



Sport & Leisure

The sport & leisure sector includes health & fitness, sport & recreational activities, play-work, outdoor activities and even caravanning. Sport & leisure activities take place at leisure centres, gyms & health clubs and outdoor venues in the public and private sectors. A common thread across the sector is a focus on physical or outdoor activities.

“ Jobs in sport and leisure have increased by 10% each year ”

Jobs in Sports and Leisure:

People working in the sector are employed by a broad range of organisations, these include national health club chains such as Bannatynes and Fitness First to local authority owned leisure centres and community based sports projects. Freelance work is also common in the sector.

It is an advantage to have skills and abilities in more than one specific sport or activity. Fitness instructors in a gym will often also work part of the time as a personal trainer and outdoor activity instructors may also spend part of the year working as ski instructors abroad.

Examples of jobs include:

Leisure centre manager - has overall management responsibility for leisure & sports centres. This includes responsibility for hiring staff, timetabling activities, budgeting and compliance with legislation.

Life guard - helps ensure that the public are safe in water at public swimming baths or at a beach.

Leisure centre attendant - assist and supervise the public in leisure centres. Duties include reception work, checking equipment and dealing with queries from the public.

Sports coaches - help individuals reach their potential in specific sports and includes organising training, motivating and coaching.

Outdoor activities instructor - lead groups of people taking part in a range of outdoor activities such as rock climbing, hill walking, orienteering and canoeing.

Fitness instructor - provide direct instruction, supervision & advice to people on how to improve their fitness using a range of gym equipment and exercise techniques.

Personal trainer - involves working directly with individuals to develop, implement and monitor a individually tailored programme of physical activity to help maintain or improve health & fitness.

Aerobics instructor - design and deliver classes on aerobics to members of the public. Some instructors also specialise in other types of exercise classes such as pilates or yoga.

Sports scientist - studies, researches and advises on the scientific aspects of sport and exercise including human performance, capability and endurance.

What would I earn?

(National figures)

Fitness instructors, aerobics instructors and personal trainer

The national average wage for a fitness or aerobics instructor is £14,000 a year. However, more qualified and experienced instructors as well as personal trainers can earn £18,000 to £24,000. Starting salaries are around £12,000 to £15,000

Sports coaches and outdoor activity instructor

National average starting salaries are typically in the range of £16,000 a year and national average earnings for experienced instructors and coaches are in the region of £21,000 - £23,000 a year. But some positions will pay more than this.

Sports physiotherapist

National average starting salaries for newly qualified sports physiotherapists are around £20,000 a year, moving to an average of £25,000 a year. More experienced workers can earn in the region of £35,000 a year.

Leisure & sports centre managers

National average earnings are in the region of £25,000 to £30,000 a year.

Life guards and leisure centre attendants

Average salaries are around £12,000 a year.

Sports Scientists

Earn between £20,000 and £30,000 a year. Self employed consultants can charge up to £400 a day.

Work in Norfolk

There are around 6,500 people employed in the sector in Norfolk. Over the last ten years the number of people working in sport and leisure in Norfolk has increased by 10% each year.

Currently just over a third of employees in Norfolk have formal qualifications in sport and leisure. In the future, getting relevant qualifications will be much more important.

Apprentices in leisure begin between £80 and £130 a week. Experienced leisure centre employees and fitness instructors earn between £11,000 and £18,000 a year and a leisure centre manager up to £24,000.

MORE INFORMATION

Skills Active
www.skillsactive.org

Active IQ
www.activeiq.co.uk

Sports Coach UK
www.sportscoachuk.org

Sports Leaders
www.bst.org.uk

Sport England
www.sportengland.org

Active Norfolk
www.activenorfolk.org

The Future

The sector has shown considerable growth in employment and this is expected to continue into the future. Key drivers of this growth are increased leisure time and a growing recognition of the importance of sport & leisure in maintaining physical and mental health. The Government is also keen to improve the health of the nation and tackle the growing epidemic of obesity and so is committed to programmes to encourage participation at all age levels. The introduction of new technologies and the requirement for individualised training are key trends within the sector. It is worth remembering that although very few people manage to become professional sportsmen / sportswomen there are still lots of job opportunities in the sector.