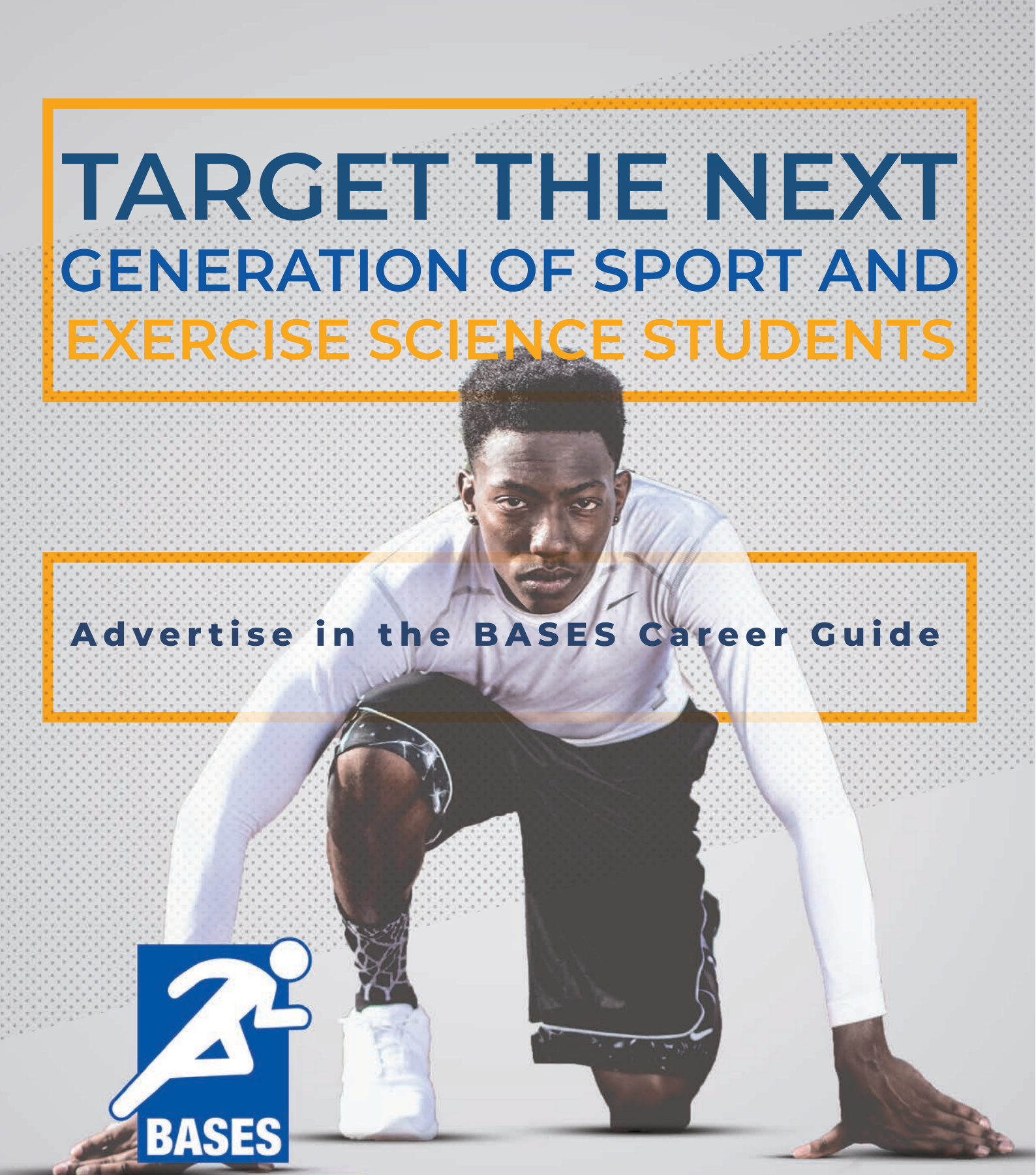
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INTRODUCTION



This Careers Guide is for anyone interested in pursuing a career in the field of sport and exercise science. The guide provides information to help you choose the right undergraduate or postgraduate course to pursue your chosen career path. For those who aren't yet sure what they want to do after university, we have included a comprehensive overview of the range of careers that you could pursue after graduation.

Many institutions offer courses in sport and exercise science, covering a range of disciplines and sub-disciplines. It can be a daunting process trying to narrow down your choices to five courses on your UCAS form or deciding on an area of specialism for your postgraduate degree. We hope that this guide makes these decisions less confusing by highlighting the important points you need to consider when choosing a course in sport and exercise science.

In this guide you will find an overview of a number of common career paths of sport and exercise science graduates. This includes 16 job profiles – written by professionals working in the sector – to give you an insight into what each role entails and what qualifications, training and experience you will need if you want to pursue that career.

Finally, this guide provides a range of helpful information, tips and advice from sport and exercise science professionals and graduates on how to choose the right career path (for you) and how you can be pro-active during your studies to improve your chances of landing that dream job in the future.

Feel free to use this guide in whatever way suits your needs, whether deciding if a career in sport and exercise science is for you, narrowing down career options or choosing the perfect sport and exercise science course.

WHAT IS SPORT AND EXERCISE SCIENCE?



▲There are many more applications for sport and exercise science than within elite level sport.

Sport and exercise science is the application of scientific principles to the promotion, maintenance and enhancement of sport and exercise related behaviours. It is fast becoming one of the most popular subjects to study at both undergraduate and postgraduate level. Sport and exercise science aims to answer questions such as:

- How does the human body respond to exercise?
- How can professional athletes maximise potential?
- What are the health benefits of regular activity?
- How do psychological factors influence sport and exercise performance?

Most undergraduate sport and exercise science degrees will be structured around the three core elements of sport and exercise science: biomechanics, physiology and psychology. A graduate in sport and exercise science would be expected to have a broad knowledge base covering all three of these aspects and how they interact in both sport performance and health-related exercise. Postgraduate study will usually provide greater specialisation in one or more specific aspects of sport and exercise science.

THE DISCIPLINES OF SPORT AND EXERCISE SCIENCE

Biomechanics An examination of the causes and consequences of human movement and the interaction of the body with apparatus or equipment through the application of mechanical principles.

Physiology The branch of the biological sciences that is concerned with the way that the body responds to exercise and training.

Psychology The branch of sport and exercise science that seeks to provide answers to questions about human behaviour and mental processes in sport and exercise settings.

Interdisciplinary Involves seeking to contribute to the body of knowledge or solve a real-world problem in sport or exercise using two or more disciplines in an integrated fashion from the outset.



THE BRITISH ASSOCIATION OF SPORT AND EXERCISE SCIENCES

Promoting excellence in sport and exercise sciences

The British Association of Sport and Exercise Sciences (BASES) is the recognised professional body for anyone with a professional interest in the science of sport and exercise in the UK. BASES was founded in 1984 with the aim of establishing a powerful, unified voice to promote and support the interests of sport and exercise science in the UK.

Our mission is to deliver excellence in sport and exercise science through the promotion of scientific research and evidence-based practise and the development of high professional standards for the sector.

BASES represents sport and exercise sciences nationally and internationally by promoting careers; organising conferences and workshops; commissioning and developing publications; endorsing degree courses; providing grants for research; and maintaining professional standards through a system of accreditation.

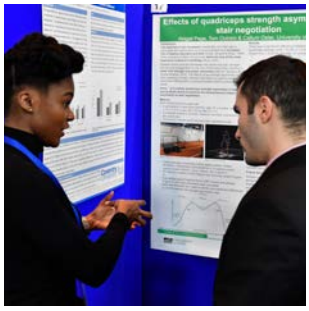
Anyone who is studying sport and exercise science, or is working in a sport and/or exercise science related occupation, is eligible to become a BASES member. Joining the largest sport and exercise science network in the UK gives you access to a wide range of resources and benefits designed to support you through your studies and subsequent career. To find out more about the range of benefits of becoming a BASES member, visit **www.bases.org.uk**.



▲ A strength test using an isokinetic dynamometer.



▲ BASES lectures represent the best learning in the field.



▲ A poster session.



▲ BASES conference 2016.



▲ BASES Fellow Professor Greg Whyte OBE.

PURSUING A CAREER IN SPORT AND EXERCISE SCIENCE

Are you interested in human movement, sports performance, physical activity and health? If so, a career in sport and exercise sciences might be for you. The career opportunities available to sport and exercise scientists are expanding all the time and this growth appears likely to continue for the foreseeable future.

Most sports now recognise sports science as an integral part of their development and success. Most athletes consider the application of sports science as part of everyday training and competition. In relation to exercise science, many hospitals, Clinical Commissioning Groups (CCGs) and National Health Service (NHS) trusts are now appointing specialists with exercise qualifications to work in areas such as cardiac rehabilitation and health promotion. Recently published NHS quality standards outlining the role of physical activity in the prevention and treatment highlight the increasing importance of exercise in healthcare.

Despite the increasing number of job opportunities in sport and exercise science, the number of sport and exercise science graduates is also growing, making competition for jobs intense. Students should, therefore, take every opportunity to gain experience and build networks whilst at university and think about how to develop your knowledge and skills beyond what you learn on your course. Here are a few ideas about how you can do this:

Keep up-to-date with current issues

It is important to recognise that in order to further your career you will have to take responsibility for your own professional development. Being a part of a professional body, such as BASES, can help you keep up-to-date with news, upcoming events and the latest research in the sport and exercise science sector and ensure you are kept aware of opportunities to gain experience via internships, research projects or presenting your research at a conference. Remember that new research in sport and exercise science is constantly being published; being aware of the latest developments is one way to show your knowledge and passion for your subject area – just make sure you are reading credible sources as there is a lot of misinformation on the internet and in the media.

Gain additional qualifications

Extra qualifications may be essential for you to progress in your chosen career – or may simply help you stand out in a crowded job market. Graduates who progress most quickly in their careers are often those who have sought to gain additional experience and qualifications. Employers will see this positively in terms of your willingness to learn and as evidence of commitment to your chosen career. Undertaking further courses following your degree will make you more marketable and hopefully help you move up the career ladder. This, in turn, will generally mean your earning power increases accordingly. Qualifications might include coaching, first aid, gym instructing or safeguarding training.

BASES Accreditation (see p22) is an industry-standard qualification for practising sport and exercise scientists that will open many doors to a successful career in sport and exercise science. The most common route to Accreditation is via the BASES Supervised Experience programme, which is open to anyone who has completed an undergraduate degree in sport and exercise science. BASES also offers specialist accreditations for practitioners working in high performance sport (BASES High Performance Sport Accreditation) or with clinical populations (BASES Certified Exercise Practitioner).

THE SPORT AND EXERCISE SCIENTIST

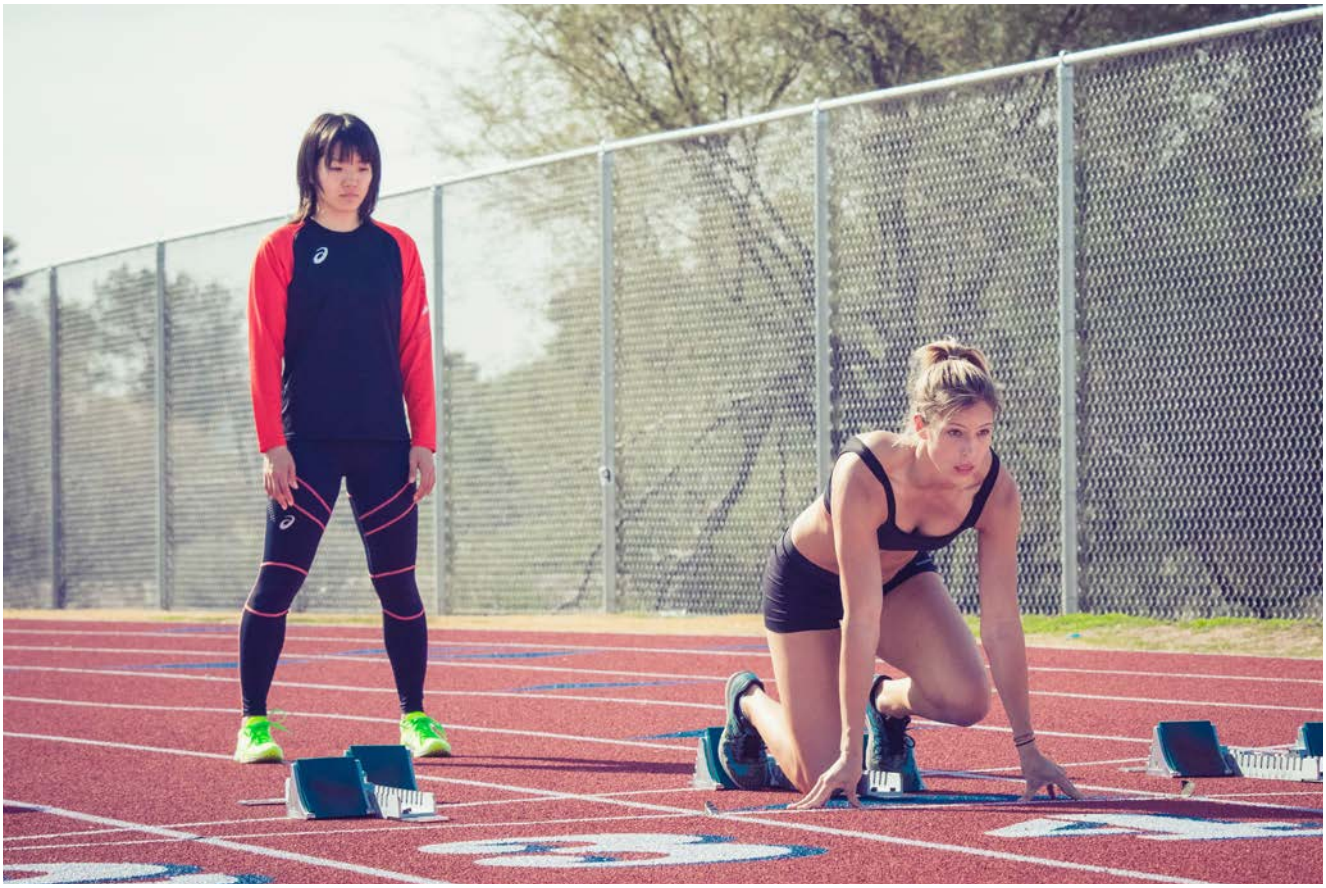
BASES publishes The Sport and Exercise Scientist four times per year. It's free to all members, full of insight, interviews, news, articles, reviews and much more.











▲ Competition for sport and exercise science jobs can be fierce. Be sure to give yourself the best possible chance of success.



▲ Joining a professional body can help you stay up-to-date with the latest industry news, research and opportunities.

ENTRY REQUIREMENTS

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Appropriate qualifications are needed to get on to a degree course. For many students, this means gaining the required GCSE and A Level grades at school or college. Check carefully what A level subjects and grades are required for the courses you're interested in as these can vary significantly. Most institutions require A Level Physical Education or an A Level science subject (e.g. Biology). You'll usually need at least 5 GCSEs at grade C (new GCSE grade 4) or above, including Maths and English. The UCAS website or university websites show you the sort of subjects and grades required for different courses. Your teachers or career advisers can also offer help and advice.

There are alternatives to the traditional A Level route (see table below) which may be better suited to those who want to gain more vocational (job-related) skills and experience that can be used to gain employment in the sport and/or exercise sector. Part-time 'pre-degree' qualifications are also available for those already working in the industry, or who want to switch to a career in sport and exercise science. Before selecting a course, check carefully that whatever route you choose is suitable to gain entry to the degree you're interested in.

Useful Websites

BASES Course Finder
www.bases.org.uk/courses.php

Pearson (BTEC qualification regulators)
qualifications.pearson.com

Universities and Colleges Admissions Service (UCAS)
www.ucas.com

Business and Technology Education Council (BTEC) qualifications
BTEC offer sport and exercise science courses across their range of qualifications.

BTEC First Certificate/First Diploma
(1 year full-time). You will usually need 1–2 GCSEs grade C (new grade 4) or above to enrol. The course is equivalent to GCSE level and can be progressed to a BTEC National Diploma.

BTEC Extended National Diploma
(2 years full-time). You will usually need 4 GCSEs grade C or above, or a BTEC First Diploma to enrol. The qualification can be progressed to a BTEC HND or used to gain entry to a degree course.

BTEC Higher National Diploma (HND)/ BTEC Higher National Certificate (HNC)
(2 years full-time). You'll usually need a relevant BTEC national diploma or relevant GCSE passes and A Levels. HNC/HND courses are offered by further education colleges and by some universities. From a HND you can progress to degree level study. In some cases you can transfer straight into the second year of a degree course.

Foundation Degrees
(2 years full-time). A foundation degree includes a mix of traditional degree level teaching and 'work-based learning', where you undertake placements with an appropriate employer. You'll usually need an A Level or equivalent. All foundation degrees offer the chance to 'top-up' to a full honours degree by further study.

NVQ Framework Level	GCSE / A Levels	BTEC Qualifications
Level 1 Foundation	GCSE Grades D–G (new grades 1–3)	
Level 2 Intermediate	GCSE Grades A*–C (new grades 4–9)	BTEC First Certificate/First Diploma
Level 3 Advanced	A Levels	BTEC Extended National Diploma
Level 4		BTEC Higher National Diploma (HND) BTEC Higher National Certificate (HNC) Foundation Degree (FD)

CHOOSING AN UNDERGRADUATE COURSE

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With so many courses available it is important that you consider which is the best for you. To help you with this decision, the following is offered as a guide to the key characteristics to look for in a sport and exercise science degree.

Is the course endorsed by BASES?
BASES endorsement assures the appropriateness of the curriculum, resources and opportunities that undergraduate courses offer for training sport and exercise scientists. See p16 or visit the BASES website (**www.bases.org.uk/bues**) for more details on the BASES Undergraduate Endorsement Scheme.

Are the three foundations of sport and exercise science (biomechanics, physiology, psychology) covered, as well as interdisciplinary approaches? Unless you have a clear idea of what you want to do after your degree and know a more specialist degree course is the right thing for you, it's better to choose a course that covers the three foundation disciplines of sport and exercise science to keep your post-degree options open. Often courses with the same name have different content (and courses with different names may cover similar material).

How is the course taught and assessed?
Make sure the course includes plenty of interactive teaching sessions as well as lectures. You may also want to think about the coursework to exam balance and choose a course that complements your strengths.

Are there good laboratory facilities to which you will have access?
Check that there is a strong practical skills element to the course and that you will get hands-on experience in the methods used by sport and exercise scientists.

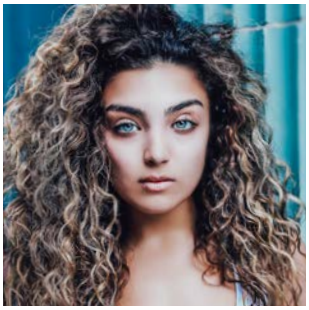
What research, consultancy and community projects exist?
Involvement in these projects will allow you to gain experiences and skills beyond the formal curriculum. Universities with high ranking research will generally publicise this along with their research rating (4* being the top Research Evaluation Framework (REF) grade awarded by the Higher Education Funding Council for England (HEFCE)).

Career pathways and employability of graduates?
Most institutions should be able to provide information about where graduates progress to after their degrees. Look for institutions that are successful in placing graduates in sport and exercise jobs. The UNISTATS website gives the percentage of students in graduate careers after specific courses as well as average salaries.

NSS, TEF and league tables
As with all important decisions, it is advisable to seek as much objective information as possible to support your choice. There are a number of scores and rankings for Universities and courses that you can access yourself. The National Student Satisfaction survey (NSS) asks final year students how satisfied they are with their courses. The results are available via UNISTATS, which also gives some other key information, including the recently introduced Teaching Excellence Framework (TEF) scores (gold, silver or bronze) for each University for their teaching quality. Various league tables are also produced, including the Guardian University league tables and the complete University guide, which ranks Universities and course areas based on various measures including teaching, spend on students and research excellence. These may help you in shortlisting particular Universities and courses.

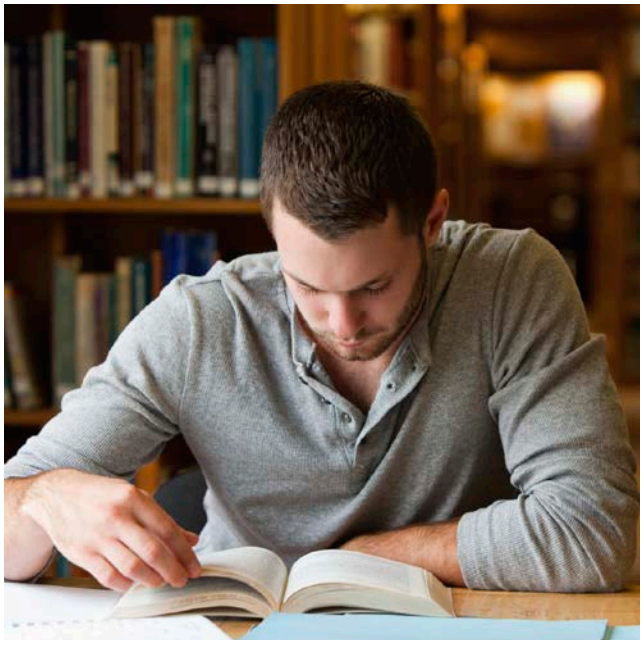
Unless you have a clear idea of what you want to do after your degree and know a more specialist degree course is the right thing for you, it's better to choose a course that covers the three foundation disciplines of sport and exercise science.

▶ Choosing an undergraduate course can be difficult. You'll need to consider a variety of different criteria to make the best choice for yourself and your future.

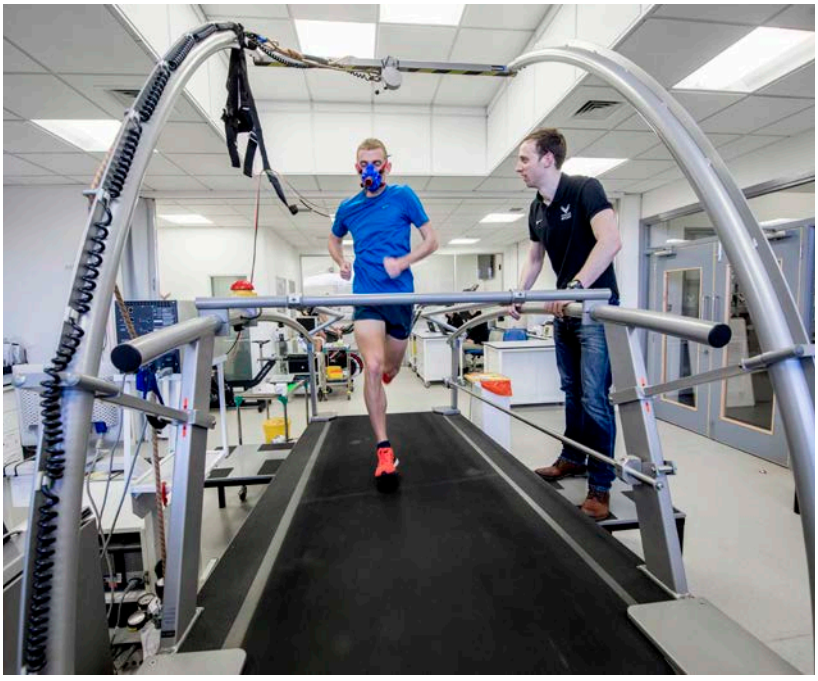
















Photograph: English institute of sport (EIS)

If you are interested in the topic of your degree you are more likely to do well in it. Many students studying sport and exercise science have a strong interest in the area and this is a big advantage.





What to study

It may seem obvious, but it is worth stressing that if you are interested in the topic of your degree you are more likely to do well in it. Many students studying sport and exercise science have a strong interest in the area and this is a big advantage.

Some universities offer discipline-specific programmes of study at undergraduate level, for example, Sport and Exercise Psychology. These courses tend to provide less breadth of study than traditional sport and exercise science courses. Such specialist courses may appeal to those applicants with a clear idea of their disciplinary interests and career progression, but this route can limit the range of potential options later in one's career. Generally speaking, a broad understanding of sport and exercise science is best achieved through multidisciplinary study at the undergraduate level (i.e. a course that covers biomechanics, physiology and psychology). A specialism can then be developed through relevant postgraduate study.

Where to study

You won't do very well in your course if you're unhappy, so pick an institution that you think you will enjoy attending. For some this means a city centre location, others prefer an out of town campus. Find out about the social and sporting facilities available, particularly if you have a specific sport you are keen to get involved in. You should also consider housing and other costs and how far you want to be from home. Find out what sort of help and support is available to students who experience problems during their time at university.





Things that will help you decide

Do your research carefully and pick what you believe is the right course in the right location. Look in detail at what each course offers before making your choices and do not select simply on the course name. Most institutions offer open days, so go along and see what the place and people are like and ask lots of questions. Talk to friends and family but decide for yourself.

Most universities can provide information on the initial destination of their graduates after they complete their degrees. While it is worth noting that this type of data may not be a reliable indicator of the longer-term career pathways of sport and exercise graduates, recent studies* suggest that 15–20% of sport and exercise science graduates go on to further study following their first undergraduate degree, with 65–75% finding employment within six months of graduating.

In terms of the types of jobs that graduates find after completing their degrees, this tends to vary widely. Studies suggest that around 70% of sport and exercise graduates go on to work in jobs directly related to their area of study**. The remainder tends to use the skills and knowledge they have acquired during their degree to enter the wider job market as graduates with a strong background in scientific theory and application.

It is worth asking universities for any information they have on what industries and job roles their sport and exercise graduates go on to work in after completing their undergraduate degrees. The UNISTATS website is another useful resource for finding information about student satisfaction and employment outcomes for particular University courses.

Applying through clearing

Sometimes things do not go to plan and you do not get the grades you need for your first choice of institution. It is always worth phoning them anyway, as they may still agree to accept you. However, if they do not, the UCAS website will list all institutions that still have places. It will also give details of how to apply to formally enter the clearing process. It is important that you do not panic and simply accept the first place that comes along. Check that the course and institution will suit you and, if possible, go to visit and talk to the staff

Useful websites

BASES Undergraduate Students
www.bases.org.uk/undergraduate-students

Higher Education Funding Council for England (HEFCE)
www.hefce.ac.uk

Universities and Colleges Admissions Service (UCAS)
www.ucas.com

UNISTATS
www.unistats.ac.uk

*Data from 2016 Destinations of Leavers from Higher Education survey **Based on two, 5-year follow-up surveys of graduates from the Department of Exercise and Sport Science, MMU, Cheshire

BASES UNDERGRADUATE ENDORSEMENT SCHEME (BUES)

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The BASES Undergraduate Endorsement Scheme (BUES) endorses sport and exercise science courses that provide undergraduates with the opportunity to develop the knowledge and skills that BASES considers essential to enter into the profession as a practicing sport and exercise scientist or to progress to postgraduate study.

When reviewing a course, BUES will consider the knowledge, technical skills, competencies and practical experience gained by students through the curriculum and resources available. Courses need to demonstrate that students will gain core competencies and knowledge in each of the sub-disciplines of biomechanics, physiology and psychology. Courses must also demonstrate that sufficient student learning is dedicated to studying of an interdisciplinary nature. In addition, the curriculum must include research methods and an independent study project in the field of sport and exercise science.

The BASES website, **www.bases.org.uk**, includes a list of courses that have successfully obtained endorsement, as well as more detail on the criteria for gaining BUES endorsement. For more info visit **www.bases.org.uk/bues**.

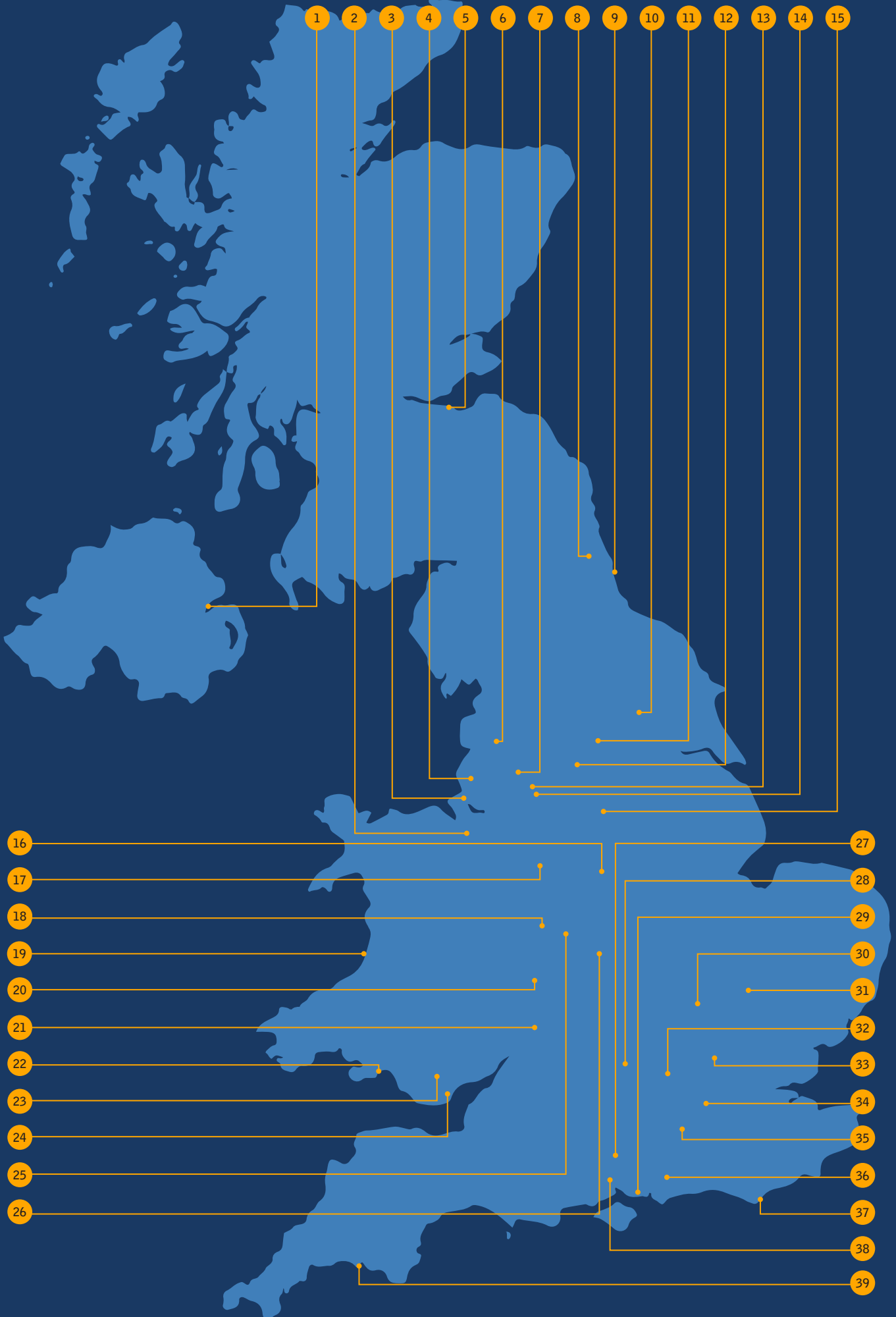


▲ For a degree that provides the knowledge and skills that BASES considers essential, pick a BUES endorsed course.

BUES Universities

The following universities all have sport and exercise science undergraduate degree courses that are endorsed by the British Association of Sport and Exercise Sciences:

1 University of Ulster
2 University of Chester
3 Liverpool John Moores University
4 Edge Hill University
5 University of Edinburgh
6 University of Central Lancashire
7 University of Bolton
8 Northumbria University
9 University of Sunderland
10 York St John University
11 Leeds Beckett University
12 University of Huddersfield
13 University of Salford
14 Manchester Metropolitan University
15 Sheffield Hallam University
16 University of Derby
17 Staffordshire University
18 University of Wolverhampton
19 Aberystwyth University
20 University of Worcester
21 University of Gloucestershire
22 Swansea University
23 University of South Wales
24 Cardiff Metropolitan University
25 Birmingham City University
26 Coventry University
27 University of Winchester
28 Oxford Brookes University
29 University of Portsmouth
30 University of Bedfordshire
31 Anglia Ruskin University
32 Bucks New University
33 University of Hertfordshire
34 St Mary's University
35 University of Surrey
36 University of Chichester
37 University of Brighton
38 Southampton Solent University
39 University College Plymouth Marjon


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SCHOOL OF HEALTH SCIENCES

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t: **+44(0) 1782 294400**
e: **enquiries@staffs.ac.uk**
www.staffs.ac.uk/postgraduate/subjects/sport-and-exercise/

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Stoke-on-Trent, ST4 2DE

STAFFORDSHIRE UNIVERSITY

BASES 2019 Student Conference



Sport and Exercise Science – Transforming Lives
17–18 April 2019 Dundee, Scotland

Abstract submission and conference registration opening **1 October 2018**

www.bases.org.uk/Student-Conference
BASESStuConf2019@dundee.ac.uk
@BASES2019

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/ study at our campus just 2km from Manchester city centre

For full course details, visit salford.ac.uk

SCHOOL OF HEALTH SCIENCES

CHOOSING A POSTGRADUATE COURSE

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One increasingly popular option for sport and exercise science graduates wishing to enhance their employment prospects is to study a Masters programme. Whilst the costs involved can be considerable (typically in the range of £6,000–£8,000 for one year's full-time study), the long-term returns, both financially and in terms of job satisfaction, have been shown to be well worth the investment.

Most universities require applicants to gain at least a 2.1 Honours degree and expect a clear commitment to the area of study. The general expectation is that applicants for postgraduate courses in sport and exercise sciences will be looking to develop an area of specialism based upon a more broad-based, undergraduate degree. Masters programmes should enable you to develop this specialist knowledge and skills, adding value to your undergraduate degree.

If you have the option of full- or part-time study, then consider carefully which option is better suited to your career intentions. Part-time study can enable you to combine study with existing work commitments, but some flexibility will be required from employers or, if you are self-employed, some adaptation of your normal workload will be needed. Most students, however, choose the full-time option, which normally involves a minimum of 12 months of study.



You are advised to check out the research activity (e.g. Research Evaluation Framework (REF) ratings) at your chosen university and find out what opportunities are open to Masters students to get involved in research projects or consultancy work. Also, consider the availability of, and access to, the infrastructure that supports research (e.g. staffing, laboratories, equipment, technicians and other postgraduate students). Most taught Masters programmes will still involve a strong element of independent work in the form of either a research project or some form of professional, work-based placement. Normally this equates to about a third of the overall course, so it is well worth researching carefully which option (i.e. taught or research Masters) is better suited to your career aspirations.

It is also worth finding out the number of students recruited for the course each year and the staff to student ratio (SSR) that the course provides. Normally, Masters programmes enjoy the benefits of considerably smaller study groups than those at the undergraduate level and this, combined with relevant staff and facilities, should provide greater opportunity for either laboratory or career-related activities.

Finally, it may be worth researching the nature of assessment used on the course and the opportunity this provides for you to demonstrate the skills expected of a postgraduate sport and exercise scientist. Be prepared for a workload expectation (including contact and non-contact time) that equates to around 35–40 hours each week for full-time study and for a study period of between 12–18 months.

Useful Website

BASES Postgraduate Students page
www.bases.org.uk/postgraduate-students

◀Young BASES members at the Student Conference in 2017 hosted at Plymouth Marjon University.

Funding Postgraduate Study

Finding funding for postgraduate study is a challenge faced by many students. The average course fee for a full-time taught Masters programme is between £6,000 and £8,000. Living costs also need to be taken into account and you should budget for at least £12,000 in London and £10,000 elsewhere. Fees for overseas students are generally two to three times higher than for UK students.

There is now a funding scheme in place for postgraduate students in the UK, which is similar in many ways to how undergraduate student finance is provided. Postgraduate loans (PGLs) are government-backed loans that allow students studying a taught or research Masters to borrow money to cover fees and living expenses. To be eligible you must be a UK national and be living in England when you start your course (Scotland, Wales and Northern Ireland have their own unique funding opportunities – find more information at **www.gov.uk/funding-for-postgraduate-study**). You will start repaying your loan the year after your course finishes on any income you earn over the minimum threshold.

Professional and Career Development Loans (PCDLs) are also available through the Co-operative Bank. Unlike typical bank loans, the UK Government pays your interest whilst you study. PCDLs can still be a good source of support if you aren't able to apply for other forms of funding. Repayment requirements can be stricter than those for student loans, but the eligibility criteria may be more relaxed. You'll need to meet certain credit criteria to qualify for a Career Development Loan for postgraduate study, but you can borrow anything between £300 and £10,000.

Grants and bursaries do exist and can cover both fees and living expenses, but they are highly competitive. Some postgraduate courses that lead to a teaching qualification (a Postgraduate Certificate of Education for example) attract Government grants to support students, particularly in subject areas where there are teacher shortages.

▶ While further education can be expensive, (especially in London) funding is available and the long term benefits usually outweigh the costs.

PhDs and Studentships

Longer programmes of postgraduate study may be available at some universities leading to the award of a Doctorate (i.e. PhD). These courses involve a sustained period of research (typically 3 years of full-time study). Grant-aided support or bursaries (often known as studentships) are sometimes available to support students during their PhD studies. These can be funded by the University or by other organisations such as a sporting professional body, a charity or research councils. Some teaching duties may also be attached to these PhD bursaries. Part-time study for a PhD typically takes between 6–8 years, so be prepared for a long haul. Studentships, including PhD positions, are listed on the BASES website at **www.bases.org.uk**.

USEFUL WEBSITES

Department for Education and Skills
www.dfes.gov.uk

Funding Opportunities
www.researchresearch.com

Medical Charity Funding
www.amrc.org.uk

Prospects
www.prospects.ac.uk





Do some research and take all the advice you can get. Ultimately though, you are the only person who can decide what is right for you.

BASES ACCREDITATION AND SUPERVISED EXPERIENCE

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Many of the careers profiled in this guide refer to 'BASES Accreditation'. BASES Accreditation is a professional standard, widely recognised by employers in the sport and exercise industry. It is awarded to individuals who have demonstrated they have the necessary knowledge, skills and experience to be safe and fit to practice as a sport and exercise scientist. A number of leading employers in the sector, including the English Premier League and the English Institute of Sport (EIS), now require their employees to be BASES Accredited (or working towards Accreditation). The qualification demonstrates an applicant's competence to provide services to client groups, based on an independent, peer-led review process.

BASES Accreditation

BASES sets and implements professional and ethical standards for individuals who are actively involved in sport and exercise science. These standards are maintained through a system of Accreditation, which serves as a quality assurance mechanism for employers, clients and the wider sector. BASES Accreditation helps to ensure that the level of service provided by sport and exercise practitioners is based on the best available knowledge and practice.

To become a BASES Accredited Sport and Exercise Scientist, applicants must demonstrate their competency to practice within the sport and exercise science discipline in which they specialise (Biomechanics, Physiology, Psychology or Interdisciplinary) and within their domain of practice (Research, Pedagogy or Scientific Support).

There are two 'routes' to BASES Accreditation. The most common is via the BASES Supervised Experience programme (see the top of next column). Alternatively, for more experienced sport and exercise practitioners, applicants can make a direct application by submitting a portfolio of evidence that demonstrates the knowledge and competencies necessary to practice to the required standard. Visit **www.bases.org.uk/accreditation** for more useful information on BASES Accreditation.

Supervised Experience

BASES Supervised Experience (SE) aims to provide aspiring sport and exercise scientists with the guidance, environment and opportunities that will facilitate the development of the competencies required to gain BASES Accreditation. The SE programme is an important stepping stone to a successful career as a sport and exercise scientist.

The programme lasts for (a minimum of) two years, during which time an individual will work together with a BASES Accredited Sport and Exercise Scientist, who will act as their supervisor, in order to gain appropriate experience and develop their knowledge and skills. You can find more information about Supervised Experience online at **www.bases.org.uk/supervised-experience**.

Specialist accreditations

In addition to BASES Accreditation, BASES offers a range of more specialised professional accreditations for practitioners who have chosen to specialise in particular environments and disciplines:

Certified Exercise Practitioner (CEP): A specialist accreditation for individuals who work in exercise referral, treatment and/or rehabilitation with clinical populations. It aims to provide professional quality assurance for anyone wishing to use a sport and exercise science degree to establish credibility as a qualified exercise practitioner.

High Performance Sport Accreditation (HPSA): A specialist accreditation for individuals providing sport science services to high performance sport programmes. BASES HPSA is targeted at those with extensive experience and a track record of providing successful, structured and ongoing scientific support to high performance athletes and is recognised by the British Olympic Association (BOA), the British Paralympic Association (BPA), UK Sport and the Home Country Sports Institutes as the highest accreditation available in the high performance sector.

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BSc (Hons) Sport & Exercise Science
BSc (Hons) / MSci Sport Rehabilitation
BSc (Hons) Sports Coaching & Performance Science

Postgraduate Taught Courses
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MSc in Cardiovascular Rehabilitation
MSc in Clinical Exercise Physiology



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A number of leading employers in the sector, including the English Institute of Sport (EIS), now require their employees to be BASES Accredited.

INSIDER'S VIEW: Tips from recent sport and exercise science graduates

2-4

BASES student representatives are postgraduate and PhD students who represent the interests of BASES student members. Here, three BASES student reps take a look back and dispense the advice that they feel would have benefited them earlier in their careers.



Name: Chris Kite
Graduated in: BSc in Sport and Exercise Science, MRes in Sport Science (both from the University of Wolverhampton)
What are you doing now? Graduate Teaching Assistant and PhD Student at Aston University

What advice would you give your younger self?
The best advice I can give is to get as much experience as possible, in any relevant field. As an undergrad I was focused on becoming a strength and conditioning coach. Consequently, I turned down the chance to gain experience in other areas that weren't related to this. It wasn't until I broadened my horizons and volunteered to go and help on various projects, in a wide range of areas, that I really found what I wanted to do. Getting real-world experience is the only way to find the things that you enjoy doing (or are good at), as well as helping you diversify your skill set and develop your CV.

'The best advice I can give is to get as much relevant experience as possible'



Name: Liz Carlin
Graduated in: BSc in Sport and Exercise Sciences (University of Ulster), MSc in Sport and Exercise Psychology (Leeds Beckett University)
What are you doing now? PhD Student at University of Ulster

What advice would you give your younger self?
Looking back, I think it would really have helped if someone had given me some general career tips – even simple things like where to search for research grants and how to compile tenders. This type of advice is now often included in research development programmes at universities, but knowing where to go to find useful resources – such as the BASES website – that can signpost you in the right direction is something I would have benefitted from knowing earlier. The sport science and academia fields can be difficult to break into during your early career. I'd therefore encourage anyone interested in pursuing this path to talk to their lecturers or tutors about how to get your research published and seen. Conferences (obviously BASES being the main one) are great places to showcase your work, which can open up opportunities and gives you great experience of presenting research to other academics.



Name: Sean Hudson
Graduated in: BSc in Sport and Exercise Science, MRes in Sport Science (both from Nottingham Trent University)
What are you doing now? Graduate Teaching Assistant and PhD Student at Leeds Trinity University

What advice would you give your younger self?
The best piece of advice I received as an undergraduate was to seek work/practical experience opportunities while studying. It can be difficult applying for positions without completing your studies and I found that most of my experience came from assisting PhD students with their research. This helped to develop the skills I learned during my studies and gain experience working with a range of individuals, from elite sports people to sedentary individuals. This experience is where my interest in research began and has led to me working towards a PhD.



Graduating from your course is a great feeling but it's often your work outside of uni that can make the difference in gaining employment.

CAREER PATHWAYS

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Developed by BASES, these career pathways show you examples of some of the common routes taken by sport and exercise science graduates towards a range of occupations.

The diagrams are not intended to show all potential career pathways towards the occupations listed. There are a variety of ways of gaining the skills, experience and training required to fulfil any job role. We have chosen a selection of examples that represent common pathways of sport and exercise science graduates.

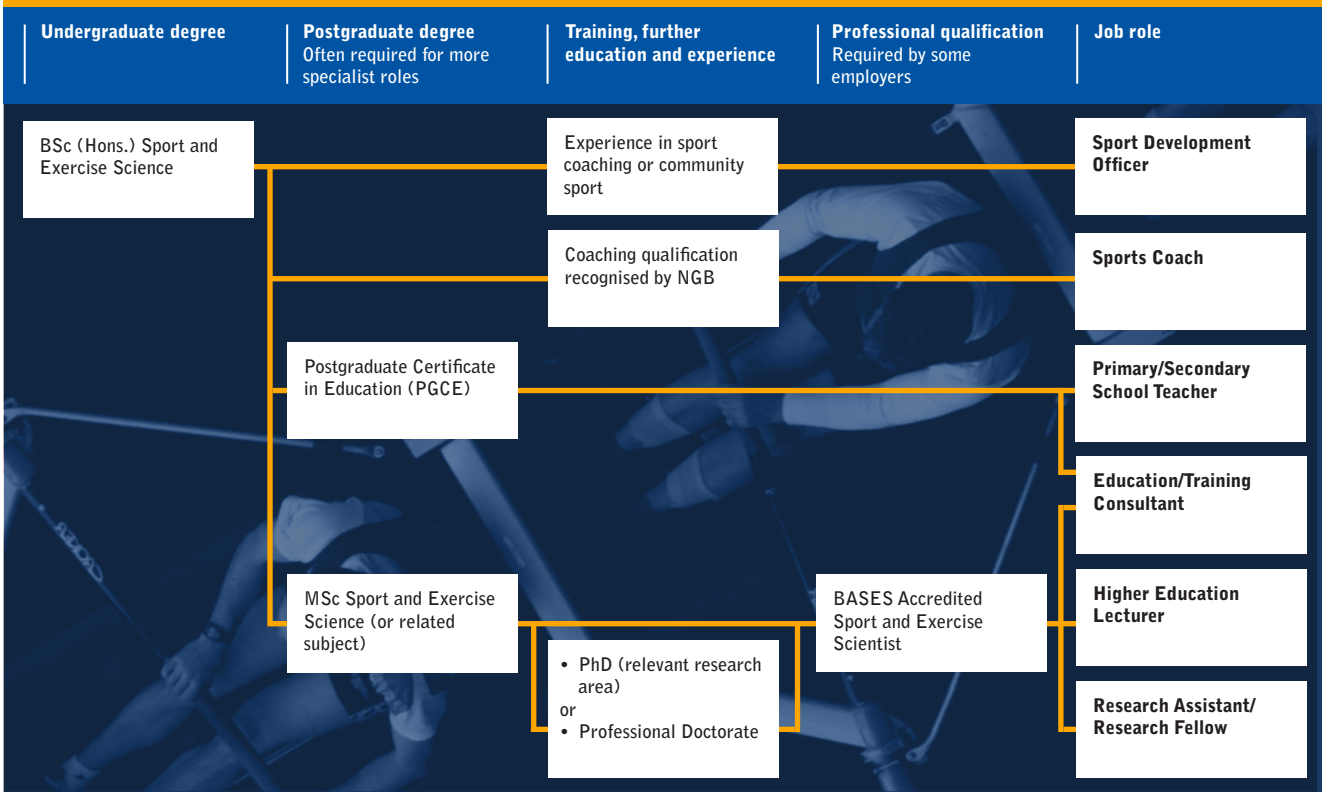
We have included a range of qualifications and training that may assist you in pursuing a particular career path; many of these qualifications are not a mandatory requirement for the occupations listed below; entry criteria will depend on specific job roles and employers. However, obtaining additional qualifications and training (e.g. postgraduate degrees or professional accreditations) can help you to stand out in the job market and progress faster in your chosen field.

Certain vocational and professional qualifications (such as BASES Accreditation) are normally obtained while working in a particular occupation. Obtaining these qualifications will help open up opportunities for progression to more senior roles in your field. These career pathways are not strictly chronological or hierarchical; qualifications and experience may be gained in a different order to that shown in the examples.

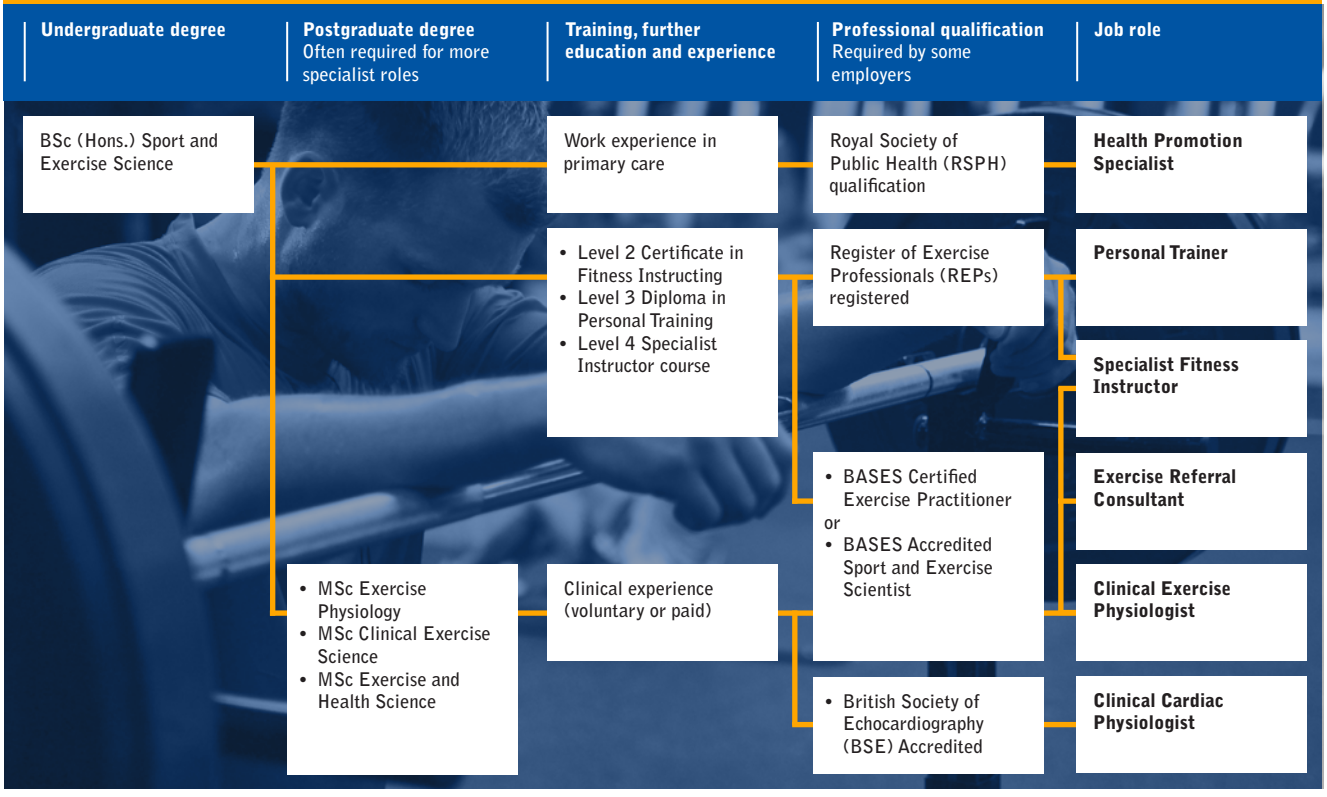
Elite Sport and Performance

Undergraduate degree	Postgraduate degree Often required for more specialist roles	Training, further education and experience	Professional qualification Required by some employers	Job role
BSc (Hons.) Sport and Exercise Science	MSc Sport and Exercise Nutrition	Work experience in a sport and/or exercise setting	Sport and Exercise Nutrition registered practitioner (SENr)	**Sports Dietician/ Nutritionist**
	MSc Sport and Exercise Psychology	Core skills and knowledge training + 'Supervised Practice'	HCPC registered practitioner	**Sport Psychologist**
	• MSc Biomechanics • MSc Performance Analysis	• Experience in provision of support to athletes/ coaches or • Professional development programme (e.g. BASES SE scheme)	BASES Accredited Sport and Exercise Scientist	**Sport Biomechanist** **Performance Analyst**
	• MSc Sport Science • MSc Applied Sport Physiology	• Experience in provision of support to athletes/ coaches or • Professional development programme (e.g. BASES SE scheme)	BASES Accredited Sport and Exercise Scientist	**Sport Physiologist** **Interdisciplinary Sports Scientist**
	MSc Strength and Conditioning	National Strength and Conditioning Certificate	BASES Accredited Sport and Exercise Scientist	**Strength and Conditioning Coach**

Research, Teaching, Coaching and Sport Development



Clinical Exercise, Health and Fitness



JOB PROFILES
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Sixteen professionals active in their respective fields discuss their work and the experiences that led them to succeed.



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Dr Damian Kingsbury



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HIGH PERFORMANCE SPORT PHYSIOLOGIST
Dr Emma Ross



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RESEARCHER
Helen Staff



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SPORT DEVELOPMENT OFFICER
Elise Rendall



34
SPORT AND EXERCISE NUTRITIONIST
Dr Sharon Madigan



35
STRENGTH AND CONDITIONING COACH
Nick Grantham



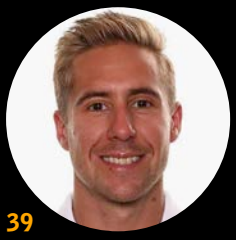
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SPORT SCIENTIST
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EXERCISE REFERRAL SPECIALIST
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PERFORMANCE ANALYST
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FITNESS INSTRUCTOR/ PERSONAL TRAINER
James Clark



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PHYSICAL ACTIVITY DEVELOPMENT MANAGER
Kelly Harman



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TEACHER
Harvey Grout



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BIOMECHANIST
Cat Shin



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SPORT AND EXERCISE PSYCHOLOGIST
William Winstone



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CLINICAL CARDIAC PHYSIOLOGIST
Steve Padmore



EXCLUSIVE
MEMBERS–ONLY CONTENT

Only BASES members can view the following 16 job profiles (p30–45). Join today at **www.bases.org.uk** and receive a number of exclusive member benefits.

USEFUL WEBSITES AND RESOURCES

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UK Sport
www.uksport.gov.uk
Advertises jobs in elite sport and has a useful email newsletter for the latest developments in elite sport.

UCAS
www.ucas.com
We're here to connect people to higher education in the UK. We're a people-focused business and everything we do is designed to help applicants reach their potential. It's a great feeling.

Sport Careers Ltd
www.sportcareers.co.uk
Sport Careers are specialists in sports marketing, recruitment and CV writing. We work globally with clients in any sector related to sport – from coaches and players to directors and executives.

Careers in Sport
www.careers-in-sport.co.uk
Careers in Sport has become the go-to organisation for young people embarking upon their sporting career, as a result, our website receives hundreds of thousands of visits annually.

HealthJobsUK
www.healthjobsuk.com
Lists the job opportunities within the NHS, so mainly for those interested in a clinical career.

Jobs
www.jobs.ac.uk
Caters for all positions and studentships within higher education. Has an easy to use search engine, as well as e-mail updates on job openings. Also includes profiles of potential employers.

LeisureJobs
www.leisurejobs.com
A website for those wanting to work in the leisure and fitness industry. Includes job listings for all the major health clubs and gyms, as well as information on obtaining the correct training to get into the leisure industry.

LeisureJobs
www.leisureopportunities.co.uk
Focuses mainly on the health and fitness sector. Most of the major health clubs and gyms advertise here.

Leisure Opportunities
www.prospects.ac.uk
This website provides information and tips for job seeking, postgraduate options and careers open days.

TES
www.tes.co.uk
Caters mainly for teachers but there are job listings for those wishing to go into lecturing in further and higher education.

TARGETcareers
www.targetcareers.co.uk
TARGETcareers helps young people to make smart decisions about their future. Investigate careers that interest you and decide whether to do an apprenticeship or go to university, then get applying. We've got the full list of UK undergraduate courses and advice on choosing between them, or you can search for apprenticeships with some of the country's biggest employers.

Sporting Opportunities
www.sportingopportunities.com
Sporting Opportunities is for anyone who loves sport and wants to travel with it. We have a number of different ways that you can get involved, whether it be coaching sports to kids on a volunteer project abroad, getting qualified as an instructor in a new sport like skiing or snowboarding or taking your game to the next level whereby we place you with a top club overseas so you can work on your own fitness and skills development.

Topend Sports
www.topendsports.com
Topend Sports is the ultimate sport and science resource, containing comprehensive information about sport, fitness, training, testing and nutrition for trainers, sport scientists and athletes at all levels.



BASES

www.bases.org.uk

The BASES website is the go-to place to keep up-to-date with the latest sector news and resources.

BASES Membership

www.members.bases.org.uk

Login to the members' area to view useful resources including; video content, e-magazines, slide presentations, articles and much more.

BASES Careers Centre

www.bases.org.uk/careerscentre

View resources which inform you about careers in sport and exercise science and offer guidance on how to pursue your chosen path. View a BUES courses and the course finder.

Vacancies

www.bases.org.uk/vacancies

Find job vacancies, studentships and internships in the sport and exercise science sector.

Professional Development

www.bases.org.uk/professionaldevelopment

BASES provides continuous professional development (CPD) opportunities for sport and exercise scientists; from workshops and webinars to nationally recognised accreditations.



HUMAN KINETICS

Considering embarking on a career in sport and exercise science? Not yet familiar with name Human Kinetics? You soon will be.

Human Kinetics is the world's biggest independent publisher working in the physical activity field. Their publications include textbooks and their ancillaries, consumer books and academic journals, online courses, software and audio-visual products.

These products are trusted globally by a broad range of audiences, including college students and professors, personal trainers, rehabilitation specialists, elite level athletes, coaches, physical educators, nutritionists and many other professionals and enthusiasts.

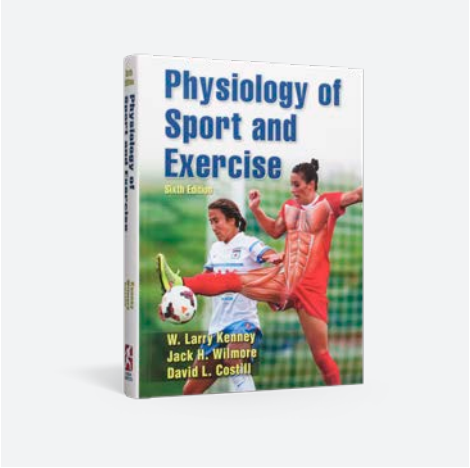
BASES member discount

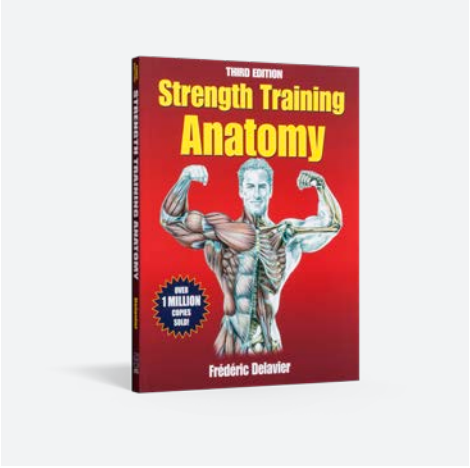
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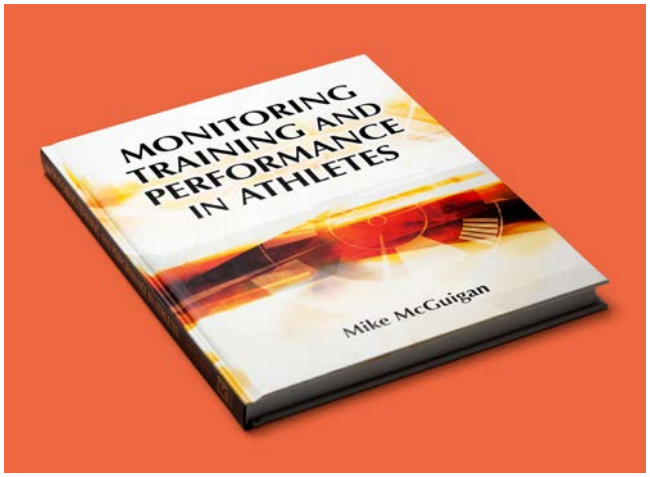
▼A selection of bestselling titles by Human Kinetics including the million-selling Strength Training Anatomy.







Human Kinetics publishes high-quality resources that help enthusiasts, professionals and academics alike.



◀ Rigorously researched, extremely effective: McGuigan's book typifies the Human Kinetics ethos.

Books and journals

From entry-level paperbacks for new fitness enthusiasts to weighty hardbacks for learned academics – Human Kinetics publishes world-renowned books and ebooks for every ability and subject related to physical activity. They also make 28 leading journals with distinguished contributors from around the world. To browse and buy from their impressive catalogue of over 2,000 products visit **www.uk.humankinetics.com**.



◀ Courses Endorsed by leading authorities such as BASES, SkillsActive, REPs, FitPro and the NSCA.

Continuing education

Over 200,000 people earn continued professional development (CPD) points with Human Kinetics continuing education (CE) courses every year. Their online education centre has programmes to suit a wide range of professional requirements and they are recognised internationally by respected certifying organisations like BASES. Available in digital and printed formats at **www.uk.humankinetics.com/collections/continuing-education**.



◀ Human Kinetics and BASES webinars have been broadcast live to uni lecture theatres.

Webinars

In 2015 Human Kinetics and BASES collaborated on their first joint webinar. To date, there have been 28 successful webinars in the series. These free, in-depth learning resources cover a broad range of topics and can be used to earn continuing education points. To view details of and register for all upcoming joint webinars (and to watch previous recordings) visit **www.humankinetics.me/human-kinetics-and-bases-webinars**.

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