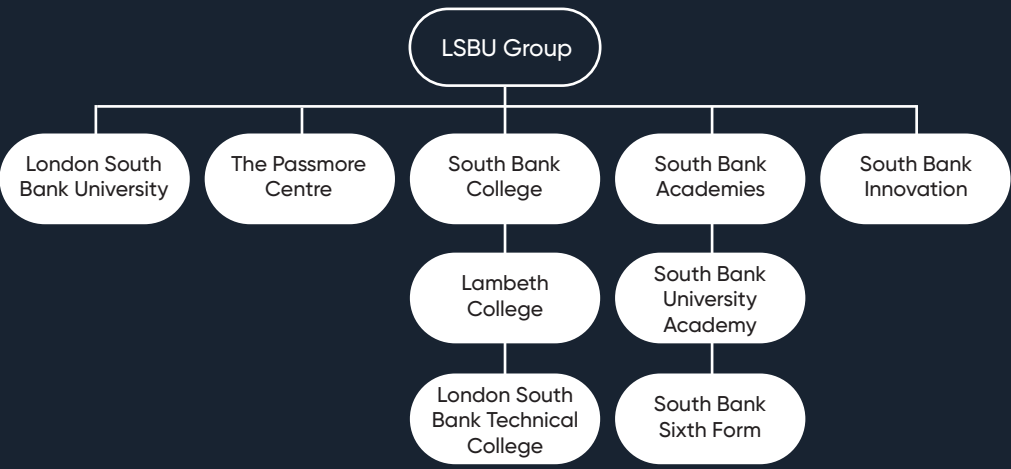


Fit for the future, ready for the real world.

Our goal is to help you succeed, no matter what your age, background, or educational experience. We provide career-focussed pathways across all levels, from Entry to Level 8, providing high-quality education and sector specific learning to prepare you for your life beyond education and qualifications.



Joining LSBU Group gives our students unrivalled access to educational opportunities, advice and guidance as well as sought-after apprenticeships and work placements. Our students are guaranteed progression to both LSBTC and LSBU*.

Whether your next destination is within LSBU Group or elsewhere, we are one of a handful of providers who offer students the opportunity to progress to one of our new Level 4 one-year courses. Successful completion of this enables our students to fast-track to year 2 of an LSBU degree, saving money as well as providing a standalone qualification that employers recognise should you decide to leave your studies there.

*after successful completion of a Group qualification that has a progression route

Further information about careers in Sport and Fitness can be found here:

- | | | |
|--|--|--|
| www.bases.org.uk | www.careerpilot.org.uk | www.skillsactive.com |
| www.allaboutcareers.com | www.nationalcareers.service.gov.uk | www.startprofile.com |
| www.leisurejobs.com | www.prospects.ac.uk | |
| www.prospects.ac.uk | www.prospects.ac.uk | |

Places on Sport and Fitness courses, at all levels, are highly sought-after every year. If you believe this is the career pathway for you, but you lack hands-on experience, then we advise you to seek a work experience placement prior to applying.

The following websites are a great place to start:

- British Association of Sport Rehabilitators and Trainers (BASRaT): www.basrat.org
Chartered Society of Physiotherapy (CSP): www.csp.org.uk Nutrition Society: www.nutrition society.org
Register of Exercise Professionals (REP): www.exerciseregister.org
Sport Massage Association: www.thesma.wildapricot.org
UK Performance Coaches' Association (UKPCA): www.ukcoaching.org/ukpca
National Register of Personal Trainers (NRPT): www.nrpt.co.uk
Outdoor Industries Association (OIA): www.theoia.co.uk
Chartered Institute for the Management of Sport and Physical Activity (CIMSPA): www.cimspa.co.uk
British Association of Sport and Exercise Science (BASES): www.bases.org.uk

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SPORTS AND FITNESS



The Need for Sports and Fitness Roles

The growth of the sports and fitness sector in all regions of the UK has facilitated the increase in demand for more fitness roles. Sport England estimates that the wider Sport, Leisure and Physical Activity sector is worth £39 billion to the UK economy, and employs over 585,000 people.

Around 193,000 people in the UK have an occupation in the sports and fitness sector, of which just under 70,000 are fitness instructors.

The personal training sector alone is worth £635 million.

Over 5.5 million people in England attend organised fitness classes. There are around 4,880 gyms and fitness centres in the UK.

14% of people in the UK are currently a member of a gym and a further 19% are planning on joining a gym in the next calendar year. London has the highest level of gym membership at 18% of all residents.

An Introduction to Sport and Fitness

There are few things in life that can incite such excitement, create such passion, and instil such dedication in people as sport, and the UK has a long and proud sporting history. From inventing and codifying sports such as football, cricket, rugby, field hockey, and tennis; winning World Cups in multiple sports; to being three-time hosts of the Olympic Games; sport in the UK has huge cultural significance.

But even for those who don't consider themselves a traditional sports 'fan', there has never been so much compelling evidence of the physical and mental health benefits of an active lifestyle. A Pure Gym study into 2022/23 gym usage in UK found that 58% of the UK's population now work out at least once a week, and 18% (compared to a national average of 14%) of all London residents have a gym membership; with a further 19% planning on doing joining a gym in the next twelve months.

This national love of sport – and increased understanding of the importance of physical activity – has led to a thriving, hugely-varied and ever-expanding industry in the UK; one which is embodied by the phrase 'work hard, play hard'.

According to Statista, the UK's sports and fitness industry is worth nearly £3.1 billion to the national economy each year: meaning it is seriously big business. But at the heart of that business still lies the same passion, dedication, and excitement felt by sports fans and participants the world over.



Is Sport and Fitness the right pathway for you?

Gaining the necessary qualifications, and undertaking placements, can teach you the knowledge and expertise you will need in this sector, but there are a number of personal qualities and transferrable skills that are essential for a successful and rewarding career in the Sport and Fitness industry.

As well as a passion for Sport and Fitness you'll need to have excellent verbal and written communication and listening skills. Plus strong interpersonal skills and the ability to inspire and motivate others using enthusiasm, flexibility, patience and team building will be an asset.

Careers in Sport and Fitness

When you think about careers in the Sport and Fitness industry, it's natural to immediately think of physically-demanding professions such as personal trainers, performance coaches, and sports physiotherapists; but the industry has so much more to offer besides hands-on roles.

If you have a passion for sport or a desire to improve people's physical and mental health, there is a world of opportunity to be explored.

With the NHS' increased focus on improving the nation's physical health – as well as the population becoming more and more knowledgeable on the mental health benefits of physical activity – this industry is set to grow even larger.

In fact, when looking at the wider Sport, Leisure and Physical Activity sector, the employment figure is currently over 585,000 people. With 4,880 registered gyms and fitness centres in the UK, along with over 2,500 professional and amateur sports clubs of every description, there is obviously a huge need for well-trained, fully qualified, professional trainers, coaches and physios; but employment opportunities don't end there.

No matter where your skills, passions, or physical abilities lay, you're sure to find your place in this exciting, dynamic and hugely-varied industry.



The salary for a **Fitness Centre Manager** ranges up to £37k p.a. for experienced managers; **Outdoor Activities Manager** salaries range from £25k up-to £40k for fully-qualified and experienced centre managers; **Personal Trainers** within a gym or fitness centre tend to earn between £20-30k a year, while freelance trainers can earn anywhere between £20 to £100 per hour depending on their clients and location; a **Sports Development Officer** average wage is between £23k to £30k – depending on experience – rising to around £40k p.a. for management positions; a newly-qualified **Sports Performance Coach** can expect to earn around £35k p.a. with experience, but highly-experienced coaches at top level teams can earn up to £100,000 a year.

There are plenty of opportunities open to you. Here are just a few ideas:

- | | |
|------------------------------|------------------------------|
| • Athletic Scout | • Sports Marketing Manager |
| • Fitness Centre Manager | • Sports Massage Therapist |
| • Outdoor Activities Manager | • Sports Media/PR Officer |
| • PE Teacher | • Sports Nutritionist |
| • Personal Trainer | • Sports Performance Coach |
| • Sports Announcer | • Sports Physiotherapist |
| • Sports Coach | • Sports Psychologist |
| • Sports Development Officer | • Sports Events Co-ordinator |



LSBU

London South Bank University

LSBTC

London South Bank Technical College

LC

Lambeth College

SBUSIXTH

South Bank University
Sixth Form

SBUA

South Bank University Academy

ENTRY
LEVEL

Award, Certificate (ELC), Diploma
English for speakers of Other
languages (ESOL)
Essential skills
Functional skills
Skills for Life

English/
Maths

ESOL
English for
Speakers of Other
Languages

ESOL
16-18s study
programme

Adult Basic Skills - Digital,
Employability, Numeracy,
Skills for Life, Literacy

Sector based
Work Academy
Programmes

Inclusive Learning – Preparation for Employment/
Independent Living Skills/Learning for the
Community/Life and Work Skills, Practical Living
Skills/ Progression to Life and Work/ Preparation for
Work and Supported Internship

LEVEL
1

First Certificate, Award, Certificate,
Diploma, ESOL
Essential skills
Functional skills
National vocational qualification (NVQ)

English/
Maths

ESOL
English for
Speakers
of Other
Languages

Sport and
Active
Leisure

LEVEL
2

Intermediate Apprenticeships
Award, Certificate, Diploma, ESOL
Essential skills
Functional skills
GCSE
NVQ

ESOL
English for
Speakers
of Other
Languages

Sport

English/Maths

LEVEL
3

Access to HE Diploma
Advanced Apprenticeship
A Level
Applied General
Award, Certificate, Diploma, ESOL
NVQ
T Level

HE Diploma:
Health & Human
Science (Access)

Sport and
Physical Activity

Range of
A Level
Options

Health

LEVEL
4

CertHE
Higher Apprenticeship
HNC
Award, Certificate, Diploma
NVQ

LEVEL
5

DipHE
Foundation Degree
HND
Award, Certificate, Diploma
NVQ

LEVEL
6

Degree Apprenticeship
Degree (with or without Honours)
Graduate Certificate / Diploma
Award, Certificate, Diploma
NVQ

F

BSc Hons Sport and Exercise Science

BSc Hons Sport Rehabilitation

LEVEL
7

Integrated Master's Degree
Award, Certificate, Diploma,
NVQ, Master's Degree
Postgraduate Certificate / Diploma
Postgraduate Certificate in Education
(PGCE)

Sport Rehabilitation
(pre-registration)

LEVEL
8

Doctorate (PhD or DPhil)
Award, Certificate, Diploma

MRes Human
Sciences

PhD
Human Science