



Sport & Active Leisure

Job Information Sheet

What is sport and leisure?

People now have more leisure time than ever before and, with the increasing emphasis on health and fitness, millions of us regularly take part in sports, recreation and leisure activities. In London, this sector is booming and there are almost 200 different job roles.

Are there jobs for 16-19 year olds in sport and leisure?

Sports professions like physiotherapy, sports psychology and sports development require a university degree but most jobs in this sector do not require this level of education. In fact most employers are concerned with developing staff through 'on the job' training. It is possible to start as a trainee or assistant and progress to managerial levels or instructors, for example, leisure centre managers and fitness instructors.

Most employers in sport and leisure require GCSEs or some experience. Good communication skills are essential as most jobs in sport and recreation involve working with the public. Opportunities for professional sportspeople are limited and are only for the extremely gifted and talented in their chosen sport. For some jobs, the best way to find employment is by gaining experience by volunteering, like coaching for a Sunday morning sports team or stewarding at a game.

Below is a selection of jobs that could be available to 16-19 year olds living in Central London.

A College or 6th form course?

If you are interested in going into sport and leisure, staying on in full-time education can be a good option. However, employers also regard work-experience as important and courses where you spend some time on a placement can really help when it comes to getting a job.

There are College courses at levels 1, 2 (GCSE equivalent level) and 3 (A Level equivalent), which help prepare young people for work in the travel industry.

You will normally need a couple of grade E GCSEs to enter level 1 and four grade Ds or a level 1 qualification to get onto a level 2 course. For level 3 (A Levels, BTEC National, etc) you usually need at least four C grades or a level 2 qualification.

Courses are also available in sport and leisure at levels 1, 2 and 3, with similar entry requirements. Many of these courses will include coaching awards. Sports Science courses and Community Sports Leadership Awards are also available.

For details on the vast range of education and training courses on offer throughout London go to www.mychoicelondon.co.uk

Jobs in sport and leisure

- **Health and fitness instructors** show people of any age and ability how to do exercise and use exercise equipment correctly to improve their fitness. Some sports centres take on new recruits without formal qualifications and experience and provide full training. The usual minimum age is 18.
- **Individual sports people** compete as amateurs or professionals at their chosen sport – including athletics, cycling, equestrian sports, golf, motor sport and tennis. Most top professionals have been playing their sport and competing from a very early age. Information can be obtained from all the sporting professional bodies.
- **Sports leadership** is concerned with inspiring people and communities through participation in sports and leisure activities. This could be at local sports centres, after school clubs or summer camp.
- **Leisure centre/recreation assistants** help and supervise people who visit leisure and fitness centres for any activity. They also work in reception, look after the equipment and pool and keep everywhere clean and tidy
- **Officiating** involves the work of referees and umpires, stewards, marshals and timekeepers. Most of this work is done on a voluntary basis but gives excellent experience
- **Pool lifeguards** watch the pool, keeping a constant lookout for anyone getting into difficulties. Some local councils offer lifeguard training and award professional qualifications
- **Sports coaches** work with people at every level in sport and exercise to develop their talents. The national government bodies of most sports (e.g. The Football Association) offer their own instructor qualifications and these can be done through an NVQ or one of the level 2 sport and leisure courses at Colleges.
- **Team sports people** play against other teams in sports such as football and basketball. Only a few extremely gifted and talented people make their living in team sports. Scouts from professional clubs watch school and youth matches and will spot the most talented. Alternatively clubs can be contacted for information on any other initiatives for young people.

This information sheet covers jobs for 16-19 year olds in Central London. It does not cover graduate jobs or jobs that are rare in Central London. For details of the whole range of jobs in sport, leisure and travel go to www.connexions-direct.com/jobs4u/.

Live sport & active leisure and vacancies (on 1st July 2010)

Young people in Central London can search for job and training opportunities at www.mychoicelondon.co.uk/choicejobs. When this information sheet was published the following vacancies were available:

LOIS Ref	Vacancy	Organisation	Location	Notes
L19001481	Recreation assistant (Lifeguard)	Sport and Leisure Centre	Tower Hamlets	NPLQ qualification needed
L19001482	Casual Sports Coach	Sport and Leisure Centre	Tower Hamlets	Must have Level 2 coaching qualification in gymnastics, football or swimming
L19001922	Casual Dance Teacher	Sport and Leisure Centre	Swiss Cottage	ISTD Level 1 or 2 or equivalent dance qualification required
L19001923	Casual Sports Coach	Sport and Leisure Centre	Swiss Cottage	Level 2 coaching qualification required
L19001924	Casual Fitness Instructor	Sport and Leisure Centre	Camden	Level 2 fitness instructor qualification required
L27001716	Sports Coaching Level 2 Apprenticeship	Training Provider	Tooting	4 GCSE grades A*-E or equivalent required
L27001840	Lead Sports/Dance Coach	Sport & Dance for Pre-School Children	Lambeth	Coaching or dance and some experience of working with children required
L27001841	Assistant Sports/Dance Coach	Sport & Dance for Pre-School Children	Lambeth	Some experience of working with children required
L27001844	Dance Coach	Sport & Dance for Pre-School Children	Lambeth	Must be a good dancer who likes working with children
L12001312	Leisure Assistants (Lifeguards)	Leisure Centres	Hammersmith and Fulham	NPLQ qualification needed
L12003064	Football and Sports Coach	Football in the Community	Bromley and Croydon	Level 1 coaching award required

Vacancies in red are new this month. To find out more about any of these vacancies either speak to your Personal Adviser or contact the nearest centre listed at the bottom of this page. If you do not live in any of the areas listed below you can find your local Connexions centre at:

www.connexions-direct.com/index.cfm?go=localServices

Apprenticeships

Apprenticeships offer training to young people who want to learn while working. In addition to the vacancies listed above the following offer apprenticeships to young people who are not already working in the Industry:

Springboard Islington (020 7700 0336) offer programmes in Sport and Leisure, Activity Leadership and Sport and Recreation Teaching and Instructing. They also link with Arsenal Football Club's community sports programme to offer a sport and leisure traineeship.

In some areas, there are training providers who offer training for young people who might need extra support. For example, **Training for Life** (020 7749 2800) has 5 centres across London and offers 12 week part-time courses which lead to the CSLA Community Sports Leader Award. **Richmond College** (020 8607 8000) runs a Pre-Apprenticeship programme and helps young people to find placements in sports and leisure centres in south and south west London. They will then train young people to achieve Sport and Recreation and Exercise and Fitness levels 2 and 3.

For more information on apprenticeships go to www.apprenticeships.org.uk.

Other Vacancy Sites

Because employers recruit people of all ages many vacancies will not be on the LOIS site (which is just for young people) but on the sites listed below. Many of the jobs listed are unlikely to be filled by 16-19 year olds, but those listed do occasionally have suitable opportunities:

www.leisurejobs.com	Cover jobs in the sport and leisure sector.
www.leisureopportunities.co.uk	
www.jobswithballs.com	