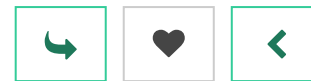


1 2 3

Sports professional

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



What you'll do

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

Record relevant activities you've already done on the [Activities tool](#) ➤

Working hours and environment

Your hours and working conditions will vary depending on your sport, but you'll train almost every day. This could be early in the morning or late in the evening, and for some sports, you 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.

Career path and progression

In the more physical and contact-based sports, your career can be short. Many professionals finish their sporting career by the age of 35.

After your career ends, you can stay involved in sport by moving into areas like coaching, refereeing, team management, sports journalism, or sports centre work.

Skills required

You'll need:

- physical abilities: you'll need to 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, so will need to find healthy ways to cope with this and manage expectations. In other words...
- balance: you'll need to know how to make the most of your rest times, and balance your schedule with other commitments, like seeing friends and family

Got evidence of these skills? Record your examples on the [Skills tool](#) ➤

Entry requirements

You'll usually start at an early age, by joining a club or amateur organisation and getting instruction and training. Most sports professionals are 'spotted' early on by a talent scout.

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:

- 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)
- Talent ID Camps run by NGBs or funding from the Olympic & Paralympic Committee (US)

Related know-how guides

Explore know-how guides related to this career:

- [Working in sport: an insider's perspective](#) ➤
- [US sport scholarships: Connor's tennis scholarship](#) ➤
- [US sport scholarships: Boau's hockey scholarship](#) ➤
- [US sport scholarships: Toby's athletics scholarship](#) ➤
- [US sport scholarships: Annabell's golf scholarship](#) ➤
- [US sport scholarships: Grace's soccer scholarship](#) ➤
- [Get on the ladder: sport and fitness](#) ➤

Related courses

Explore courses related to this career:

- Careers in sports and fitness (modern work experience) >

Related university subjects

These university subjects are related to this career; check out their profiles on the Subjects library:

- Sport science >

Related careers

You may also be interested in:

- Sports agent >
- Sports referee >
- Group exercise instructor >
- Sports coach >
- Jockey >
- Sport and exercise psychologist >
- Sports commentator >
- PE teacher >
- Sports development officer >
- Sports scientist >
- Lifeguard >
- Diver >
- Dancer >

Explore

Want to see what relevant education and training opportunities are available right now? Search here:

Sport science at uni:

- USA >
- UK >
- Canada >
- Europe >
- Asia >
- Australasia >
- Middle East and Africa >
- Ireland >

Apprenticeships:

- UK >

College / Sixth Form:

- UK >

Labour Market Information (LMI)

Median averages relating to the Sports professional profession.

- UK
- USA

 Jobs

Sports and fitness professionals

140,003

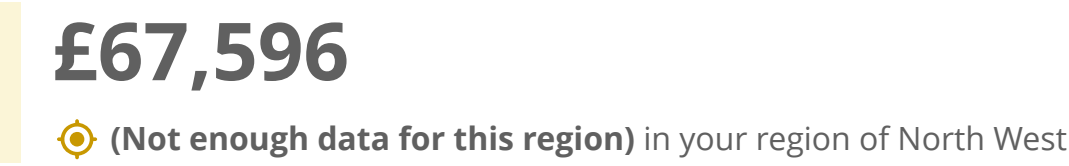
 911 in your local area of Liverpool

Top 5 local areas

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

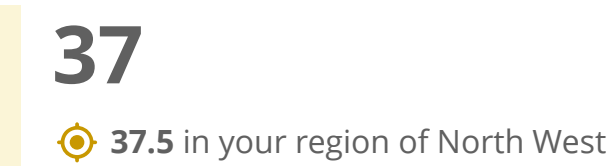
 Salaries

Sports players



 Hours/week

Sports players



 Growth

2020-2035

Culture, media and sports professionals



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You haven't favourited any Careers library profiles yet

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Sports coach



Sports coaches teach sports and help players to reach their full potential

[Read the profile >](#)



Sports referee



Sports referees officiate at sports matches and events, from local youth and amateur games or meets up to professional level.

[Read the profile >](#)



Sports agent

Sports agents help athletes and pl negotiate employment contracts.

[Read the profile >](#)