

1

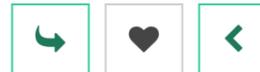
2

3

Sports scientist

Also called: Sports and exercise scientist

Sports scientists use knowledge of how the body works to help people improve their health or sporting ability.



What you'll do

You'll typically:

- work with sports coaches and sports therapists to improve the performance of individuals and teams
- work with doctors to help people improve their health through exercise
- work with hospitals and other health organisations in areas such as cardiac rehabilitation
- take part in research projects
- offer advice on the design and manufacture of sports equipment

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

Working hours and environment

You'll typically work around 38 hours a week. This may include weekends and evenings to cover appointments with clients. You may have to work extra hours to complete research.

You may be based in a consultation room with occasional work in other locations. In health promotion you'll usually work in an office and travel to visit partner organisations.

Career path and progression

You could join the [British Association of Sport and Exercise Sciences \(BASES\)](#) and work towards accreditation. You could also apply for [Chartered Scientist](#) status.

You could find work with universities, schools and colleges, large sporting organisations, public and private enterprises and local authorities. It's also possible to become self-employed or to work as a consultant.

You could also move into a related career area, like sports development or performance testing and research.

Skills required

You'll need:

- the ability to analyse physical and sporting performance
- the ability to apply scientific ideas and principles

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

Entry requirements

You'll need a degree in sport science, or a degree in a related subject like physical education, physiology or psychology, followed by a postgraduate qualification.

It's becoming common for sports scientists to already have or be working towards postgraduate qualifications like MRes, MSc or PhD.

Experience may improve your career prospects. You could get it as a fitness instructor, lifeguard, sports coach or by [volunteering](#).

Related university subject profiles

These university subjects are related to this career; check out their profiles on the [Subjects library](#):

- [Sport science](#) >

Related career profiles

You may also be interested in:

- [Group exercise instructor](#) >
- [Sport and exercise psychologist](#) >
- [Sports development officer](#) >
- [Personal trainer](#) >
- [Psychologist](#) >

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)

Current and predicted figures relating to the Sports scientist profession. Median averages are shown, each with the specific career, or group of careers, that they apply to.

UK USA

Jobs

Natural and social science professionals

97,714

 952 in your local area of Liverpool

Top 5 local areas

1	Cambridgeshire	4,830
2	Oxfordshire	4,457
3	Hertfordshire	2,914
4	Surrey	2,392
5	Hampshire	2,379

Salaries

Natural and social science professionals n.e.c.

£41,175

Natural and social science professionals

£41,904

 £41,224 in your region of North West

Top 3 regions

1	London	£48,418
2	South East	£43,471
3	North East	£42,304

Growth

2020-2035

Science, research, engineering and technology professionals

+41.4%

 897,801 jobs

 +38.5% in your region of North West, an increase of 80,754 jobs

Save to Favourites? 

You haven't favourited any Careers library profiles yet

People also liked...

Those that liked this career profile also liked the following



Sports professional



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

[Read the profile >](#)



Sport and exercise psychologist



Sport and exercise psychologists study the mental and emotional effects of taking part in sport and exercise.

[Read the profile >](#)



Sports coach

Sports coaches teach sports and help their full potential.

[Read the profile >](#)