

A GUIDE TO CAREERS IN SPORT AND EXERCISE SCIENCE

The Chartered Association of Sport and Exercise Sciences

CASES
The Chartered Association of Sport and Exercise Sciences

WELCOME FROM CASES CHIEF EXECUTIVE OFFICER



Key decisions about what to study at university and what to do after graduating from university can sometimes be overwhelming. However, it does not have to be such a daunting and confusing task. There are many resources available to help you make the right decisions. I hope that this guide will serve as a useful and informative resource, whether you are currently studying sport and exercise science at university or are considering it as a possible career.

The decision of what undergraduate or postgraduate course to study will not define your whole career, but making a well-informed decision that reflects your interests and skills will help save you significant time and effort in the future, and can help you to stand out in a highly competitive job market. It is with this in mind that we have developed A Guide to Careers in Sport and Exercise Science; a concise, yet comprehensive guide, packed full of helpful information about careers in sport and exercise science to help you to identify and pursue your dream job or career.

In developing this guide, we have sought the views of many of our members: practitioners, researchers, lecturers, students, and other professionals within the industry who have 'been there and done that'. I hope that the guidance and advice provided by these experts will help to answer some of the frequently asked questions about careers in sport and exercise science, and will support you in making decisions that will positively shape your future career. I wish you the very best of luck in whatever path you choose to take.



Ian Wilson
CASES Chief Executive Officer

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*based on a three-year student membership

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- Apply for CASES Awards and Grants.
- Gain insight into the skills employers are looking for.

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- Priority registration for CASES webinars.
- Discounted subscription rates to the Journal of Sports Science.

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INTRODUCTION

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This careers' guide is for anyone interested in pursuing a career in the field of sport and exercise science. The guide provides information to help you choose the right undergraduate or postgraduate course to pursue your chosen career path. For those who aren't yet sure what they want to do after university, we have included a comprehensive overview of the range of careers that you could pursue after graduation.

Many institutions offer courses in sport and exercise science, covering a range of disciplines and sub-disciplines. It can be a daunting process trying to narrow down your choices to five courses on your UCAS form or deciding on an area of specialism for your postgraduate degree. We hope that this guide makes these decisions less confusing by highlighting the important points you need to consider when choosing a course in sport and exercise science.

In this guide you will find an overview of a number of common career paths of sport and exercise science graduates. This includes 18 job profiles – written by professionals working in the sector – to give you an insight into what each role entails and what qualifications, training and experience you will need if you want to pursue that career.

Finally, this guide provides a range of helpful information, tips and advice from sport and exercise science professionals and graduates on how to choose the right career path (for you) and how you can be proactive during your studies to improve your chances of landing that dream job in the future.

Feel free to use this guide in whatever way suits your needs, whether deciding if a career in sport and exercise science is for you, narrowing down career options or choosing the perfect sport and exercise science course.

WHAT IS SPORT AND EXERCISE SCIENCE?

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▲ **Underpinning knowledge, skills and experience in sport and exercise sciences can support you in various jobs, roles and settings.**

Sport and exercise science is the application of scientific principles to the promotion, maintenance and enhancement of sport and exercise-related behaviours. It is fast becoming one of the most popular subjects to study at both undergraduate and postgraduate level. Sport and exercise science aims to answer questions such as:

- What happens to the body during physical activity?
- How and why do injuries occur?
- How does the body and mind react in extreme environments?
- How can physical activity support the prevention and treatment of chronic diseases?
- How can athletes improve their performance?

Most undergraduate sport and exercise science degrees will be structured around the three core elements of sport and exercise science: biomechanics, physiology and psychology.

A graduate in sport and exercise science would be expected to have a broad knowledge base covering all three of these aspects and how they interact in both sport performance and health-related exercise. Postgraduate study will usually provide greater specialisation in one or more specific aspects of sport and exercise science.

THE DISCIPLINES OF SPORT AND EXERCISE SCIENCE

Biomechanics: An examination of the causes and consequences of human movement and the interaction of the body with apparatus or equipment through the application of mechanical principles.

Physiology: The branch of biological sciences that is concerned with the way that the body responds to exercise and training.

Psychology: The branch of sport and exercise science that seeks to provide answers to questions about human behaviour and mental processes in sport and exercise settings.

Interdisciplinary: Involves seeking to contribute to the body of knowledge or solve a real-world problem in sport or exercise using two or more disciplines in an integrated fashion from the outset.



THE CHARTERED ASSOCIATION OF SPORT AND EXERCISE SCIENCES

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Promoting excellence in sport and exercise sciences

The Chartered Association of Sport and Exercise Sciences (CASES) is the recognised professional body for anyone with a professional interest in the science of sport and exercise in the UK. The Association was founded in 1984 with the aim of establishing a powerful, unified voice to promote and support the interests of sport and exercise science in the UK. In May 2024, the British Association of Sport and Exercise Sciences was granted the Charter of Incorporation by His Majesty King Charles III, and CASES was incorporated in April 2025.

Our mission is to innovate, advance knowledge, promote best practice and advocate the profession by building a collaborative and inclusive community.

CASES represents sport and exercise sciences nationally and internationally by promoting careers; organising conferences and workshops; commissioning and developing publications; endorsing degree courses; providing grants for research; and maintaining professional standards through a system of accreditation.

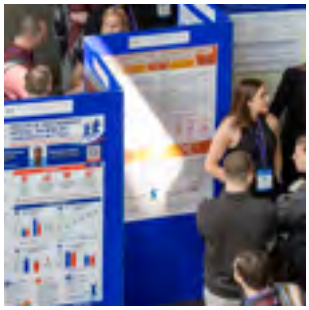
Anyone who is studying sport and exercise science, or is working in a sport and/or exercise science-related occupation, is eligible to become a CASES member. Joining the largest sport and exercise science network in the UK gives you access to a wide range of resources and benefits designed to support you through your studies and subsequent career. Find out more about the range of benefits of becoming a member on the Membership page of the CASES website.



▲ A live practical at the CASES conference: From Spa to Science: Exploring the Vascular Effects of Heat Therapy.



▲ CASES conference sessions are sector-leading.



▲ Poster session at the Conference.



▲ CASES Fellow and CASES medal winner Professor Stuart Biddle HonFCASES.



▲ Delegates at the CASES conference.

PURSUING A CAREER IN SPORT AND EXERCISE SCIENCE

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Are you interested in human movement, sports performance, physical activity and health? If so, a career in sport and exercise sciences might be for you. The career opportunities available to sport and exercise scientists are expanding all the time and this growth appears likely to continue for the foreseeable future.

Most sports now recognise sports science as an integral part of their development and success. Most athletes consider the application of sports science as part of everyday training and competition. In relation to exercise science, published NHS guidelines outline the role of physical activity and exercise in the prevention and treatment of long-term conditions. This emphasises the importance of exercise as part of healthcare. Clinical Exercise Physiologists are now recognised registered professionals that are employed within public and private healthcare, as part of multidisciplinary teams, and work with individuals with clinical conditions (see page 27 for information).

Despite the increasing number of job opportunities in sport and exercise science, the number of sport and exercise science graduates is also growing, making competition for jobs intense. Students should, therefore, take every opportunity to gain experience and build networks whilst at university and think about how to develop their knowledge and skills beyond what they learn on their course. Here are a few ideas about how you can do this:

Keep up to date with current issues

It is important to recognise that in order to further your career you will have to take responsibility for your own professional development. Being a part of a professional body, such as CASES, can help you keep up to date with news, upcoming events and the latest research in the sport and exercise science sector, and ensure you are kept aware of opportunities to gain experience via internships, research projects or presenting your research at a conference. Remember that new research in sport and exercise science is constantly being published. Being aware of the latest developments is one way to show your knowledge and passion for your subject area – just make sure you are reading credible sources as there is a lot of misinformation on the internet and in the media.

If you plan to pursue a career working in an applied role in high performance sport, extending your knowledge around clean sport (through UK Anti-Doping) will ensure you are better prepared to uphold your responsibilities and able to support athletes accordingly.

Gain additional qualifications

Extra qualifications may be essential for you to progress in your chosen career – or may simply help you stand out in a crowded job market. Graduates who progress most quickly in their careers are often those who have sought to gain additional experience and qualifications. Employers will see this positively in terms of your willingness to learn and as evidence of commitment to your chosen career. Undertaking further courses following your degree will make you more marketable and hopefully help you move up the career ladder. This, in turn, will generally mean your earning power increases accordingly. Qualifications might include coaching, first aid, gym instructing or safeguarding training.

Become a CASES student member

Becoming a CASES student member allows you to become part of the largest sport and exercise science network in the UK. You will have the opportunity to network with professionals within CASES, attend the student conference, and access additional learning opportunities. As well as being great for your development within sport and exercise science, this will also look good on university applications because it will show that you have an appreciation of the wider sport and exercise science landscape.

CASES Accreditation (see page 22) is an industry-standard qualification for practising sport and exercise scientists that will open many doors to a successful career in sport and exercise science. The most common route to accreditation is via the CASES Supervised Experience programme, which is open to anyone who has completed an undergraduate degree in sport and exercise science. CASES also offers specialist accreditations for practitioners working in high-performance sport (CASES High Performance Sport Accreditation), prescribing exercise (CASES Exercise Science Certified Practitioner), or in Sport and Exercise Psychology (Sport and Exercise Psychology Accreditation Route).

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UNIVERSITY OF WINCHESTER

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ENTRY REQUIREMENTS

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Appropriate qualifications are needed to get on to a degree course. For many students, this means gaining the required GCSE and A level grades at school or college. Check carefully what A level subjects and grades are required for the courses you're interested in as these can vary significantly. Most institutions require A level Physical Education or an A level science subject (e.g. Biology). You'll usually need at least five GCSEs at grade 4 or above, including Maths and English. The UCAS website or university websites show you the sort of subjects and grades required for different courses. Your teachers or career advisers can also offer help and advice.

There are alternatives to the traditional A level route (see table below) which may be better suited to those who want to gain more vocational (job-related) skills and experience that can be used to gain employment in the sport and/or exercise sector. Part-time 'pre-degree' qualifications are also available for those already working in the industry, or who want to switch to a career in sport and exercise science. Before selecting a course, check carefully that whatever route you choose is suitable to gain entry to the degree you're interested in.

Business and Technology Education Council (BTEC) qualifications

BTEC offer sport and exercise science courses across their range of qualifications.

BTEC First Certificate/First Diploma

(One year full-time). You will usually need one to two GCSEs grade 4 or above to enrol. The course is equivalent to GCSE level and can be progressed to a BTEC National Diploma.

BTEC Extended National Diploma

(Two years full-time). You will usually need four GCSEs grade 4 or above, or a BTEC First Diploma to enrol. The qualification can be progressed to a BTEC HND or used to gain entry to a degree course.

BTEC Higher National Diploma (HND)/BTEC Higher National Certificate (HNC)

(Two years full-time). You'll usually need a relevant BTEC National Diploma or relevant GCSE passes and A levels. HNC/HND courses are offered by further education colleges and by some universities. From a HND you can progress to degree-level study. In some cases you can transfer straight into the second year of a degree course.

Foundation Degrees

(Two years full-time). A foundation degree includes a mix of traditional degree-level teaching and 'work-based learning', where you undertake placements with an appropriate employer. You'll usually need an A level or equivalent. All foundation degrees offer the chance to 'top-up' to a full honours degree by further study.

T Levels

T Levels are two-year courses in England which are taken after GCSEs and are broadly equivalent in size to three A Levels. Whilst there are currently no sport specific T Levels, most universities would likely accept those who have studied Science/ Healthcare with an appropriate industry placement and the equivalent UCAS points for their entry requirements.

Useful Website

UK Government - What qualification levels mean

www.gov.uk/what-different-qualification-levels-mean/list-of-qualification-levels

CHOOSING AN UNDERGRADUATE COURSE

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With so many courses available it is important that you consider which is the best for you. To help you with this decision, the following is offered as a guide to the key characteristics to look for in a sport and exercise science degree.

Is the course endorsed by CASES?

CASES endorsement assures the appropriateness of the curriculum, resources and opportunities that undergraduate courses offer for training sport and exercise scientists. See page 16 or visit the **CASES Undergraduate Endorsement Scheme page** on the CASES website.

Are the three foundations of sport and exercise science (biomechanics, physiology, psychology) covered, as well as interdisciplinary approaches? Unless you have a clear idea of what you want to do after your degree and know a more specialist degree course is the right thing for you, it's better to choose a course that covers the three foundation disciplines of sport and exercise science to keep your post-degree options open. Often, courses with the same name have different content (and courses with different names may cover similar material).

How is the course taught and assessed?

Make sure the course includes plenty of interactive teaching sessions as well as lectures. You may also want to think about the coursework to exam balance and choose a course that complements your strengths.

Are there good laboratory facilities to which you will have access?

Check that there is a strong practical skills element to the course and that you will get hands-on experience in the methods used by sport and exercise scientists.

What research, consultancy and community projects exist?

Involvement in these projects will allow you to gain experiences and skills beyond the formal curriculum. Universities with high-ranking research will generally publicise this along with their research rating (4* (world-leading) being the top Research Evaluation Framework [REF] grade awarded by UK Research and Innovation.)

Ask about placement and work-related learning opportunities

The sport and exercise science job market is competitive but when you ask any sport and exercise scientist the one piece of advice they would give to aspiring sport and exercise scientists, it will usually be something related to work experience, placements, or getting used to working with new people in unfamiliar settings. By taking part in placement and work-related opportunities, you get the opportunity to develop and apply your technical and transferable skills in real-world environments, and that makes a real difference when it comes to applying for jobs. It's definitely a question worth asking on open days!

Career pathways and employability of graduates

Most institutions should be able to provide information about where graduates progress to after their degrees. Look for institutions that are successful in placing graduates in sport and exercise jobs.

NSS, rankings and league tables

As with all important decisions, it is advisable to seek as much objective information as possible to support your choice. There are a number of scores and rankings for universities and courses that you can access yourself.

The Discover Uni website (www.discoveruni.gov.uk) gives data about the percentage of students in graduate careers after specific courses, as well as average salaries earned by course graduates.

The National Student Survey (NSS) asks final-year students how satisfied they are with their courses.Various league tables are also produced, including the Guardian University Guide league tables and the Complete University Guide, which ranks universities and course areas based on various measures including teaching, spend on students and research excellence.

The QS World University Rankings features 1,500 institutions across 104 locations and is the only ranking of its kind to emphasise employability and sustainability.

Published results and league tables may help you in shortlisting particular universities and courses.

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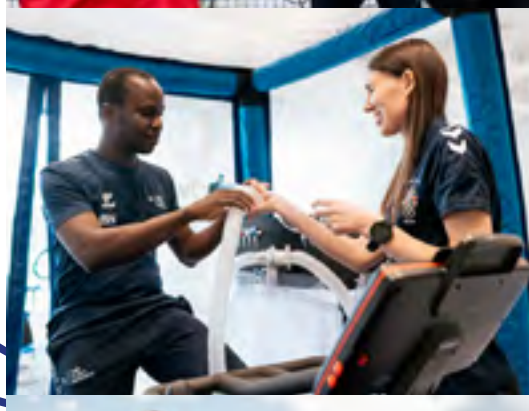
www.bcu.ac.uk/sport

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What to study

It may seem obvious, but it is worth stressing that if you are interested in the topic of your degree you are more likely to do well in it. Many students studying sport and exercise science have a strong interest in the area and this is a big advantage.

Some universities offer discipline-specific programmes of study at undergraduate level, for example, Sport and Exercise Psychology and Sports Nutrition. These courses tend to provide less breadth of study than traditional sport and exercise science courses. Such specialist courses may appeal to those applicants with a clear idea of their disciplinary interests and career progression, but this route can limit the range of potential options later in one's career. Generally speaking, a broad understanding of sport and exercise science is best achieved through multidisciplinary study at the undergraduate level (i.e. a course that covers biomechanics, physiology and psychology). A specialism can then typically be developed through relevant postgraduate study.

Where to study

You won't do very well in your course if you're unhappy, so pick an institution that you think you will enjoy attending. For some this means a city centre location, others prefer an out-of-town campus. Find out about the social and sporting facilities available, particularly if you have a specific sport you are keen to get involved in. You should also consider housing and other costs and how far you want to be from home. Find out what sort of help and support is available to students who experience problems during their time at university.

Things that will help you decide

Do your research carefully and pick what you believe is the right course in the right location. Look in detail at what each course offers before making your choices and do not select simply on the course name. Most institutions offer open days, so go along and see what the place and people are like and ask lots of questions. Talk to friends and family but decide for yourself.

Most universities can provide information on the destinations of their graduates after they complete their degrees. However, you can also look at the university's Graduate Outcomes data. This is a survey that graduates complete 15 months after graduating from their degree courses and gives an indication of the extent to which their degree course has played a part in students reaching those destinations.

In terms of the types of jobs that graduates find after completing their degrees, this tends to vary widely. A sport and exercise science degree can open doors to a wide range of varied careers in professional sport, health promotion, education and research. Alternatively, some graduates tend to use the skills and knowledge they have acquired during their degree to enter the wider job market as graduates with a strong background in scientific theory and application.

When you go on open days or when you are contacting universities about courses, it is always worth asking them about the different industries, job roles and careers that their graduates progress to. If you are interested in a particular career route, you could ask about that specific option. If you aren't sure what you might like to do after your degree, you could ask more open questions about what graduates tend to do afterwards. The Discover Uni website also provides helpful information about different degree courses, such as student satisfaction and average earnings.

THE SPORT AND EXERCISE SCIENTIST

CASES publishes *The Sport and Exercise Scientist* four times per year. It's free to all members, full of insight, interviews, news, articles, reviews and much more.









Applying through clearing

Sometimes things do not go to plan and you do not get the grades you need for your first choice of institution. It is always worth phoning them anyway, as they may still agree to accept you. However, if they do not, the UCAS website will list all institutions that still have places.

It will also give details of how to apply to formally enter the clearing process. It is important that you do not panic and simply accept the first place that comes along. Check that the course and institution will suit you and, if possible, go to visit and talk to the staff.

Useful Websites

CASES Student page
www.cases.org.uk

Complete University Guide
www.thecompleteuniversityguide.co.uk

Discover Uni
www.discoveruni.gov.uk

Graduate Outcomes
www.graduateoutcomes.ac.uk

Guardian University Guide
www.theguardian.com/education

Higher Education Statistics Agency
www.hesa.ac.uk

Office for Students
www.officeforstudents.org.uk

Research Excellence Framework 2029
www.ref.ac.uk

Times Higher Education
www.timeshighereducation.com

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Tim, BSc (Hons) Sport & Exercise Science graduate.

LIVERPOOL JOHN MOORES UNIVERSITY

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- MSc Clinical Exercise Physiology
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- MSc Sport Physiology and Performance
- MSc Sport Psychology
  (BPS accredited and CASES endorsed)
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CASES UNDERGRADUATE ENDORSEMENT SCHEME (CUES)

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The CASES Undergraduate Endorsement Scheme (CUES) endorses sport and exercise science courses that provide undergraduates with the opportunity to develop the knowledge and skills that CASES considers essential to enter into the profession as a practising sport and exercise scientist or to progress to postgraduate study.

When reviewing a course, CUES will consider the knowledge, technical skills, competencies and practical experience gained by students through the curriculum and resources available. Courses need to demonstrate that students will gain core competencies and knowledge in each of the sub-disciplines of biomechanics, physiology and psychology.

Courses must also demonstrate that sufficient student learning is dedicated to studying of an interdisciplinary nature. In addition, the curriculum must include research methods and an independent study project in the field of sport and exercise science.

The CASES website includes a list of courses that have successfully obtained endorsement, as well as more detail on the criteria for gaining CUES endorsement. Visit the **CASES Undergraduate Endorsement Scheme page** on the CASES website for more information.

CUES Universities

The following universities all have sport and exercise science undergraduate degree courses that are **endorsed by the Chartered Association of Sport and Exercise Sciences**:

1 **Abertay University**
2 **Aberystwyth University**
3 **Anglia Ruskin University**
4 **Birmingham City University**
5 **Bournemouth University**
6 **Brunel University**
7 **Canterbury Christ Church University**
8 **Cardiff Metropolitan University**
9 **Coventry University**
10 **Edgehill University**
11 **Hartpury University**
12 **Health Sciences University (formerly AECC University College)**
13 **Liverpool Hope University**
14 **Kingston University**
15 **Lancaster University**
16 **Leeds Beckett University**
17 **Leeds Trinity University**
18 **Liverpool John Moores University**
19 **London South Bank University**
20 **Loughborough University**
21 **Manchester University Academy 92**
22 **Middlesex University**
23 **Manchester Met**
24 **Northumbria University**
25 **Nottingham Trent University**
26 **Oxford Brookes University**
27 **Plymouth Marjon University (Uni of St Mark & St John)**
28 **Robert Gordon University**
29 **Sheffield Hallam Uni**
30 **Staffordshire University**
31 **Setanta College (Galway, Ireland)**
32 **St Mary's Twickenham**
33 **Swansea University**
34 **Teesside University**
35 **Ulster University**
36 **University of Bath**
37 **University of Bolton**
38 **University of Brighton**
39 **University of Lancashire**
40 **University of Chester**
41 **University of Chichester**
42 **University of Derby**
43 **University of East London**
44 **University of Edinburgh**
45 **University of Essex**
46 **University of Gloucestershire**
47 **University of Hertfordshire**
48 **University of Huddersfield**
49 **University of Hull**
50 **University of Kent**
51 **University of Lincoln**
52 **University of Northampton**
53 **University of Portsmouth**
54 **University of Roehampton**
55 **University of Salford**
56 **University of South Wales**
57 **University of Stirling**
58 **University of Sunderland**
59 **University of Surrey**
60 **University of Winchester**
61 **University of West London**
62 **University of West of Scotland**
63 **University of Wolverhampton**
64 **University of Worcester**
65 **York St John University**

The CASES Postgraduate SEPAR Endorsement Scheme (PSES)

The CASES Postgraduate SEPAR Endorsement Scheme (PSES) has been designed to allow registrants to evidence expediently, the completion of an appropriate M-level qualification for entry onto to SEPAR, which covers the relevant knowledge-based HCPC Standards of Proficiencies. In essence, this scheme will support future Sport and Exercise Psychologists choose an MSc. programme that is CASES endorsed, and which will appropriately position them for application to SEPAR upon completion.

CASES Postgraduate Endorsement Scheme (CPGES)

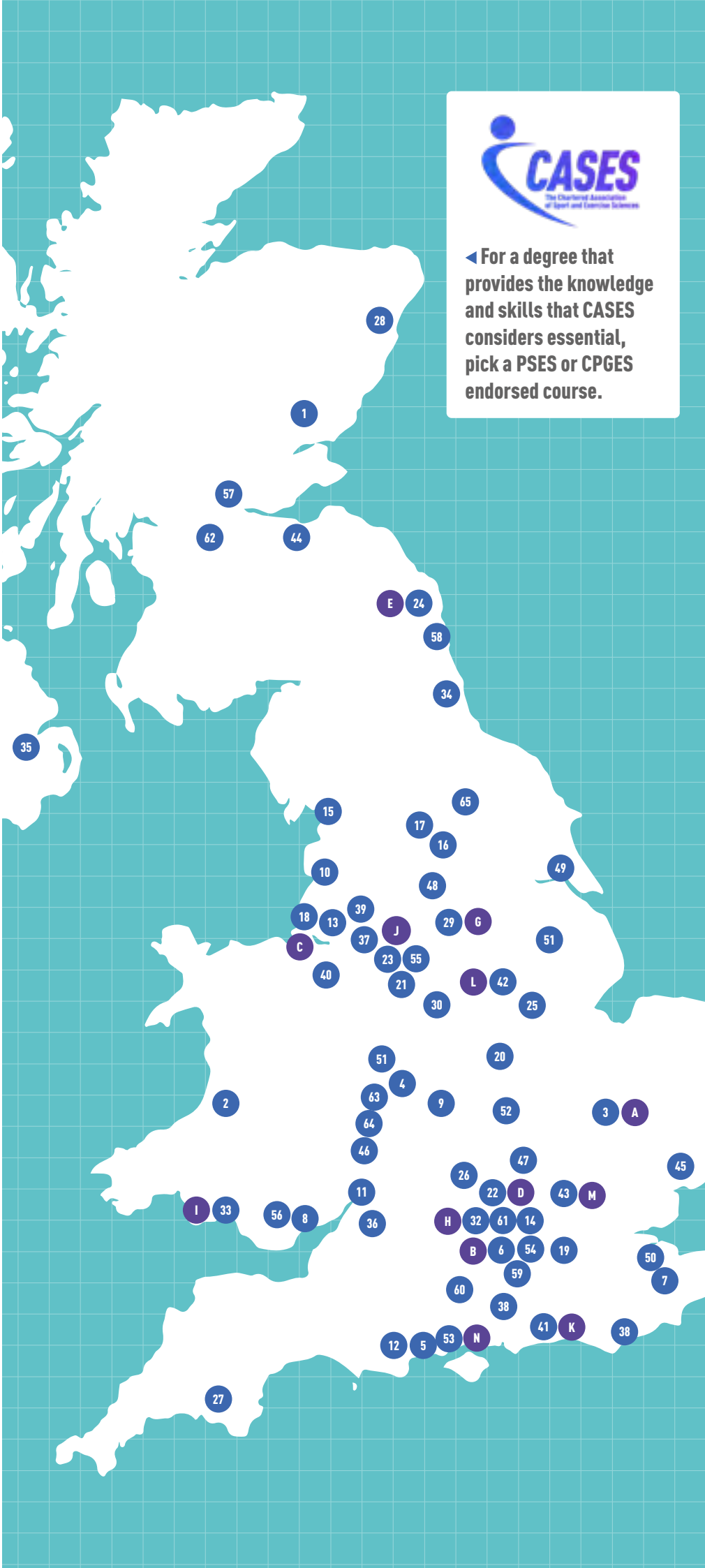
The CASES Postgraduate Endorsement Scheme (CPGES) awards endorsement to inclusive postgraduate sport and exercise science degree courses that provide postgraduates with the opportunity to develop the knowledge and skills essential to enter the profession.

With the introduction of CASES SEPAR accreditation, there was an opportunity to develop another endorsement scheme to cover specialist post graduate programmes aligned to one of the other core disciplines of sport and exercise science (Physiology and Biomechanics), and to cover generic sport and exercise science postgraduate programmes - CPGES.
Postgraduate courses submitting for endorsement must demonstrate how the design of their course(s) and curricula, their approaches to teaching, learning, student support and assessment, including research and work-related opportunities, ensure an equitable and inclusive student experience'.

For more information on CPGES visit the **CASES Postgraduate Endorsement Scheme page** on the CASES website.

The following universities all have M-Level postgraduate sport and exercise science degree courses that are endorsed by CASES:

A Anglia Ruskin University (PSES)
B Brunel University (CPGES + PSES)
C Liverpool John Moores University (PSES)
D Middlesex University (PSES)
E Northumbria University (PSES)
F Setanta College (Galway, Ireland) (PSES)
G Sheffield Hallam University (CPGES + PSES)
H St Mary's University, Twickenham (CPGES + PSES)
I Swansea University (PSES)
J University of Bolton (PSES)
K University of Chichester (PSES)
L University of Derby (PSES)
M University of East London (PSES)
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CHOOSING A POSTGRADUATE COURSE

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One increasingly popular option for sport and exercise science graduates wishing to enhance their employment prospects is to study a Masters programme. The difference between postgraduate taught and postgraduate research programmes largely comes down to the level of independence you have during your studies. Research Masters require students to undertake extensive research training, while taught Masters involve a mixture of lectures, seminars and coursework. Whilst the costs involved can be considerable (typically in the range of £9,000–£18,000 (for home students) for one year's full-time taught study), the long-term returns, both financiallyand in terms of job satisfaction, have been shown to be well worth the investment.

Most universities require applicants to gain at least a 2.1. Honours degree and expect a clear commitment to the area of study. The general expectation is that applicants for postgraduate courses in sport and exercise sciences will be looking to develop an area of specialism based upon a more broad-based, undergraduate degree. Masters programmes should enable you to develop this specialist knowledge and skills, adding value to your undergraduate degree.

If you have the option of full- or part-time study, then consider carefully which option is better suited to your career intentions. Part-time study can enable you to combine study with existing work commitments, but some flexibility will be required from employers or, if you are self-employed, some adaptation of your normal workload will be needed. Most students, however, choose the full-time option, which normally involves a minimum of 12 months of study.

You are advised to check out the research activity (e.g. Research Excellence Framework [REF] ratings) at your chosen university and find out what opportunities are open to Masters students to get involved in impactful research projects or consultancy work. Also, consider the availability of, and access to, the infrastructure that supports research (e.g. staffing, laboratories, equipment, technicians and other postgraduate students). Most taught Masters programmes will still involve a strong element of independent work in the form of either a research project or some form of professional, work-based placement.

Normally this equates to about a third of the overall course, so it is well worth researching carefully which option (i.e. taught or research Masters) is better suited to your career aspirations.

It is also worth finding out the number of students recruited for the course each year and the staff to student ratio (SSR) that the course provides. Normally, Masters programmes enjoy the benefits of considerably smaller study groups than those at the undergraduate level and this, combined with relevant staff and facilities, should provide greater opportunity for either laboratory or career-related activities.

Finally, it may be worth researching the nature of assessment used on the course and the opportunity this provides for you to demonstrate the skills expected of a postgraduate sport and exercise scientist. Be prepared for a workload expectation (including contact and non-contact time) that equates to around 35–40 hours each week for full-time study and for a study period of between 12–18 months.



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CHOOSING A POSTGRADUATE COURSE

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Funding postgraduate study

Finding funding for postgraduate study is a challenge faced by many students. The average course fee is £5,000–£6,500 for MSc by Research and £9,000 –£18,000 for Taught MSc. Living costs also need to be considered and you should budget for at least £14,500 in London and £12,000 elsewhere. Fees for overseas students are generally two to three times higher than for UK students.

There is a funding scheme in place for postgraduate students in the UK, which is similar in many ways to how undergraduate student finance is provided. Postgraduate loans (PGLs) are government-backed loans that allow students studying a taught or research Masters programmes to borrow money to cover fees and living expenses. To be eligible you must be a UK national and be living in England or Wales when you start your course (Scotland and Northern Ireland have their own unique funding opportunities – find more information on **the Prospects Website**). You will start repaying your loan the year after your course finishes on any income you earn over the minimum threshold.

Grants and bursaries do exist and can cover both fees and living expenses, but they are highly competitive. Some postgraduate courses that lead to a teaching qualification (a Postgraduate Certificate of Education for example) attract government grants to support students, particularly in subject areas where there are teacher shortages.

PhDs and studentships

Longer programmes of postgraduate study may be available at some universities leading to the award of a Doctorate (i.e. PhD or DProf). These courses involve a sustained period of research (typically three years of full-time study). Grant-aided support or bursaries (often known as studentships) are sometimes available to support students during their PhD studies. These can be funded by the university or by other organisations such as a sporting professional body, a charity or research councils. Some teaching duties may also be attached to these PhD bursaries. Doctoral Loans are now available too. Details available on the **Doctoral Loan page** of the UK Government website. Part-time study for a PhD or DProf typically takes between three to six years, so be prepared for a long haul. Studentships, including PhD positions, are listed on the **Vacancies Page** of the CASES website.

Useful websites

Find A PhD
www.findaphd.com

Jobs.ac.uk
www.jobs.ac.uk

Prospects
www.prospects.ac.uk



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- MSc Strength and Conditioning

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CASES ACCREDITATION AND SUPERVISED EXPERIENCE

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Many of the careers profiled in this guide refer to 'CASES Accreditation'. CASES Accreditation is a professional standard, widely recognised by employers in the sport and exercise industry. It is awarded to individuals who have demonstrated they have the necessary knowledge, skills and experience to be safe and fit to practise as a sport and exercise scientist. A number of leading employers in the sector, including the Premier League and the UK Sports Institute (UKSI), now require their employees to be CASES Accredited (or working towards Accreditation). The qualification demonstrates an applicant's competence to provide services to client groups, based on an independent, peer-led review process.

CASES Accreditation

CASES sets and implements professional and ethical standards for individuals who are actively involved in sport and exercise science. These standards are maintained through a system of Accreditation, which serves as a quality assurance mechanism for employers, clients and the wider sector. CASES Accreditation helps to ensure that the level of service provided by sport and exercise practitioners is based on the best available knowledge and practice.

To become a CASES Accredited Sport and Exercise Scientist, applicants must demonstrate their competency to practise within the sport and exercise science discipline in which they specialise (Biomechanics, Physiology, Psychology or Interdisciplinary) and within their domain of practice (Research, Pedagogy or Scientific Support).

There are two 'routes' to CASES Accreditation. The most common is via the CASES Supervised Experience programme (see the next column). Alternatively, for more experienced sport and exercise practitioners, applicants can make a direct application by submitting a portfolio of evidence that demonstrates the knowledge and competencies necessary to practise to the required standard. Visit the **CASES Accreditation and Endorsement page** on the CASES website for more information.

Those with CASES Accreditation can use the MCASES postnominal and the descriptor "Member of the Chartered Association of Sport and Exercise Sciences".

Chartered Scientist

Chartered Scientist represents a single chartered mark for all scientists, recognising high levels of professionalism and competence in science. CASES is a Licensed Member Body of the Science Council, enabling CASES to award Chartered Scientist status to members who meet the criteria. All CASES Accredited Sport and Exercise Scientists are eligible to become Chartered Scientists, having demonstrated the required competencies through the CASES Accreditation application process. Visit the **Chartered Scientist page** on the CASES website for more information. Chartered Scientists can use the CSci postnominal.

Supervised Experience

CASES Supervised Experience (SE) aims to provide aspiring sport and exercise scientists with the guidance, environment and opportunities that will facilitate the development of the competencies required to gain CASES Accreditation. The SE programme is an important stepping stone to a successful career as a sport and exercise scientist.

The programme lasts for (a minimum of) two years, during which time an individual will work together with a CASES Accredited Sport and Exercise Scientist, who will act as their supervisor, in order to gain appropriate experience and develop their knowledge and skills. Visit the **Supervised Experience page** on the CASES website for more information.

Specialist accreditations

In addition to CASES Accreditation, CASES offers a range of more specialised professional accreditations for practitioners who have chosen to specialise in particular environments and disciplines:

CASES Exercise Science Certified Practitioner (ESCP): A specialist accreditation for individuals who work in exercise referral, treatment and/or rehabilitation with clinical populations. It aims to provide professional quality assurance for anyone wishing to use a sport and exercise science degree to establish credibility as a qualified exercise practitioner. Visit the **CASES Exercise Science Certified Practitioner page** on the CASES website for more information. Those with CASES Exercise Science Certified Practitioner can use the TechCASES postnominal and the descriptor "Technical Member of the Chartered Association of Sport and Exercise Sciences".

High Performance Sport Accreditation (HPSA): A specialist accreditation for individuals providing sports science services to high-performance sport programmes. CASES HPSA is targeted at those with extensive experience and a track record of providing successful, structured and ongoing scientific support to high-performance athletes and is recognised by the British Olympic Association (BOA), the British Paralympic Association (BPA), UK Sport and the Home Country Sports Institutes as the highest accreditation available in the high-performance sector. Visit the **High Performance Sport Accreditation page** on the CASES website for more information. Those with CASES HPSA can use the MCASES postnominal and the descriptor "Member of the Chartered Association of Sport and Exercise Sciences".

Sport and Exercise Psychology Accreditation Route (SEPAR): A programme of professional development, skill acquisition and supervised practice designed to ensure that sports psychology candidates acquire the knowledge, skills, self-development and experience required to be eligible for registration with the Health and Care Professions Council (HCPC) as a Practitioner Psychologist. Once registered with the HCPC, members are able to use the protected title: Sport and Exercise Psychologist. The length of the qualification will primarily depend on the time that the candidate is able to dedicate to the qualification and the competencies that require development. As such, the SEPAR can be undertaken in either two, three or four years. Please see pages 23 and 24 for more details.

Academy for Healthcare Science (AHCS) registered Clinical Exercise Physiologist: Professional registration can now be obtained for clinical exercise physiologists equipped with the requisite knowledge, skills and competencies to work autonomously and as part of multidisciplinary teams across multiple health conditions. Suitably qualified individuals can now apply and will be conferred the title of AHCS-registered Clinical Exercise Physiologist on successful acceptance on the register.

There are currently two routeways to become an AHCS-registered Clinical Exercise Physiologist: (i) through an equivalence pathway and (ii) completing an AHCS-accredited Masters (MSc) degree programme in Clinical Exercise Physiology. Please see page 27 for more details.



▲ **Dame Sarah Storey and Gregg Stevenson MBE delivering the closing keynote at the CASES conference.**

The CASES Sport and Exercise Psychology Accreditation Route (SEPAR)

SEPAR is a Health and Care Professions Council (HCPC) approved independent training route for Sport and Exercise Psychologists and facilitates professional and skill development underpinned by supervised practice. Throughout their training, registrants (who can use the title Sport and Exercise Psychologist in Training: SEPiT) will acquire knowledge, skills, self-development and experience to a level of competence that confers their eligibility for registration with the HCPC as a Practitioner Psychologist. Visit the **Sport and Exercise Psychology Accreditation Route page** on the CASES website for more information.

For entry you will need:

- CASES graduate membership as a minimum
- to be able to evidence 'core psychology' which can be undertaken in a variety of ways
- an MSc Sport and/or Exercise Psychology.

Organisation	The Chartered Association of Sport and Exercise Sciences CASES
Training route	Sport and Exercise Psychology Accreditation Route (SEPAR)
Professional qualifications	HCPC-registered Practitioner Psychologist hcpc
Duration[1]	• For candidates who have come straight through education and have little to no practical experience, and/or for candidates who are not yet clear how they will fulfil the required 3200 SEPAR hours, the 3-year pathway is considered most suitable. This allows candidates to concentrate on knowledge and skill development for the first 6-9 months, after which they can start gradually introducing applied practice with clients. • For candidates who already have some experience and have clear plans as to how they will accumulate the required 3200 hours (e.g., they have already secured a job as a sport or exercise psychologist), either the 2-year* or 3-year pathway might be suitable. • For candidates who foresee they will need to work in an unrelated role to fund their training, or who wish to pursue the SEPAR as a part-time endeavour, the 4-year pathway might be most suitable.
Underpinning core psychology knowledge	A BPS-accredited undergraduate Psychology / Sport and Exercise Psychology degree, a BPS-accredited conversion qualification **OR** the Open University DE200 'Investigating Psychology 2' module **AND** a MSc Sport and/or Exercise Psychology.

[1] **Specific information to the duration, costs and structure for SEPAR are available on the website**

For those wishing to register for the two, three or four-year SEPAR programme, the total amount payable to CASES is £4,295 (correct as of July 2026). The cost includes all registration and review fees in addition to a number of sector-leading short courses and a DBS check at an Enhanced level on entry. The following table provides an overview of the expected practice hours to be completed over the duration of SEPAR.

Overview of the minimum expected hours for SEPAR

Activity type	Minimum hours	Minimum days
Application / consulting	2700 (900 actual hours)	338
Dissemination and citizenship	225 (75 actual hours)	28
CPD and supervisor-led activity*	275	34
	3200	**400**

*** A minimum of 50 hours is spent with the supervisor with at least 20 hours of the 50 being used for observed work of the candidate.**

Did you know..?

Anyone not on the HCPC Register who uses a designated title may be breaking the law and could be prosecuted. Article 39(1) of the Health Professions Order 2001 makes it a criminal offence for a person, with intent to deceive (whether clearly or by implication), to:

- say that they are on the HCPC Register
- use a designated title to which they are not entitled
- say falsely that they have qualifications in a profession HCPC regulate.

Useful Website

Health and Care Professions Council (HCPC)

www.hcpc-uk.org



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Continuous Professional Development

Build your future

CASES
The Chartered Association of Sport and Exercise Sciences

Whether you are starting your professional journey or looking to take the next step on the career ladder, CASES gives you access to high-quality CPD opportunities designed to help you build skills and get the industry credentials you need.

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- **Division events** across Biomechanics and Motor Behaviour, Physical Activity for Health, Psychology, Physiology and Nutrition, Sport and Performance and Teaching and Learning Enhancement.
- **Endorsed CPD courses and events** from trusted external providers.

Specialist CASES Divisions

CASES Divisions bring together students, early-career practitioners, researchers and experienced professionals from across the sport and exercise science community. Division events help you to explore cutting-edge topics, hear from leading experts, share ideas with peers and build a professional network that supports your next career steps.

CPD Credits

Eligible CASES and endorsed events will earn you CPD credits that help to:

- Evidence your ongoing learning
- Support accreditation and professional recognition pathways
- Enhance your CV and employability
- Showcase your dedication to maintaining current knowledge and best practice
- Build a strong foundation for future career progression.



Learn and progress with the CASES CPD offer: **www.cases.org.uk**

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- BA (Hons) Dance and Fitness
- BSc (Hons) Psychology (Sport and Health)
- MRes Applied Sciences (Sport and Exercise Science)

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roehampton.ac.uk/study/open-days

Discover more about our courses



Oscar Piastri,
McLaren Formula 1 driver



1st in London for student satisfaction in Sport Science
(CUG 2027)

ACADEMY FOR HEALTHCARE SCIENCE (AHCS) REGISTERED CLINICAL EXERCISE PHYSIOLOGIST ROUTEWAY

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Clinical Exercise Physiologists are now eligible for professional registration with the Academy for Healthcare Science (AHCS). Those registered are appropriately qualified health professionals proficient in exercise testing, prescription and delivery of evidence-based interventions for the prevention, treatment and long-term management of acute, sub- acute, chronic and complex health conditions. They work as part of multidisciplinary teams of healthcare and rehabilitation providers across sectors and settings.

There are two routeways to become an AHCS-registered Clinical Exercise Physiologist:

(i) Equivalence pathway (equivalence pathway will close on 31 December 2026)

The minimum entry requirements are:

1. An undergraduate degree in sport and exercise science or relevant, related discipline
2. A postgraduate degree in Clinical Exercise Physiology or relevant, related discipline, or professionally recognised and/or documented training in the health conditions outlined in the **CEP-UK Clinical Exercise Physiologist Scope of Practice document**.
3. Six years of relevant experience (including the time spent undertaking the relevant degrees).

Please see the AHCS-registered Clinical Exercise Physiologist Equivalence Decision Process (page 28) to identify requirements for application.

New application fees for six-year equivalence and international equivalence pathways is £175. Annual renewal fees are £52.50.

(ii) Completed an AHCS-accredited Clinical Exercise Physiology MSc degree programme

AHCS-accredited Clinical Exercise Physiology MSc programmes must ensure that graduates of their degree programmes meet the AHCS Standards of Proficiency and the Clinical Exercise Physiologist Scope of Practice, through learning and assessment activities and clinical placement. More information regarding these routeways can be found on the **Clinical Exercise Physiology UK website**.

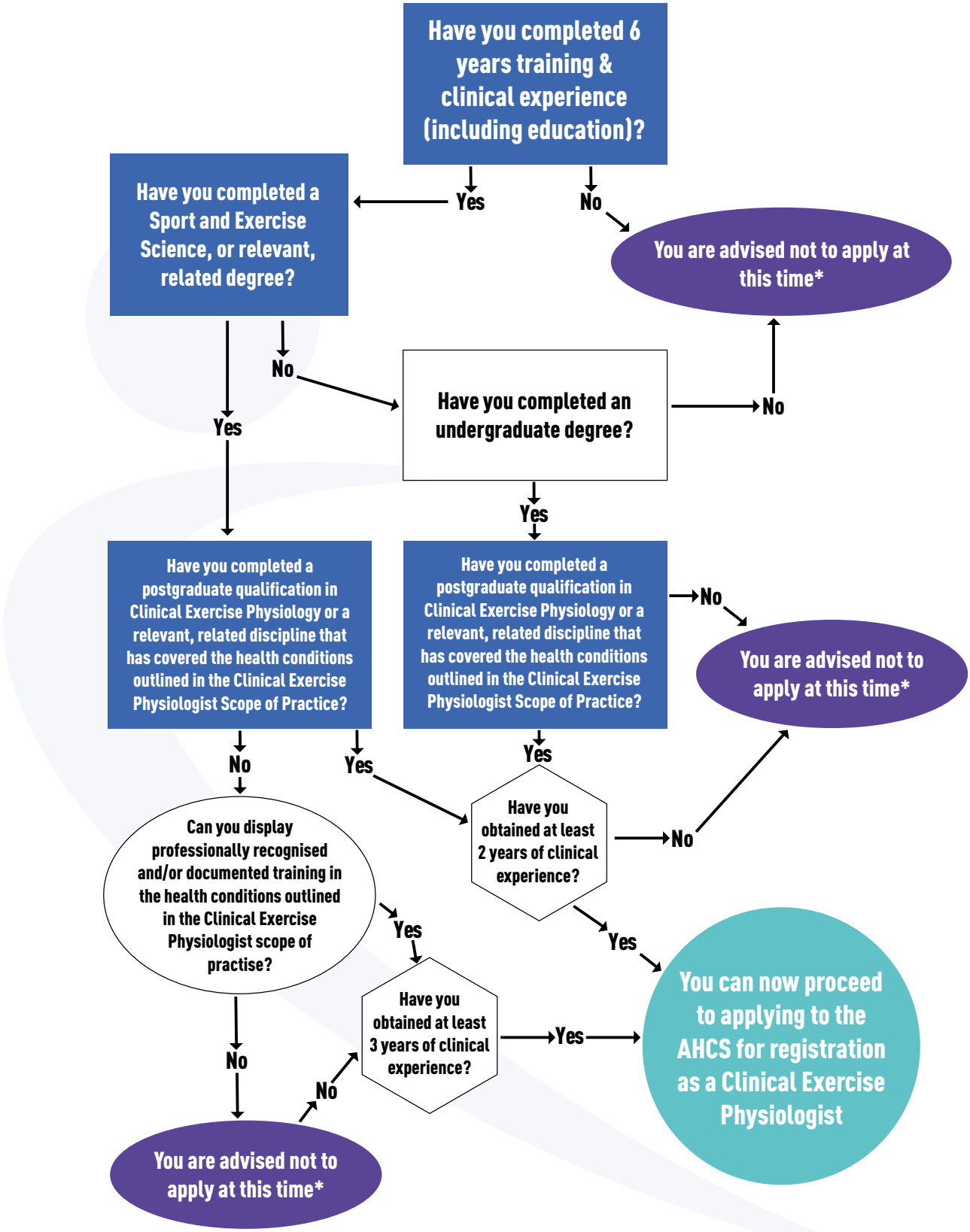
Did you know:

- The NHS Careers website includes a dedicated webpage to the role and career pathway of Clinical Exercise Physiologists, the first time NHS England has recognised a Sport and Exercise role and the associated career progressions within the NHS workforce – **NHS Careers Website**.
- In 2023, CASES and CEP-UK launched the MSc Accreditation Assistance programme, which works with university programme teams wishing to develop a master's degree in Clinical Exercise Physiology and planning to develop their curricula to gain AHCS accreditation – visit the **CEP-UK website** for more information. The Academy for Healthcare Science (AHCS) MSc accreditation ensures that students are being equipped with the required knowledge and skills to work in clinical settings as a registered Clinical Exercise Physiologist health care professional. Accreditation is an opportunity for universities to offer students the highest quality education and training to develop the next generation of Clinical Exercise Physiologists.



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AHCS-registered Clinical Exercise Physiologist Equivalence Decision Process



*equivalence pathway will close on 31 December 2026

INSIDER'S VIEW: Tips from current sport and exercise science students and from recent sport and exercise science graduates

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CASES Undergraduate and Postgraduate Student Representatives serve the interests of CASES student members. Below, one Undergraduate Student Rep shares their journey so far and their future aspirations. Then, three Postgraduate Student Representatives take a look back and share the advice that they feel would have benefited them earlier in their careers.



Name: Mya Lee-Amies

Division I represent: Undergraduate Student Rep for the Physical Activity for Health Division, and Member of the Student Advisory Group.

Current study
I am currently in my second year of my undergraduate degree in Sport and Exercise Science at the University of Hertfordshire.

Pathway to university
Before my degree I studied A levels: Biology, Physical education and Business and had the opportunity to volunteer at a children's running club which sparked my interest in supporting participation in physical activity and exercise across different populations.

Career aspirations
I am already working within the exercise for health field as a chair-based exercise instructor for care homes and assisted living settings, strengthening my interest in working with clinical and ageing populations. I hope to pursue a Master's in Clinical Exercise Physiology or Exercise Rehabilitation. Building on this experience, I want to progress into a role as an Exercise Referral Practitioner and work towards becoming an accredited Sport and Exercise Scientist.

What have you gained so far as a Student Rep?
Within my role, I aim to represent the views of undergraduate students and support engagement with CASES. Connecting and networking with individuals who share similar research interests is particularly valuable to gain different perspectives, ideas and knowledge within the field.



INSIDER'S VIEW: Continued



Name: Erin-Lee Donoghue

Graduated in: First-class (Hons) BSc Sport and Exercise Science.

Division I represent:
Postgraduate Student Rep for the Psychology Division, and Member of the Student Advisory Group.

What am I doing now?
I am currently studying for an MSc in Sport and Exercise Psychology at the University of Staffordshire, where I am awaiting to start my master's research project which will aim to explore real-time cognitive processing during endurance exercise using a ThinkAloud protocol.

Alongside my studies, I run and mentor a female football league for women of all abilities, acting as the first point of contact for players, providing ongoing support and mentorship, and organising the day-to-day running of the league. Outside of work and academic life, I regularly take part in pole fitness two to three times a week, where I am constantly working towards progression and developing new skills.

What advice would I give my younger self?
I would tell my younger self to be more confident in my abilities and not be afraid to take opportunities, even if they feel outside of my comfort zone. I would also emphasise the importance of gaining as much experience as possible and staying open to different career paths within Sport and Exercise Science, as your interests can develop over time.





Name: Annabelle Skidmore

Graduated in: BSc Sports & Exercise Science 2021; MSc Exercise Physiology 2022

Division I represent:
Postgraduate Student Rep for the Division of Physical Activity and Health, and Vice Chair of the Student Advisory Group

What am I doing now?
After my MSc, whilst I was working in private healthcare, I decided to pursue external funding for a PhD at Birmingham City University. I am now in my final few months of my PhD researching my own rare, genetic metabolic condition Phenylketonuria (PKU) and I have combined this with my Sports and Exercise Science background to understand this interaction more. I would love to be able to continue to develop and expand the work that we have begun researching and raising awareness in the PKU community of the role of physical activity, exercise, and nutrition. This would help improve overall PKU care and treatment across the world in the hope of improved quality of life/well-being, PKU management, physical activity engagement and sports performance.

What advice would I give my younger self?
Growing up I didn't know what I wanted to do, my purpose in life or what career path I was going to take. Everyone around me seemed to have their career journey set out and a clear idea of what their end job role would be. I used to worry and think I needed to have this answer. In reality, I would learn to find my own path by focusing on what I enjoyed, what I was good at and ultimately by not worrying as this mindset would lead me in the right direction. Learning to embrace each and every opportunity even if it wasn't something I'd have thought would be relevant or was beyond my capabilities was key to this. I was painting my own path without realising. So, if you're at a similar crossroads pursue what you truly enjoy, find rewarding and trust the process.



Name: Victoria Tidmas

Graduated in: 2021 with a First Class BSc (Hons) at the University of Hertfordshire (UH).

Division I represent:
Postgraduate student rep for the Physiology and Nutrition Division and Chair of the Student Advisory Group.

What am I doing now?
I am a final year PhD candidate at UH looking to submit by the end of 2026. My research is investigating extreme resistance and endurance exercise participation on the kidney function and the implications for safe athlete practise. I am also a Visiting Lecturer in Sport and Exercise Science and Senior Technical Officer within the Institute of Sport at UH.

What advice would I give my younger self?
If you have an idea, task, or goal that feels daunting, break it down into smaller more manageable steps rather than focusing on the big picture. We are always learning, so think about making mistakes as a positive as it means you've still tried to achieve something.

EMPLOYER PROFILE

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Dr James Newman
Senior Lecturer in Sport and Exercise Psychology, HCPC Registered Sport Psychologist



Sheffield Hallam University
Knowledge Applied
School of Sport and Physical Activity

Core business

The School of Sport and Physical Activity provides sector-leading, industry-focused education through an applied, interdisciplinary curriculum that develops the skills and experiences that employers need. Alongside teaching, the school undertakes and prides itself on its world-leading research, innovation and knowledge exchange activity and works closely with partner organisations locally, nationally and across the globe to solve real-world problems, provide services and inform practice. From tackling issues of physical inactivity and supporting individuals and groups living with long-term health conditions to enhancing athletic performance, the school works closely with industry, governing bodies, health organisations and community groups to offer its expertise, and ensures its work is impactful, innovative and meaningful.

Ethos/values of the organisation

The university's mission is to transform lives with an ambition to be a world-leading applied university, enacted through its six strategic values: ambition, collaboration, inclusion, innovation and integrity. The university prides itself on being ambitious for others, allowing those individuals to realise their potential. It also encourages individuals to collaborate to solve problems and challenge the status quo, whilst being inclusive and standing up for equality and diversity.

Those that the organisation connects to and collaborates with

The school works closely with a large network of partner organisations to provide services, collaborate, and add value to the student experience. The school therefore works with organisations across elite and professional sport, including national and international clubs, teams, federations, events and organisations; health providers, services and businesses; education, local government and community participation groups; and industry partners and businesses.

Specifically, the partnerships the school operates take different forms. For example, it offers blended sport education partnerships with organisations such as Sheffield Wednesday Football Club Community Programme (SWFCCP), the B.Braun Sheffield Sharks, and Qualitas Sport Ltd. It operates strategic research partnerships with Sport England, UK Sport, DCMS, International Tennis Federation, FIFA, Adidas, Team GB, English Institute of Sport, and Parkrun. Lastly, it partners with the health and community sector by working with the National Centre for Sport and Exercise Medicine (NCSEM), NHS, Public Health England, Yorkshire Cancer Research, Macmillan Cancer Research, and Westfield Health.

What roles do sports science practitioners fulfil within your organisation?

Sport science practitioners play a crucial role connecting theory to practice, bringing up-to-date theoretical and practical knowledge to life in the classroom, laboratory and lecture theatre. Specifically, many of our sport and exercise science staff play a fundamental role in leading and teaching on our postgraduate and undergraduate courses. These courses include the MSc Applied Sport and Exercise Science, MSc Sport and Exercise Psychology, MSc Strength and Conditioning Coaching, BSc (Hons) Sport, Exercise and Health and BSc (Hons) Sport and Exercise Science. Our sport and exercise science practitioners have been pivotal in designing and validating this portfolio of courses, whilst securing appropriate accreditation and endorsement for these programmes with organisations such as the British Psychological Society, CASES, and the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). Furthermore, our practitioners have been key in supporting students' knowledge and application of multidisciplinary and interdisciplinary approaches to sport and exercise science.

Beyond the classroom, our practitioners also provide services, which include supporting individuals, teams and organisations, delivering strength and conditioning, physiology testing, biomechanical assessment, performance analysis, coaching pedagogy expertise and sport and exercise psychology support. Working alongside our partners, our practitioners deliver consultancy services and collaborative projects, undertake research and innovation, and outreach and professional engagement activities to connect and promote the school.

Lastly, our sport and exercise science is integral to research within our school. These staff significantly contributed to 88% of our research (overall quality profile) being rated as internationally excellent or world leading (4*+3*) in the REF 2021, as well as the university being ranked 4th for research power in Sport and Exercise Sciences, Leisure and Tourism unit of assessment (UoA24). Furthermore, our staff contributed to world-leading impact case studies as part of this submission.

What aspects might you look for in a candidate?

Alongside credible subject knowledge that demonstrates strong disciplinary understanding, the school values real-world experience, applied expertise, professionalism and interpersonal values that align with our own. Industry-relevant experience, such as working with athletes, community groups, governing bodies and health organisations is a must; innovation in practice—be that learning and teaching, consultancy, or research and innovation—enables us to be at the forefront of the sector and is an important factor we look for in all candidates. A collaborative mindset, to be a team player who can contribute meaningfully, take ownership, work with others and lead projects is particularly valued.

Partnerships and collaborations feature highly in our special projects programme. We deliver PhD and MSc collaborations with a number of UK universities with focus upon evidence-based knowledge and informed practice. We look for students with key competencies across both technical and soft skills areas.

Best piece of advice for prospective employees

Sport and exercise science can be a very competitive field, but with patience and application, there is a vast array of opportunities to have an impact on the profession. Therefore, be open and willing to undertake these opportunities. Working in areas that might be outside of your comfort zone may, at first, be challenging, but it will reward you by being a better practitioner and will be something you look back on and say you have enjoyed! In our institution, these may also be the experiences you bring back to the classroom and/or develop research through. Therefore, do not silo yourself; collaborate with those around you and, most importantly, enjoy the journey of where combining practice and research can take you!

CAREER PATHWAYS

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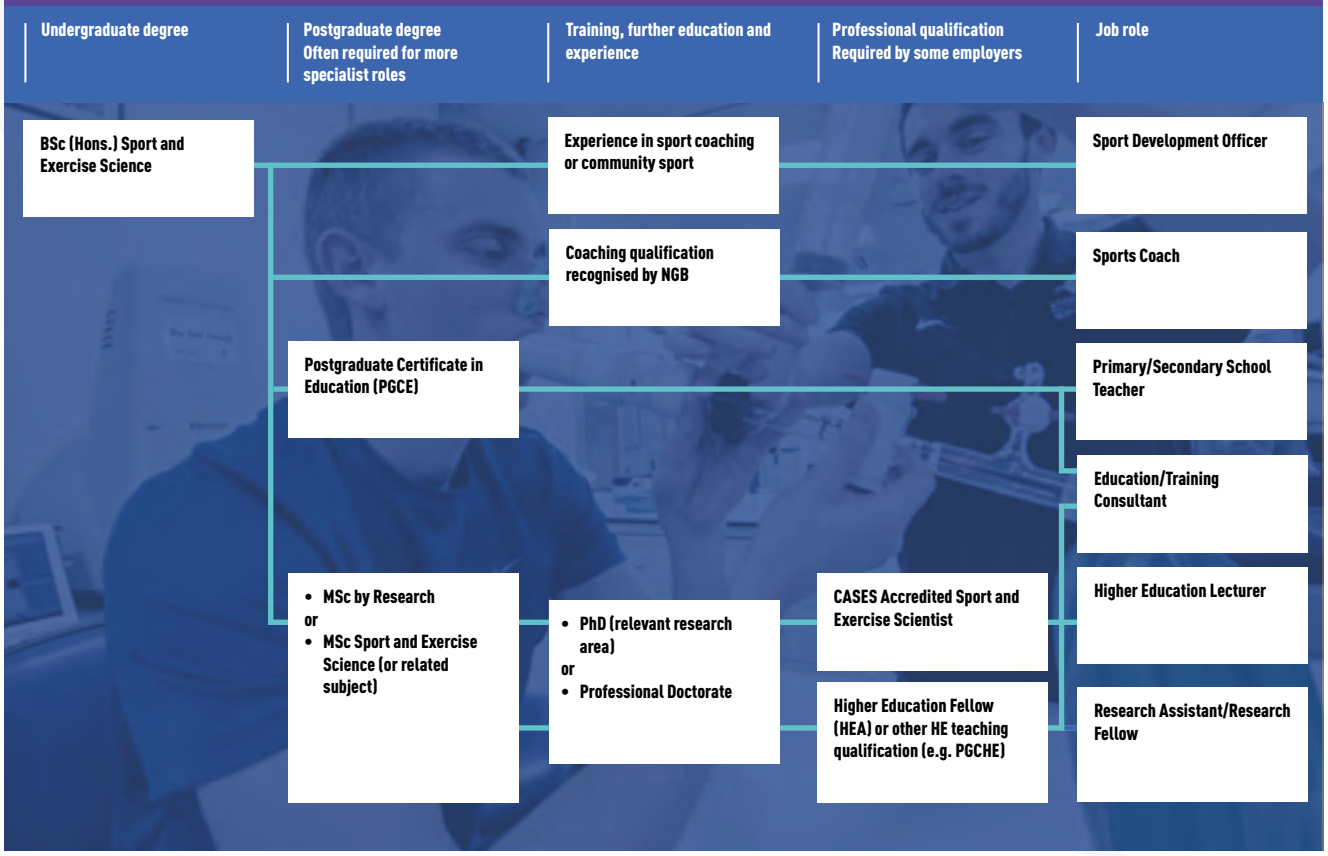
Developed by CASES, these career pathways show you examples of some of the common routes taken by sport and exercise science graduates towards a range of occupations. Please note, these are some, not all, potential job roles for Sport and Exercise Science graduates.

The diagrams are not intended to show all potential career pathways towards the occupations listed. There are a variety of ways of gaining the skills, experience and training required to fulfil any job role. We have chosen a selection of examples that represent common pathways of sport and exercise science graduates.

We have included a range of qualifications and training that may assist you in pursuing a particular career path. Many of these qualifications are not a mandatory requirement for the occupations listed below. Entry criteria will depend on specific job roles and employers. However, obtaining additional qualifications and training (e.g. postgraduate degrees or professional accreditations) can help you to stand out in the job market and progress faster in your chosen field.

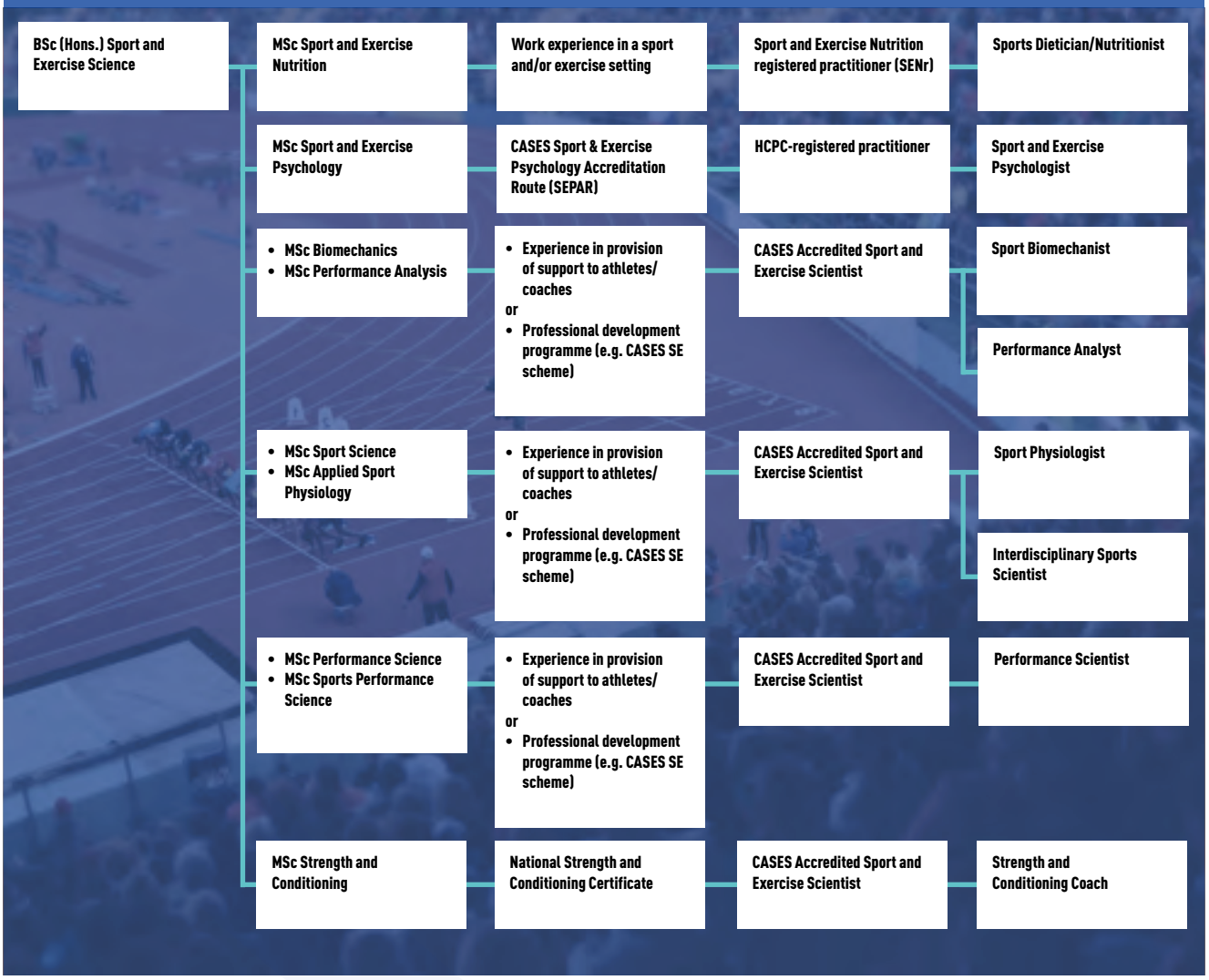
Certain vocational and professional qualifications (such as CASES Accreditation) are normally obtained while working in a particular occupation. Obtaining these qualifications will help open up opportunities for progression to more senior roles in your field. These career pathways are not strictly chronological or hierarchical; qualifications and experience may be gained in a different order to that shown in the examples.

Research, Teaching, Coaching and Sport Development



*It is possible to progress directly from Further Education (BTEC/ A levels) to NGB coaching qualifications and gain experience in sport coaching or community sport.

Elite Sport and Performance



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*It is possible to progress directly from Further Education (BTEC/ A levels) to a Certificate in Fitness Instructing, to a Diploma in Personal Training, and then to Strength and Conditioning qualifications.

Clinical Exercise, Health and Fitness



© ESB Professional/Shutterstock.com

*Physiotherapists are also employed in elite sport and performance environments.

**It is possible to progress directly from Further Education (BTEC/A levels) directly to a Certificate in Fitness Instructing, then a Diploma in Personal Training and to a Specialist Instructor course.



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- Gain work experience in our injury clinic and human performance center, and through our network of approved placement providers.





EST 1892 LSBU
London South Bank University

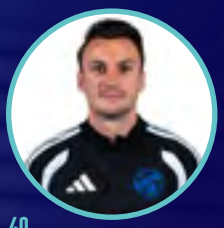
Find out more

CIMSPA Professional Standards | BASRaT | CASES

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JOB PROFILES
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Eighteen professionals active in their respective fields discuss their work and the experiences that led them to succeed.



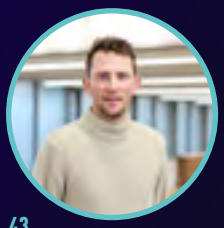
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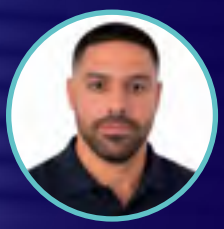
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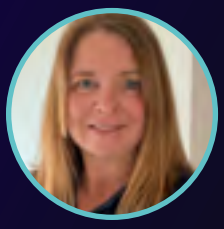
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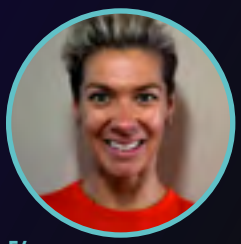
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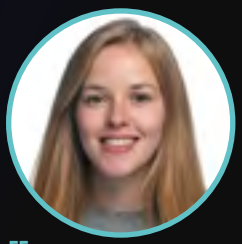
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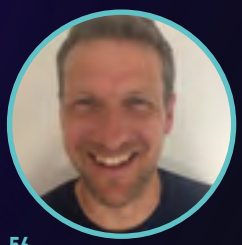
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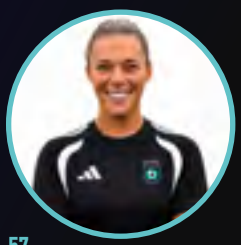
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SPORTS SCIENTIST

Phil Keehne MCASES

Director of Sports Science
FC Cincinnati

I am responsible for the delivery of first-team sports science provision, leading athlete conditioning, on-field periodisation, and performance monitoring to optimise performance and maximise squad availability. I oversee fitness development and injury-reduction strategies through collaboration across performance, coaching, and medical departments to align training with competitive demands. I integrate applied professional knowledge—underpinned by critical frameworks—with evidence-based insights, translating these into targeted performance strategies. This approach enables informed, context-specific decision-making that optimises training prescription, enhances match readiness, and sustains player availability across the season.

Qualifications, Training and Experience

I hold a Master's degree in Sports Science and am currently undertaking a Doctorate in Sport and Exercise at the University of Birmingham. I have over ten years of experience as a practitioner, progressing from an internship to my current position. This career pathway, encompassing a variety of roles, has provided broad exposure and facilitated the development of knowledge across multiple areas of sports science that underpin athletic performance.

My qualifications and training

- Bachelor's degree in Sports Science
- Masters degree in Sports Science
- CASES Accreditation (Physiology)
- Chartered Scientist (CSci)
- Certified Performance and Sport Scientist (CPSS) - NSCA
- UEFA B License

How did I get here?

Through exposure to elite performance environments during my undergraduate degree, combined with a passion for football, I developed an intent to pursue a career in sports science. Beginning as an intern at Crystal Palace, I progressed to AFC Bournemouth, where my professional identity and philosophy were shaped. Working across age groups through to first-team level developed my skills and understanding of performance demands. Alongside formal education and professional networks, these experiences enabled my progression and underpin my decision-making and contribution to player performance and availability.

Typical employers

- Professional sports teams
- University athletic departments
- Sports science technology companies
- Individual athlete performance support
- Private healthcare
- Performance institutes

Opportunities and pay

With multiple disciplines within sports science, practitioners can pursue diverse performance pathways aligned to their areas of expertise. As roles and responsibilities increase, compensation typically reflects both level of experience and contextual factors such as league and location. Positions with greater accountability and influence on team performance often include performance-related incentives alongside a base salary. However, base salary should reflect role demands independently. Salary ranges vary, with indicative benchmarks of entry-level (>£25k), first-team (>£40k), and Head/Director roles (>£90k).

Useful Websites

National Strength and Conditioning Association
www.nsca.com

Sportsmith
www.sportsmith.co

Sports Performance & Science Reports
www.sportperfsci.com



DEFENCE SCIENTIST

Dr Josh Osofa

Physiologist
Defence Science and Technology Laboratory (Dstl)

I am a Defence Scientist that specialises in human performance physiology, providing evidence to inform decisions made by Defence.

My work supports choices about strategies (i.e. technology and scientific solutions) that can optimise and enhance the performance and health of defence personnel.

Current examples of my work include:

- Inspiratory muscle training research — building the evidence base to determine whether this training improves the health and performance of military personnel.
- Human performance requirement mapping — characterising the human performance requirements of defence tasks and aligning them with novel and emerging technologies that could enhance performance.
- Technology development collaboration — working with technologists and engineers to provide human-science input during the development of new systems, such as exoskeletons.
- Respiratory microbiome research — partnering with industry and academia to characterise the respiratory microbiome in military personnel.

Qualifications, Training and Experience

Defence Scientists working in human performance typically hold a Bachelor's, Master's and/or PhD, and come from performance-related disciplines (e.g. sport and exercise science, sports psychology, biomechanics or physiology).
The role requires scientists who are agile, able to apply and adapt their expertise to meet evolving Defence needs.
Interdisciplinary collaboration is central to the job, so the ability to work confidently with specialists from other domains, away from your technical area, is essential.
Full training and ongoing professional development are provided to ensure that scientists can be successful in their roles.

Useful Websites

Defence Science and Technology Laboratory
www.gov.uk

Civil Service Job Search
www.civilservicejobs.service.gov.uk

My qualifications and training

- PhD Human & Applied Physiology
- MSc Human & Applied Physiology
- BSc (Hons) Sport and Exercise Science

How did I get here?

My interest in defence research began during my undergraduate degree, when I met a Dstl-funded PhD student and became fascinated by how sport and exercise science principles could be applied in defence. After graduating in 2017, I completed an MSc while working part-time as a research assistant at the University of Southampton. I then joined the University of Chichester's Occupational Performance Research Group (OPRG), contributing to the development of physical employment standards for the Armed Forces and the National Ambulance Resilience Unit. After two years at OPRG, I began my PhD in 2020. During my studies, I completed a summer placement at Dstl and subsequently joined the organisation as a full-time physiologist (continuing my PhD part-time) from Autumn 2022. I completed my doctorate in October 2025 and have remained in my full-time role at Dstl since.

Typical employers

- Dstl
- Ministry of Defence Front line commands (Navy, Army, Air)
- National Armaments Materiel (formerly Defence Equipment and Support; responsible for procurement))
- Defence Science Organisations in other countries

Defence Scientists work in partnership with industry and academia to provide advice, so opportunities for collaboration are also possible.

Opportunities and pay

Joining the BASES Occupational Performance Special Interest Group (OPSIG) is a good way to learn more about potential career pathways and opportunities to work with Defence.
Defence Scientists are typically Civil Servants so job opportunities are advertised on the Civil Service Jobs page of the GOV.UK website.
Depending on the organisation you work for, Graduate Defence Scientist positions typically start around £31,000. Chief Scientists could earn a salary in the order of £69,000+.



PERFORMANCE ANALYST

Dr Luke Oates

Performance Analyst
Manchester Thunder

Sports performance analysts' main aim is to improve performance through video and statistical analysis to positively influence coach and practitioner decision making. This will involve collecting performance information through video and data using specialist hardware and software. Vital skills also include the ability to interpret, visualise and present data to a variety of audiences e.g. players, coaches, practitioners, or senior leadership. Therefore, a key attribute an analyst must possess is the ability to build strong working relationships with key stakeholders to build trust in the analysis provided.
Analysts' work will cover a variety of different activities. This includes videoing and coding training and match performance, creating scout reports for recruitment, creating and delivering opposition analysis in preparation for matches, producing post-match reports, developing performance models to inform goal setting and presenting information.

Qualifications, Training and Experience
Employers require applicants to possess an undergraduate degree within a relevant area this could be Sport and Exercise Science, Sports Performance Analysis, Computer Science, Mathematics or Engineering. As the field has developed there is desire for applicants to have completed a Masters and in some cases a PhD in a related field. Furthermore, there is a requirement to evidence applied experience for most roles which is usually achieved undergraduate/postgraduate study or internship periods. There are also accreditation routes with CASES and ISPAS.

How did I get here?
During my Masters I undertook a sport science internship with British Swimming whereby part of the role was videoing and analysing training and competition. In 2015 I joined Hertfordshire Mavericks (now London Mavericks) netball competing in the Netball Super League and was the lead analyst for 9 years and in 2024 I joined Manchester Thunder netball. I have also worked as a performance analyst within rugby and dodgeball. Alongside my practitioner roles I also work as a lecturer at Middlesex University teaching undergraduate and postgraduate performance analysis programmes.

My qualifications and training

- BSc. (hons) Sport and Exercise Science (Loughborough University)
- MSc. (hons) Exercise Physiology (Loughborough University)
- PhD (University of Hertfordshire)
- CASES – Professional Member
- ISPAS – Level 4 Applied Performance Analyst

Typical employers

- Professional and Semi Professional Sports Teams
- National Governing Bodies
- Private Consultancy Business
- Higher Education Institutions

Opportunities and pay
Opportunities come in different forms from full time to part time to casual roles. Regular posts are advertised within professional sport. There are also placement positions alongside Masters programmes and PhD research, which often lead to full time employment.
Over the last few years roles have expanded and there are general performance analyst roles, but also specific roles e.g. set piece, opposition, training, coach analyst roles.
Entry level salaries are around £22K to £28K but do rise significantly to head of analysis roles.

Useful Websites

UK Sports Institute (UKSI)
www.uksportsinstitute.co.uk

UK Sport Jobs
www.uksport.gov.uk/jobs-in-sport

The Association of Sports Performance Analysts (ASPA) Jobs
www.theaspa.org/jobs-board

International Society of Performance Analysis in Sport (ISPAS)
ispas.com/jobs



HIGH PERFORMANCE BIOMECHANIST

Dr Paul Felton

Founder
The Cricket Biomechanist

As a Human Movement Specialist, my role is to help players/athletes, coaches, practitioners and organisations understand not only what is happening during movement, but also why it is happening and how it can be improved.
Through my consultancy, I support player analysis, coach mentoring, coach education, practitioner development, talent pathway support, organisational innovation and start-up support. Alongside this, I hold an academic role at Nottingham Trent University keeping me at the forefront of developments across biomechanics, physiology, psychology and sociology. This enables me to look beyond movement analysis and consider how individual, environmental and task constraints, as well as learning and development, affect performance and injury risk.

Qualifications, Training and Experience

Firstly, there is no single route to becoming an applied human movement scientist. Given the rapidly evolving technological landscape, I would recommend an undergraduate degree in Sport Science or a STEM with a strong foundation in mathematics and data analysis, followed by postgraduate specialisation associated with Human Movement Science. Alongside formal qualifications, practical experience in both scientific methods and applied environments is essential. Throughout your journey, develop your communication, critical reflection, problem-solving, and resilience, since these are fundamental to success in applied practice.

How did I get here?

After completing a Mathematics degree, chosen largely because of the opportunities it opened in industry, I realised I would rather work in sport. Searching for ways to combine cricket and mathematics led to a Sports Biomechanics Masters, which ultimately shaped my career. From there, I completed an applied PhD with England Cricket and supported projects across a range of sports, developing my applied skills and gaining experience with athletes, coaches, practitioners and governing bodies.
In parallel, I contributed to coach development programmes, developing skills in communication, critical reflection, and leadership that are essential as an applied human movement consultant.

My qualifications and training:

- BSc (Hons) Mathematics
- MSc Sports Biomechanics
- PHD Sports Biomechanics
- PGCap Postgraduate Certificate in Academic Practice
- APA Academic Profession Apprenticeship
- ECB Coaching Young People and Adults (Cricket)
- ECB Advance Coach (Cricket)

Typical employers

- Sports teams, franchises and organisations
- National governing bodies of sport
- Sports Institutes and performance centres
- Sport technology companies
- Hospitals, NHS trusts and clinical rehabilitations services
- Healthcare, prosthetics, and assistive technology companies
- Military and occupational performance organisations
- Coach and/or workforce development organisations
- Independent consultancy

Opportunities and pay

Human Movement Science offers diverse career opportunities across sport, health, education, research, technology, and consultancy. Early-career roles may include sport scientist, biomechanist, performance analyst, rehabilitation specialist, or research assistant, with opportunities to specialise as experience develops. Salaries vary considerably by sector, organisation, country, and level of responsibility. The profession can also provide opportunities to work internationally, supporting athletes, sports teams, businesses, research projects, and technology development. Emerging areas such as data analytics, wearable technology, artificial intelligence, and predictive modelling are creating new opportunities for future Human Movement Scientists.

Useful Websites

International Society of Biomechanics (ISB)
www.isbweb.org

International Society of Biomechanics in Sports (ISBS)
www.isbs.org



PERFORMANCE PSYCHOLOGIST

Elliott Newell MCASES

Head of Performance Psychology and Wellbeing
Manchester City Football Club

I'm responsible for leading the performance psychology and wellbeing provision across the boys academy.
Our focus is on driving a psychologically informed and sustainable development system that supports our people to thrive on and off the pitch. System work is different to working 1:1. It involves working with and through people to deliver practices, build relationships, develop process and ultimately build an environment around a team/athlete that best meets their psychological needs.
Leading the psychology team is rewarding because it gives me an opportunity to support the development of our practitioners and coach them towards their career goals.

Qualifications, Training and Experience
I worked hard for my qualifications, culminating in HCPC registration. I value the route I took in helping me shape the skills and identity needed to operate safely in the field. My training since then has involved some accreditations, such as CASES Accreditation (Psychology Support), but largely my most impactful development has come from 1) having supervision that has driven me to learn effectively from experiences, 2) being part of peer learning groups that challenge my thinking, and 3) self-driven activity to continue to grow my knowledge base.

How did I get here?
A long and winding road, characterised by a lot of frustration, self-doubt and taking opportune moments. After qualifying, I could not get an opportunity in the applied world, so I started lecturing in sport psychology. I continued to apply for applied roles and a chance meeting led to a volunteer opportunity with Canoe England, which snowballed to various psych roles within British Canoeing programmes. I had 6 amazing years working in Performance Pathways at the EIS (now UKSI) before starting my own consultancy. I ran The Thrive Academy for 4 rewarding years before taking the opportunity at Manchester City.

My qualifications and training:
- SEPAR Accreditation (HCPC registered)
- BASES Accreditation (Psychology Support)
- Chartered Scientist
- MSc Sport and Exercise Science (Sport Psychology)
- BSc. P.E./Sport Science with Psychology
- Mental Health First Aid
- Spotlight Accredited Practitioner
- Red2Blue Accredited Coach

Typical employers
- Professional and Amateur Sports Clubs and Athletes
- Professional coaches, practitioners and leaders
- National Governing Bodies

Opportunities and pay
Full time employed sport psychologist (£25-£60K depending on experience). Full time employed senior practitioner (£60K+). Consultant day rates (£400-£1000, depending on client and experience). Consultant rates for 1:1's (£60-£150, depending on client and experience)

Useful Websites

SEPAR Section of the CASES Website
www.cases.org.uk

UK Sports Institute (UKSI)
www.uksportsinstitute.co.uk

UK Sport Jobs
www.uksport.gov.uk/jobs-in-sport

UK Coaching
www.ukcoaching.org



PERFORMANCE NUTRITIONIST

Aimee Ellen O'Keeffe

Women's Programme Lead Nutritionist | PhD Researcher: The Pregnant Athlete
RFU and Williams Racing

A Performance Nutritionist uses evidence-based principles to support the health, performance and recovery of elite athletes. This involves designing personalised nutrition strategies around training load, competition calendars and individual needs — working closely with performance and medical staff to ensure athlete care is joined up across disciplines. The role requires a strong understanding of sports science, energy availability, body composition and the specific demands of different sports. Increasingly, practitioners are also supporting female athletes through conception, pregnancy and postpartum return to performance — an area where specialist knowledge of hormonal health and fertility nutrition is essential. Strong people skills, the ability to build genuine relationships with athletes and staff, and clear communication are just as important as technical knowledge in this role.

Qualifications, Training and Experience

For most roles, employers look for a postgraduate qualification such as an MSc in sport and exercise nutrition as a minimum, with some accepting an undergraduate degree in sports science with a nutrition-specific module. Accreditation through the Sport and Exercise Nutrition Register (SENr) is increasingly expected, either achieved or in progress. A body composition qualification via ISAK is often preferred. Beyond this, specialist CPD can set practitioners apart and open up additional areas of athlete support.

How did I get here?

My love for sport has been with me since I was young — to play it, to be part of it in some way. Seven years in, I now work with some of the world's best athletes, mostly across female team sports. More recently, my own fertility journey with my wife opened a new chapter in my career and a genuine passion for fertility nutrition — supporting elite female athletes through preconception, pregnancy and postpartum. Being self-employed has given me the freedom to gain experience across different sports, pursue specialist CPD, and coach athletes in a way that fits their life as well as their performance.

My qualifications and training:

- PhD Researcher (LJMU)
- MSc Sport Nutrition (LJMU)
- Fertility Nutrition Specialist (BDA)
- Sport and Exercise Nutrition Register Practitioner (SENr)
- Pregnancy Trainer

Typical employers

- National governing bodies
- Professional and amateur sports clubs
- Individual athletes
- Nutrition/supplement companies
- Corporate wellbeing companies
- Charities
- Tech app development companies
- Supermarket
- Food companies

Opportunities and pay

Salaries for qualified sports nutritionists start around £28k depending on the sector, employer and experience. More experienced practitioners can earn £60k+ in senior or head of nutrition roles. For contractors and self-employed nutritionists, day rates typically range from £200 to £500+, depending on the sport, level and scope of work. Full-time positions in elite sport are competitive, so many practitioners take a contractor route — combining day-rate work with clubs, governing bodies and individual athlete support to build a varied and flexible career.

Useful Websites

British Dietetics Association
www.bda.uk.com

The International Society for the Advancement of Kinanthropometry
www.isak.global



SPORTS THERAPIST

Dr Kate Williams

Graduate Sports Therapist
International Women's Rugby Union (Senior and pathway)

As a Graduate Sports Therapist, my role spans a dynamic scope of practice across sport and musculoskeletal healthcare. I provide pitch side trauma and pre hospital emergency care, ensuring athletes receive rapid, evidence based support in acute situations. My work includes pre season screening, designing and delivering injury reduction strategies, and applying clinical assessment and reasoning to diagnose and manage a wide range of musculoskeletal injuries. I lead rehabilitation programmes that integrate exercise science, load management and functional rehabilitation to help athletes return safely and effectively to performance. Working across academy, professional, and international environments has strengthened my ability to adapt to varied player specific and performance demands.

Qualifications, Training and Experience

Graduate Sports Therapists are required to complete an accredited degree with The Society of Sports Therapists (The SST), either as a BSc (Hons) programme or via a conversion MSc route for those holding a sport science degree. To work safely in sporting environments, especially pitch side, therapists usually need a recognised sport specific Pre Hospital Emergency Care qualification such as RFU PHICIS (Level 2 or 3), or the FA's ITMMiF or ATMMiF awards.

How did I get here?

My pathway grew naturally from an interest in the science behind injury, healing and performance. After completing my undergraduate and postgraduate degrees in Sport and Exercise Sciences, I specialised further through an MSc in Sports Therapy and later a Professional Doctorate. I first gained experience in semi professional Men's rugby union, which helped me build confidence in pitch side support and clinical decision making. I progressed into regional academy and professional environments, I completed the RFU PHICIS Level 3 qualification, enabling me to take on pitch side responsibilities in Men's professional rugby. I became the Lead Rehabilitation Therapist, responsible for long term injured players within a Men's professional rugby union team. More recently, I've supported international Women's senior and pathway programmes while continuing to develop my research interests in physical profiling and injury risk in rugby union.

My qualifications and training:

- BSc (Hons) Sport and Exercise Sciences
- MSc Sport and Exercise Sciences
- MSc Sports Therapy
- DProf
- RFU PHICIS Level 3 (Pre hospital Immediate Care in Sport)

Typical employers

- All levels of sport (community to international; Men's, Women's, disabled sport)
- Private practice MSK and sports injury clinics
- NHS and NHS-contracted services
- Performing arts companies
- Military and armed forces
- Further and higher education institutions
- Research and academic environments
- Commercial and technology companies (e.g., sports medicine, medical sales, sports tech, customer support roles)

Opportunities and pay

Salary varies considerably across sectors. In sport, starting salaries often range from £25–30k, while Graduate Sports Therapists in private practice may earn upwards of £35k (pro rata and dependent on caseload). NHS and military roles typically begin at Band 5 (£31–37k). Many new graduates build a portfolio career - combining part time roles across sport, private practice and health settings, before progressing into an area of special interest. As experience develops, opportunities expand into senior clinical roles, performance leadership positions, education, consultancy and research.

Useful Websites

The Society of Sports Therapists
www.thesst.org

British Association of Sport Rehabilitators
www.basrat.org



STRENGTH AND CONDITIONING COACH

Adam Mattiussi MCASES

England Women's Athletic Performance Manager
Rugby Football Union

I oversee the athletic performance provision across England Women's rugby, spanning the Red Roses senior team and pathway programmes (U21, U18, and Player Development Group). The role focuses on aligning Strength and Conditioning (S&C), Sports Science, and Nutrition across national and domestic environments. I also support Premiership Women's Rugby through the ongoing development of minimum operating standards in athletic performance and the coordination of CPD for club practitioners.

A key part of the role is coordinating multidisciplinary input across sports science and medicine to support performance and availability. This includes developing shared frameworks, ensuring clarity in roles and responsibilities, and integrating data and insights into decision-making. The role also involves working with clubs and stakeholders to influence practice beyond the national team, with the aim of creating a more aligned and sustainable performance system across the women's game.

Qualifications, Training and Experience

A strong academic foundation combined with applied experience is important. Most roles require an undergraduate degree in S&C, sport science, or a related field, with many practitioners also holding postgraduate qualifications.
Professional accreditation (e.g., the Chartered Association of Sport and Exercise Sciences or the UK Strength and Conditioning Association) is typically expected, alongside experience working in multidisciplinary teams. Exposure to high-performance environments—whether through internships, placements, or early career roles—is valuable, particularly where practitioners can demonstrate the ability to translate theory into practice, contribute to real-world decision-making, and work effectively with others.

How did I get here?

My career has developed across a range of performance environments. Early roles across university sport, rugby, weightlifting, and ballet allowed me to build a foundation in S&C and rehabilitation.
More recent roles include Human Performance Lead within the Intensive Rehabilitation Unit, supporting British Olympic and Paralympic athletes, and S&C Technical Lead within the UK Sports Institute, supporting sports such as England Badminton and British Sailing. These roles involved supporting athletes returning from complex injuries, contributing to system-wide projects, and supporting practitioner development. I also worked with Team GB as a physical preparation coach at the Paris Olympics.

My qualifications and training:

- BSc Strength and Conditioning Science
- MSc Sports Rehabilitation
- PhD (Injury, strength, and jumping in professional ballet)
- Accredited Strength and Conditioning Coach (UKSCA)
- CASES Accredited Sport and Exercise Scientist

Typical employers

- National Governing Bodies (e.g., RFU)
- Professional and semi-professional sports teams (e.g., Premier League)
- Olympic and Paralympic Sport (e.g., British Sailing)
- Institutes of Sport (e.g., UK Sports Institute)
- Private performance and rehabilitation facilities
- Universities and research institutions

Opportunities and pay

Career pathways in S&C vary widely, from entry-level internships to senior leadership roles. Early career positions are often competitive and may involve voluntary or part-time work to gain experience, with salaries starting around £20,000–£30,000. Leadership roles within institutes of sport or national governing bodies can exceed £50,000. At the top end, salaries are highly variable and depend on the resources and structure of the organisation, as well as the scope and seniority of the role.

Useful Websites

The International Universities Strength and Conditioning Association
www.iusca.org

The UK Strength and Conditioning Association
www.uksca.org.uk



PERSONAL TRAINER

Sam Bacon TechCASES

Personal Trainer & Head of Education
Self Employed / Pioneer Performance

My role as a personal trainer primarily involves working with clients to achieve aesthetic, health and performance goals. This can include anything from body composition, S&C and flexibility, to rehab, health conditions and building confidence.
Personal training is about provide a service, not just sessions. It's sets and reps, but also behaviour change and lifestyle modification. It requires the ability to truly understand a person and their needs. It's as much about psychology as it is physiology. It's about the art and science of coaching. Mastering this will have the most impact on a client's quality of life long term.
As the head of education, I'm responsible for the developing competence and confidence within the team by facilitating their learning via fortnightly CPD sessions and quarterly workshops.

Qualifications, Training and Experience
Obtaining a level 3 personal trainer qualification is the industry standard in order to gain insurance. Beyond this, CPD is a must if you want to have a long and successful career. Expand your breadth and depth of knowledge by learning from other disciplines and practitioners to establish what your scope of practice is, and to develop a solid referral network. Try to work with a range of populations to diversify and hone your technical and communication skills before finding a niche.

How did I get here?
The value in the pursuit of mastery and following your passion cannot be understated. If you are fortunate enough to discover what you love to do (Japanese concept IKIGAI), it's simply a matter of putting in the time and effort to gain experience.
I committed myself to becoming a forever student. I developed the ability to zoom in and out, learning about broad concepts and intricate details and acquiring knowledge via theory and practical application.
Environment is everything. Surround yourself with like-minded people who share your ethos and high standards.

My qualifications and training:

- MSc Strength & Conditioning
- BSc Applied Sport & Exercise Science
- Certified Strength & Conditioning Specialist (CSCS)
- CASES - Exercise Science Certified Practitioner (ESCP)
- Functional Range Conditioning Mobility Specialist (FRCms)
- NASM Corrective Exercise Specialist
- Pre-Script Level 1
- British Weightlifting Level 2
- Level 2 Gym Instructor
- Level 3 Personal Trainer
- Level 3 Exercise Referral
- Level 3 Sports Massage
- Level 4 Low Back Pain

Typical employers

- Luxury resorts, spas and hotels
- Major Commercial & Budget Gym Chains and
- Premium Health Clubs & Private Operators
- Specialized & Independent Options

Opportunities and pay
The scope to progress as a PT is vast. Most coaches begin to specialise in a particular area. Beyond this, there is a multitude of avenues to pursue, be it in-person, online, education, or business mentoring.
With regards to pay, there is often no guarantee of a stable income. The national average cost of a PT ranges from £30-65/ session, so the earning potential is there, but requires learning a lot about marketing, sales, branding and business acumen. Employed vs self-employed roles offer stability vs scalability.

Useful Websites

National Strength and Conditioning Association (NSCA)
www.nsca.com

Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)
cimspa.co.uk

UK Strength and Conditioning Association (UKSCA)
www.uksca.org.uk



HIGH PERFORMANCE MANAGER

Kevin Paxton MCASES

Consultant Head of Performance Support
Various

In this role I support the organisation with strategic leadership and operational management qualities. Co-ordinating the various domain specific staff into a aligned model of multi-disciplinary support to the athletes whilst liaising with the coach education pathways to maximise understanding and agreement of performance enhancement and injury athlete wellness interventions.

Qualifications, Training and Experience

Leadership & Management Diploma for all staffing and operational departmental management requirements.
CASES High Performance Sport Accreditation and over a decade of Supervisor / Reviewer experience.
UKSCA accreditation and multiple terms as vice chair of the board and a tutor in the Level 3 Diploma of Strength & Conditioning Trainer Award.
FA Fitness trainers award including BAWLA weightlifting Leaders and Instructors awards, combined with a UEFA B coaching licence and experience as a coach educator on the A-Licence and Advanced Youth Awards physical blocks combined with nearly 30 years experience in elite sport LTAD pathways.
NASM Corrective and Performance enhancement Specialist awards to support working with rehab programs.

How did I get here?

From working as a voluntary placement during my undergraduate I started out on a quest for further experience and vocational qualifications that encompassed working in the health and fitness industry, childrens activity camps, community projects then all types of elite and developmental sport, both in male and female populations.
This involved working at times on multiple projects both full-time and part-time in football, cricket, cycling, tennis, athletics and associate lecturing.
I am lucky enough to have contributed to some highly successful teams both in terms of trophies and development of youth to professional athletes, touring all over the world and learning from other cultures along the way.

My qualifications and training:

- Sport Science
- BSc (1.0), MSc Sport & Exercise Science
- CASES High Performance Sport Accreditation
- S & C
- UK Strength & Conditioning Accreditation
- Rehab
- NASM CES & PES Certifications
- FMS Certified Specialist
- Management
- CMI Leadership & Management Qualification

Typical employers

- Professional sports clubs
- Universities
- PGMOL
- England Athletics

Opportunities and pay

Average UK salaries of around £55,000 for High Performance Managers and around £62,000 for Sport Performance Managers, although elite professional clubs and Olympic programmes can pay considerably more.
In top-tier professional sport, experienced performance leaders can earn six-figure salaries, particularly if they oversee multidisciplinary teams and have a strong record of improving athlete performance and reducing injuries.

Useful Websites

Leaders in Sport
www.leadersinsport.com

UK Sport
www.uksport.gov.uk



ANTI-DOPING EDUCATOR

Claire Lane

Clean Sport Education Officer (Athlete Support Personnel)
UK Anti-Doping (UKAD)

Leading on the clean sport education for Athlete Support Personnel (ASP), which includes coaches, parents and support staff, I engage with stakeholders across the landscape. Through relevant professional membership and accreditation bodies (such as CASES) across the breadth of coach and support practitioners, we aim to deliver proportionate education and raise awareness across the athlete support network (from recreational to elite level).

Colleagues in the Education Team at UKAD work in a similar way covering education for Major Games, National Governing Bodies (NGBs), Young People and our Education Delivery Network (EDN). In line with the World Anti-Doping Code, International Standard for Education and UKAD's Strategic Plan, we contribute to, develop and disseminate resources and assets to support the education, information provision and awareness raising for all target audiences. Therefore, relationship management and collaboration are critical to being successful in this role.

Qualifications, Training and Experience

Across the Education team at UKAD, there are a variety of routes people have taken on their way to working in anti-doping. Typically, a degree is helpful but not always essential, depending on the experience accumulated in other roles.

Certainly a passion for clean sport, with your own values rooted in integrity are a good starting point. Experience working in the athlete support network, national governing bodies, higher education or indeed anywhere in the athlete pathway will provide valuable experience in the anti-doping education arena.

How did I get here?

Having worked in gyms throughout my studies, I eventually landed my first sport science role at the Scottish Institute of Sport. Supporting full-time physiologists and the wider sport science team in the build-up to Athens 2004, this crucial experience acted as a stepping stone in securing a physiologist role with TeamBATH. Alongside supporting athletes through preparations for multiple winter and summer Olympic, Paralympic and Commonwealth Games, I also became the education lead for nutrition where clean sport is paramount.

After a career break, I initially held a UKAD National Trainer role delivering clean sport education to GB athletes preparing for Tokyo 2020. When UKAD were recruiting for a core role in the Education Team I was keen to apply and combine my practitioner experience with my passion for clean sport.

My qualifications and training:

- BSc (Hons) Sport and Exercise Science
- MSc Exercise Physiology
- IOC PG Dip Sports Nutrition
- UKAD education (which is now eLearning-based)

Typical employers

- National Anti-Doping Organisations (NADOs)
- International Federations
- Integrity Agencies
- National Governing Bodies

Opportunities and pay

From education delivery to strategic collaboration, this role has the potential to allow an individual to work at a number of levels across the sporting landscape. Anti-Doping Educators may be specific roles within organisations, whilst others may be embedded within a broader integrity role. Such roles may be on a domestic or global scale and therefore the salary (and opportunities for progression) vary depending on the employer and the environment.

Being a strong advocate for clean sport will stand you in good stead, whatever path you choose.

Useful Websites

UK Anti-Doping Careers Hub
careers.ukad.org.uk

World Anti-Doping Agency Careers
www.wada-ama.org

WADA Education Professional Standard
www.wada-ama.org

International Testing Agency Recruitment
ita.sport

Global Sports Jobs
hub.globalsportsjobs.com



CLINICAL EXERCISE PHYSIOLOGIST

Gurinder Rayat TechCASES

Band 6 Clinical Exercise Physiologist
University Hospital Southampton NHS Foundation Trust

I help lead the delivery of preoperative cardiopulmonary exercise testing and develop tailored exercise prescriptions to support cancer patients undergoing exercise prehabilitation in our clinical service, ensuring interventions are evidence based and aligned with individual clinical needs. Alongside my clinical responsibilities, I hold dedicated research time with the NIHR BRC Southampton, contributing to the design and delivery of ongoing studies, including CardioFit and ImmunoFit. I am also undertaking my own research, within preoperative CPET and exercise prehabilitation. In addition, I play an active role in education, providing guidance, mentorship, and skills development for junior exercise physiologists to strengthen their clinical practice and promote high quality patient care..

Qualifications, Training and Experience
Clinical Exercise Physiologists will often require completing a CEP-UK accredited Master's degree in Clinical Exercise Physiology and/or have a background in Sport and Exercise science/exercise physiology. Most employers will require AHCS registration. Exercise instruction qualifications may be desirable to demonstrate ability to prescribe and deliver an exercise programmes to clinical populations.

How did I get here?
During my BSc, I completed a sandwich year placement at University College London Hospital, working with the Perioperative Medicine Team and gaining my first exposure to CPET and the clinical impact an exercise physiologist can have.

I also spent time at the Institute of Sport and Exercise Health at UCL, where I developed an early interest in research. After graduating, I joined the Perioperative Medicine Team at University Hospital Southampton to undertake CPETs and have continued to build my portfolio as a Clinical Exercise Physiologist. I have now been part of the team since 2017.

My qualifications and training:

- BSc Sports and Exercise Sciences (Hons)
- AHCS Registered Clinical Exercise Physiologist
- ACSM Accredited Clinical Exercise Physiologist
- POETTS Accredited
- Level 4 CanRehab

Typical employers
- NHS
- Health & Leisure industries supporting Cancer Prehabilitation

Opportunities and pay
The role of a Clinical Exercise Physiologist is becoming recognised within the NHS with roles often being advertised at Band 5

Useful Websites

Clinical Exercise Physiology UK
www.clinicalexercisephysiology.org.uk

International Prehabilitation Society
www.ipoetts.org



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EXERCISE PSYCHOLOGIST*

Dr Paula Watson

Applied Exercise Psychologist / Company Director
Made Up To Move Ltd

An exercise psychologist works with people to help them on the mental side of physical activity, health and related behaviours. Their focus is on helping people develop a healthy psychological relationship with movement, and may include working both with people struggling with motivation, and with people who are over-exercising. Whilst there are some similarities with what a health coach might do, an exercise psychologist has the knowledge, skills and competencies to go beyond just helping people with techniques to change their behaviour. They may practice modalities such as Cognitive Behaviour Therapy (CBT) or Acceptance and Commitment Therapy (ACT) to work on "what lies beneath" people's struggles with exercise. This may include helping people with low self-esteem, body image, dealing with stress or chronic health conditions, and relationship with food.

Qualifications, Training and Experience

To become an exercise psychologist in the UK, you need to follow an approved training pathway, which will qualify you to apply for HCPC-registration as a Sport and Exercise Psychologist.
The first step is to do an undergraduate degree in either Psychology or Sport and Exercise Science (3 years).
Stage 1 of formal training is then an MSc in Sport and Exercise Psychology (1 year full-time or 2 years part-time).
Stage 2 training - supervised experience (3-4+ years), during which you further develop your knowledge, skills, self-management and experience in the field of exercise psychology. CASES offers Stage 2 training through the Sport and Exercise Psychology Accreditation Route (SEPAR). Other options for Stage 2 training include an independent route with the BPS or a Professional Doctorate at a university.

How did I get here?

After my BSc in Psychology, I completed an MSc in Sport Psychology. I became interested in sport psychology because of my own competitive anxiety as a female footballer. During my MSc I realised my real passion was for exercise and helping the general public get the same "buzz" I get out of movement. I then worked for 8+ years developing and leading a health behaviour change programme for children with obesity (GOALS), during which time I did my PhD.

Since gaining HCPC registration, I have worked in as a lecturer, before setting up in independent practice as an applied exercise psychologist.

My qualifications and training:

- BSc Psychology
- MSc Sport Psychology
- PhD Health Behaviour Change / Childhood Obesity
- HCPC Registration as Practitioner Psychologist (Sport and Exercise) via the grandparenting route
- In the past 5-10 years, I've also engaged in extensive continuous professional development, including CBT and its application to disordered eating and weight management.

Typical employers

- Independent practice
- Fitness sector
- Private healthcare and NHS
- Corporate sector, e.g., employee wellbeing schemes
- Local/national government, charity and community sectors
- Higher education (if combining your applied role with teaching and/or research).

Opportunities and pay

Opportunities may include providing individual psychological therapy for clients, practitioner-level working to train others (e.g., personal trainers or weight management coaches), or strategic level consultancy (e.g., advising on local government programmes). These activities may be combined with supervising and reviewing for training pathways (e.g., CASES SEPAR), teaching or guest talks, and other dissemination activities such as writing or podcasts. Salaries have potential to exceed £50000 per annum, however in the early stages take-home pay may be much lower (e.g., £12000-15000) so it's important to plan accordingly.

Useful Websites

Made up to move
www.madeuptomove.co.uk

Applied Psychologists in Physical Activity LinkedIn Network
www.linkedin.com

*NB This role descriptor focuses on a role as an exercise psychology practitioner, which means someone working with the general public in applied practice, rather than in higher education. There are also exercise psychology opportunities doing research or teaching in universities that may require different postgraduate qualifications and training (e.g., a research PhD).



RESEARCHER

Prof Dawn A Skelton

Professor of Ageing and Health
Glasgow Caledonian University

I lead large research trials on effectiveness (and cost-effectiveness) of specific exercise programmes to improve outcomes for older people with long-term conditions, falls and frailty risk. I have a strong interest in behaviour change and implementation. I am lucky to supervise/ mentor many students (PhD and MSc) and early career researchers. I network widely and am a member of many national and international networks that have a focus on care of older people, including leading the work stream on exercise for the World Falls Guidelines. I have chaired national reports such as the Royal Osteoporosis Society Expert Statement on Exercise for Osteoporosis or the Older Peoples Panel of the Physical Activity Guidelines for Health (CMO). I am an Editor of the Journal of Frailty, Sarcopenia and Falls and sit on two NIHR funding panels. I publish extensively (current h index 75).

Qualifications, Training and Experience

Having worked as a researcher at University College London, Imperial College London, University of Manchester and now Glasgow Caledonian University, I have gained experience with different senior researchers and widened my expertise from quantitative to mixed methods, including qualitative research and implementation science. From being a research assistant, to research fellow, through to coordinating a European network of researchers and clinicians, my best training has been 'on the job' and seeking coaching and mentoring from colleagues along the way.

How did I get here?

After I completed my PhD I had a number of short-term contracts as a Research Assistant then Research Fellow. In 2003 I took on the Scientific Coordinator (Senior Research Fellow) of the EC-funded Prevention of Falls Network Europe. In 2007 I was successful in getting a Reader position at Glasgow Caledonian University. Multiple funded projects, outreach, impact, and successful PhD completions led to promotion to Professor in 2012.

My qualifications and training:

- B.Sc. (Hons) Human Science 2(1). University College London. (1990)
- Ph.D Human and Applied Physiology (Faculty of Medicine). Royal Free Hospital School of Medicine, London. (1995)
- Joanna Briggs Institute (JBI) Systematic Review Training. (2009)
- M.D (h.c) Honorary MD Awarded, University of Umeä, Sweden. (2015)
- BCT Taxonomy Training BCTTv1 Certificate of Completion – UCL Centre for Behaviour Change. (2022)
- Advance HE Transitions to Leadership. (2023)
- Inclusive Research Design: New Requirements (NIHR Committees & Panels) (2024)
- Good Clinical Practice training. (Every 2 years).
- Data Protection and Cyber Security training. (Annual)

Typical employers

- Further/Higher Education (i.e. Colleges/Universities)
- Healthcare and Pharmaceutical Companies
- Charities
- Local and National Government (e.g. Public Health departments)
- Research Organisations (eg. NIHR/MRC).

Opportunities and pay

Senior roles are less commonly accessed and promotion is normally based on local university rubrics. Until I got a reader position (tenured, not contract based) I achieved promotion by applying for research contract jobs that had higher pay grades/ scales by showcasing my experience. Promotion to Professor within the same university was based on income generation, successful PhD completions, leadership within and outwith the University, international renown, invited keynotes and publication record. Professor positions are often advertised on jobs.ac.uk, on LinkedIn and sometimes you can be head-hunted.

Useful Websites

NIHR Research Career Development Funding
www.nihr.ac.uk

Vivensa Foundation
www.vivensafoundation.org.uk



LECTURER

Dr. Kotryna K. Lewis MCASES

Senior Lecturer in Exercise and Sport Science and a Student Liaison Academic
The University of Sydney, Australia

I am a research and teaching academic, overseeing behaviour change, basic counselling skills, and sport and exercise psychology curriculum for undergraduate students (design and delivery). I supervise Honours and PhD students, conduct research, support students with their academic progressions and study-related personal needs, help improve curriculum and inclusivity within my team, faculty, and sport and exercise sciences more broadly, and engage with the community (Girls on Track with Motorsport AUS). I also consult athletes and coaches to keep up with my skills and professional accreditations.

Qualifications, Training and Experience

Most academic jobs require a PhD or offer the opportunity to complete one as part of the job requirements. In Australia, clinical educators typically don't hold a PhD and are hired for their practical skills and experience (especially in clinical exercise physiology, placement supervision, etc.). This would require a local accreditation. Academics are hired based on their research and teaching portfolios (incl. impact and service activities) without needing local accreditation (equivalent helps). The ability to work with others and develop your own research programme is a must.

How did I get here?

I enjoyed my MSc, which reinforced my aspiration to become a sport psychologist. I didn't get a graduate job in business for over a year, so I pursued academia and professional training. I did casual teaching and coaching while completing the CASES Supervised Experience and a PhD. Graduating with a portfolio comprising teaching, research, and applied practice helped me land my first academic job on a skilled visa in Australia. I gained experience in developing accredited courses and managing teaching teams, improved my leadership skills through CASES EDI AG, and learned about local customs. This helped me secure a permanent position in Australia.

My qualifications and training:

- BSc (Joint Honours) Mathematics and Psychology (UK)
- MSc Performance Psychology (UK)
- PhD Education and Sport (UK)
- Master's of Psychology (Sport and Exercise) (AUS)
- CASES Accredited Sport and Exercise Scientist (Psychology Support)
- Associate Fellow of the Higher Education Academy
- Culturally Competent Leadership
- Leading Teams
- UKCC Level 1 Coaching Swimming
- UKCC Level 2 Teaching Aquatics
- Early Childhood Swimming Teacher.

Typical employers

- Universities
- Colleges
- Tutoring and education providers.

Opportunities and pay

Permanent academic jobs (tenure) are rare, and many academics start from casual or fixed-term contracts, with little security. The career progresses from an associate lecturer to a professor. PhD graduates with postdoc experience often start as lecturers/senior lecturers. Other leadership roles also exist within universities or accrediting bodies (CASES).

Pay varies by country. In the UK, a senior lecturer earns £40k – £80k, depending on experience, location, etc. In Australia, the same academic would earn £73k – £100k, depending on the same factors. There are opportunities for an external consultant/sole trader.

Useful Websites

TES Higher Education Global Job Board
www.timeshighereducation.com

Professor Positions (incl. PhD scholarships)
www.professorpositions.com

Indeed (UK)
www.indeed.com

LinkedIn
www.linkedin.com

JiscMail for UK Academia and Research Community
www.jiscmail.ac.uk



LAB TECHNICIAN

Amelia Dingley MCASES

Technical Manager (Dept Sport, Health and Exercise Sciences / Dept Psychology)
Brunel University of London

The role of a Technical Manager in Sport, Health and Exercise Sciences is highly varied and combines leadership, technical expertise, and operational management. The role requires strong problem-solving, organisational, and communication skills, with no two days the same. Technical operations are a key part of the role, including overseeing laboratories, specialist equipment, health and safety compliance, and the day-to-day delivery of technical services, with no two days the same.

Qualifications, Training and Experience

Technicians typically hold an undergraduate degree in Sport and Exercise Science or a related discipline, with a master's qualification often desirable. Hands-on experience with laboratory and field-based equipment is highly valued, alongside the ability to support or lead practical sessions.
Experience in laboratory testing, equipment maintenance, health and safety, and enabling teaching and research activities is important for career development. Progression into senior technical or management roles often involves managing technical operations, managing staff, being responsible for health and safety and contributing to wider institutional initiatives.

How did I get here?

During my master's degree at the University of Lincoln, I volunteered regularly within the labs, which opened my eyes to technical careers within Sport and Exercise Science.
I secured my first role as a Technician at Hartpury University, where I helped establish brand-new Physiology, Biomechanics, Sports Therapy and Rehabilitation, and labs. I progressed into a Sport Scientist role, combining technical expertise with applied sport science consultancy and commercial services.
I then moved to Brunel University of London as a Technical Manager, where I now oversee technical operations within the Division of Sport, Health and Exercise Sciences and manage a technical team. I am also actively involved in wider technician initiatives, including co-chairing Brunel TechNet and the Technical Special Interest Group with CASES.

My qualifications and training:

- BSc Sport Exercise and Health Science
- MSc Sport Science
- CASES Accredited Sport Scientist in Physiology Support
- Chartered Scientist with Science Council
- Fellow of the Higher Education Academy (FHEA)
- Level 3 First Aid at Work
- Using Liquid Nitrogen Safely within Universities Certificate
- Using Gas Safety within Universities Certificate
- Portable Appliance Testing (UK Rural Skills Certificate)

Typical employers

- Further/Higher Education (i.e. Colleges/Universities)
- Professional sports teams / sporting organisations
- Companies that supply sport science equipment

Opportunities and pay

Most technical roles within Sport, Health and Exercise Sciences are based within universities that deliver Sport Science degree programmes. Opportunities also exist within applied sport science, research institutes, and private consultancy settings.
There are progression pathways within technical careers, typically moving from Technician to Senior Technician and then Technical Specialist or Technical Manager roles. Progression often depends on experience, leadership responsibilities, and specialist expertise, although moving institutions may sometimes be necessary where promotional pathways for professional services are limited.
Typical salaries for technician roles range from approximately £25,000–£33,000, while Senior Technician positions are commonly between £30,000–£40,000 and technical Manager roles can range from £40,000–£55,000 depending on the institution, level of responsibility, and location.

Useful Websites

CASES Technical Special Interest Group
www.cases.org.uk



PHYSICAL EDUCATION (PE) TEACHER

Owain Rowat

PE Teacher
St John Fishers Catholic High School

The core mission of a PE teacher is to nurture skills and advance physical literacy inspiring a lifelong habit of health and wellbeing in the students they teach. Physical education teachers develop their students confidence, teamwork, leadership and social and communication skills. They do this by designing and delivering engaging PE, fitness, games lessons and extra-curricular sports activities. PE teachers are also passionate about the key role that PE and sport have in developing students positive character.
I work as part of a team of PE teachers teaching core and academic PE including GCSE and A-Level PE, run sports clubs and take students to extra-curricular sports fixtures, events and tournaments at a large secondary school.

Qualifications, Training and Experience
It is recommended to study a subject related to physical education at GCSE and then progress to a post-16 qualification in sport such as A-Level PE or BTEC Sport. A sport science or sport related course is then advised at degree level (often studied over three years) followed by a one year Post Graduate Certificate in Education (PGCE) or schools direct course.

How did I get here?
Easy really...I always wanted to be a PE Teacher, but took a slightly different route!! I did a degree in Sport, Health and Exercise and after graduating went to coach sport and run sports programmes at a private school in Australia. Whilst at this school I did the equivalent of the PGCE and taught PE and biology after qualifying. A four-year PE teaching contract at an international school in Singapore followed, and upon returning to the UK I gained Qualified Teacher Status via the assessment only route, which enabled me to teach in the UK. I have been teaching at my current school since 2023.

My qualifications and training:
- MSc Applied Sport and Exercise Science
- BA Sport, Health and Exercise
- Graduate Diploma in Secondary Education (PE)
- Qualified Teacher Status (QTS)
- Emergency First Aid at Work
- Level 2 Tennis Coaching
- MSc Applied Sport and Exercise Science
- BA Sport, Health and Exercise
- Graduate Diploma in Secondary Education (PE)
- Qualified Teacher Status (QTS)
- Emergency First Aid at Work
- Level 2 Tennis Coaching
- Level 2 Football Coaching
- Level 1 Coaching qualifications in rugby, cricket, swimming

Typical employers
- Secondary Schools
- Further Education Colleges
- Higher Education institutions
- Primary Schools
- Exam Boards (Marking)
- Active Partnerships/Sports Coaching Companies
- Public Health

Opportunities and pay
Salaries start at £32k for newly qualified teachers, increasing by approximately £2000 in accordance with the main pay scale for teaching and following a yearly review within a school. A slightly higher salary can be expected if living in London.
After 6 years on the main pay scale, progression is on to the upper pay scale which starts at £45k. Teachers can apply for teaching and learning responsibilities such as head of department or head of year roles and can add an extra £700 - £17k.

Useful Websites

Get into Teaching
getintoteaching.education.gov.uk

Association for Physical Education
www.afpe.org.uk

PE Scholar
www.pescholar.com

The Everlearner
www.theeverlearner.com

Independent Coach Education
www.ice-education.co.uk



FE LECTURER

Chloe Rogers

Curriculum Manager for Sport, Protective services, Education & Early Year
Bath College

As Curriculum Manager for UPS, Education and Sport at Bath College, I provide strategic leadership to ensure high-quality, industry-relevant provision. I oversee curriculum design, delivery and continuous improvement, aligning programmes with national standards, employer needs and local skills priorities. Alongside management responsibilities, I continue to teach within sport, maintaining a strong connection to the learner experience. My particular passion lies in delivering the Applied Psychology unit on our Sport and Exercise course, where I support students to understand performance, motivation and mindset. I lead and develop staff, drive excellence in teaching and learning, and use data to improve student outcomes. Working with employers and partners, I enhance progression opportunities, while contributing to planning, staffing and broader college quality and growth strategies.

Qualifications, Training and Experience

I would recommend gaining a relevant degree in a subject such as Sport, Education or a related field, alongside a recognised teaching qualification (e.g. PGCE or Cert Ed). Experience in teaching is essential, particularly within FE, combined with a strong understanding of curriculum design and quality assurance. Developing leadership skills through team-leading roles, CPD, and mentoring is key. Building industry links and staying current with sector developments will also support progression into management.

How did I get here?

After studying a Sport Education degree at the University of Gloucestershire, I began my career working within a foundation as a sports lecturer partnered with a professional football club. During this time, I completed my DTLLS and a postgraduate qualification. I joined Bath College in 2021 and quickly progressed - within a month becoming Course Lead, followed shortly by Curriculum Team Lead for Sport. More recently, I progressed to Curriculum Manager, overseeing three curriculum strands that align closely with sport and education. Now entering my fifth year, I continue to be motivated by the impact we make on learners' lives.

My qualifications and training:

- Bsc – Sport Education
- Postgraduate – Professional practice in Sports Coaching
- Level 5 Diploma in Teaching
- QTLS
- FA UEFA B – Football
- FA UEFA B – Futsal
- First Aid & Safeguarding

Typical employers

- Further Education (FE) colleges
- Sixth form colleges
- Private training providers
- Apprenticeship providers
- Higher Education (HE) institutions
- Sports academies
- Foundations linked to professional sports clubs
- Community sport and education organisations

Opportunities and pay

There are strong progression opportunities within Further Education, starting from lecturer roles through to Course Lead, Curriculum Team Lead and Curriculum Manager. Salaries typically range from £28,000–£40,000 for lecturers, £35,000–£45,000 for Course Leads, and £40,000–£50,000 for Curriculum Managers, depending on experience and responsibility. The role also offers opportunities to diversify into areas such as quality improvement or employer engagement. From this level, you can progress further into senior leadership, supporting wider strategic direction and development across a college.

Useful Websites

National Careers Service
nationalcareers.service.gov.uk

Times Education Supplement
www.tes.com

Education and Training Foundation (ETF)
www.et-foundation.co.uk

USEFUL WEBSITES AND RESOURCES

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Careers in Sport
www.careers-in-sport.co.uk
Provides a suite of marketing and recruitment services to support organisations looking to promote their jobs, sports courses, products and events in the sports and fitness industry.

Careers Service Northern Ireland
www.nidirect.gov.uk/careers-service
Provides an impartial, all-age careers information, advice and guidance service, to help young people and adults in Northern Ireland make informed choices about their future career paths.

Careers Wales
www.careerswales.gov.wales
Helps people living in Wales to plan their career, prepare to get a job, and find and apply for the right apprenticeships, courses and training.

Health Jobs UK
www.healthjobsuk.com
Lists the job opportunities within the NHS, useful for those interested in a clinical career.

Higher Education Jobs
www.jobs.ac.uk
Caters for all positions and studentships within higher education. Has an easy-to-use search engine, as well as email updates on job openings.

Leisure Jobs
www.leisurejobs.com
Promotes job listings in the leisure and fitness industry, including all the major health clubs and gyms.

Leisure Opportunities
www.leisureopportunities.co.uk
Focuses mainly on the health and fitness sector. Most of the major health clubs and gyms advertise here.

National Careers Service
nationalcareers.service.gov.uk
Helps people who live in England with their career, learning and training choices.

Pearson (BTEC qualification regulators)
www.qualifications.pearson.com
Find a BTEC Nationals subject

Prospects
www.prospects.ac.uk
Provides information and tips for job seeking, postgraduate options and careers open days.

Skills Development Scotland
www.skillsdevelopmentscotland.co.uk
Delivers Scotland's careers service in schools, in centres and online.

Supporting Champions
www.supportingchampions.co.uk
Utilises the lessons learned from the last 25 years of working in high-performance sports and businesses to support and champion you, your teams and systems.

TargetJobs
www.targetjobs.co.uk
Discover the world of options open to you upon finishing school or college.

TES
www.tes.co.uk
Caters mainly for teachers but there are job listings for those wishing to go into lecturing in further and higher education.

The Sport and Exercise Scientist
www.cases.org.uk
A well-renowned quarterly publication, available to CASES members, keeping them up to date with the latest industry news, events and research.

UCAS
www.ucas.com
Connects people to higher education in the UK. They are a people-focused business and everything they do is designed to help applicants reach their potential.

UK Anti-Doping
www.ukad.org.uk
Information, advice and resources to support athletes, within your role, to ensure that sport is clean.

UK Sport
www.uksport.gov.uk
Advertises jobs in elite sport and has a useful email newsletter for the latest developments in elite sport.

World Anti-Doping Code
www.wada-ama.org
A core document that provides the framework for anti-doping policies, rules, and regulations within sport organisations and among public authorities.

CASES
www.cases.org.uk
The CASES website is the go-to place to keep up to date with the latest sector news and resources.

CASES Membership
www.cases.org.uk/spage-membership-member_categories_and_benefits.html
Details of CASES membership categories, fees and the eligibility criteria for each category.

CASES Members' Area
www.members.cases.org.uk
Login to the members' area to view useful resources including video content, e-magazines, slide presentations, articles and much more.

CASES Careers Centre
www.cases.org.uk/careerscentre
View resources which inform you about careers in sport and exercise science and offer guidance on how to pursue your chosen path. View CUES courses and the course finder.

CASES Course Finder
www.cases.org.uk/courses.php
Locate undergraduate and postgraduate courses in subject areas related to sport and exercise science.

CASES Vacancies
www.cases.org.uk/vacancies
Find job vacancies, studentships and internships in the sport and exercise science sector.

CASES Professional Development
www.cases.org.uk/professionaldevelopment
CASES provides continuous professional development (CPD) opportunities for sport and exercise scientists; from workshops and webinars to nationally recognised accreditations.

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The Chartered Association of Sport and Exercise Sciences

Leeds Beckett University
Rooms G07 and G08
Fairfax Hall
Headingley Campus
Leeds
LS6 3QS
Tel: +44 (0) 7838 153 258
Email: enquiries@cases.org.uk
www.cases.org.uk
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