

APPRENTICES

# APPRENTICESHIPS IN SPORTS EXERCISE

**An overview of apprenticeship opportunities  
related to physical education.**



## Introduction to apprenticeships

An apprenticeship is a paid job where the employee learns and gains valuable experiences. Alongside their on-the-job training, they will spend at least 20% of their working hours completing classroom-based learning with a college, university or training provider which will lead to a nationally recognised qualification.

An apprenticeship includes:

- paid employment with holiday leave
- hands-on-experience in a sector/role of interest
- at least 20% off-the-job training
- formal assessment which leads to a nationally recognised qualification

For more information about apprenticeships visit: [www.apprenticeships.gov.uk](http://www.apprenticeships.gov.uk)

## Finding an apprenticeship

All accredited apprenticeship vacancies can be found on find an apprenticeship service; [www.gov.uk/apply-apprenticeship](http://www.gov.uk/apply-apprenticeship)

By creating an account, you can sign up to be alerted of opportunities based on interest and location.

Some employers advertise vacancies directly on their website, so make sure you check employer websites directly if you can't find what you're looking for on find an apprenticeship.

## Sports and exercise.

### Where can sports and exercise take me?

Sports or physical education subjects open up lots of apprenticeship opportunities because they develop much sought after employability skills such as:

- teamwork
- technical ability
- physical fitness
- time management
- organisation
- communication
- analytics
- discipline
- leadership
- interpersonal skills

## Careers in sports and exercise

There are a huge range of sectors and job roles related to physical education. Here's just a few examples:

- sports coach
- teacher
- firefighter
- chiropractor
- dietician
- police officer
- horse riding instructor
- osteopath
- army soldier
- bricklayer

## What sports and exercise apprenticeships are there?

There are a number of apprenticeships that link to an interest in sports and exercise, such as:

- leisure centre assistant
- gym instructor
- PE and school sport coach
- fitness instructor
- personal trainer
- lifeguard
- physiotherapist
- personal trainer
- community sport and health officer

## Employers that offer sports and exercise apprenticeships

There are hundreds of employers that offer apprenticeship opportunities that link to PE.

Some of the bigger employers you may recognise include:

- Royal Navy
- NHS
- Tui
- Army
- Royal Air Force
- Thames Valley Police

## Still unsure?

If you're still unsure about your career options, the National Careers Service provides information, advice and guidance to help you make the right career decisions.

Visit: <https://nationalcareers.service.gov.uk/>

Call: 0800 100 900

Chat online:

<https://nationalcareers.service.gov.uk/webchat/chat>

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