

What careers can my subject lead to?

PE

A Sport and Exercise Science degree covers three core areas:

- biomechanics – the study of body movements, involving principles of Physics and Maths;
- physiology – the study of how the body and its systems, such as the cardiovascular system, function during exercise;
- psychology – the study of how thinking affects performance.

Specific skills:

As well as developing an understanding of the science behind sport and exercise and how to apply it, a Sport Science graduate will gain a number of useful skills, particularly research and analytical skills. You will become accustomed to critically evaluating information, designing research studies, collecting data and dissecting the results. Other skills a Sport Science degree will help you develop include:

- problem solving;
- decision making;
- leadership;
- working with a variety of people;
- organisation and time management;
- written and oral communication.

Physical Education (PE) Apprenticeships: A subject snapshot guide for teachers



<https://amazingapprenticeships.com/app/uploads/2020/01/NAW2020-Sport-PE-Subject-Snapshot.pdf>

PHYSICAL EDUCATION



careers using physical education

sports retailing
armed services
sports journalism
sports broadcasting
health promotion
sports coaching
outdoor pursuits

teaching
physiotherapy
sports science
sports medicine
fitness instruction
community sports
sports centre management

police
physiology
fire fighting
personal training
travel and tourism
professional sport
sports administration