



JOB of the Week



Job name: Sports Therapist

Job description: Sports Therapists use a range of techniques and modalities to make sure people involved in sport and exercise are training and competing safely. You'll provide an immediate response when sport and exercise-related injuries occur and will rehabilitate the patient back to full fitness. You'll also provide advice and support to help prevent injuries from happening in the first place.

Patients can be adults or children who are involved in sport or fitness at amateur or professional level, or for general fitness and recreational purposes. If injuries or health-related issues go beyond your scope of practice, you'll refer the patient to an appropriate healthcare professional.

Tasks you will undertake in the job: As a sports therapist, you'll need to:

- conduct a fitness level assessment on people involved in sport and exercise, and advise on exercises prior to an event or fixture
- test joints for ease and range of movement, pain and dysfunction
- mentally and physically prepare sports people before a competition and use strapping, taping and massage techniques where necessary
- provide emergency aid in a sport and exercise environment
- examine and assess injuries and determine whether the sport and exercise participant can continue safely with the event or activity
- treat and mobilise injuries to alleviate pain
- rehabilitate injuries by using manual therapy techniques (such as massage), apparatus and electrotherapy
- design and monitor rehabilitation programmes appropriate to the injury and/or sport and level
- decide whether extra treatments are needed and coordinate referrals to other practitioners
- work alone or with coaches, trainers and/or fitness advisers to implement exercise, conditioning, core stability and injury prevention programmes, so that sports people reach and maintain peak performance
- liaise with other healthcare professionals in the sports sector and in mainstream medicine.

Skills required for this job (core competencies):

Communication	Resilience	Organisation	Teamwork
Problem Solving	Initiative	Creativity	Digital literacy

Sectors in which Sports Therapist would normally work: As a sports therapist, you're usually part of a wider team of trainers, managers and doctors. You'll often work in a treatment room with specialist equipment. However, the job can involve spending time outside in all weathers during matches and training.

Jobs are available throughout the UK. If you work with sports teams, you'll need to be prepared to travel nationally and possibly internationally.

You may affiliate yourself to one or more gyms, which may recommend you to members so that you develop a pool of private patients/clients.

You may have a portfolio career, involving part-time work in several clinics and also with multiple amateur or professional sports clubs. Other typical part-time jobs include teaching, coaching and personal training.

You don't necessarily need to be, or have been, an athlete or player, although many in the profession do come from this background. However, experience in coaching and fitness training is highly recommended as you'll need to be aware of what different sporting disciplines entail in order to provide suitable treatment (consider work experience)

Career path and progression within the industry:

The majority of Sports Therapists start to build their career using a portfolio approach, often supplementing their income with other part-time work. From student days onwards, networking by making and retaining contacts within sport, sports therapy and the wider fields of healthcare and complementary therapies is important for career development. Many opportunities are not advertised and sports therapists often find work through personal recommendation or word of mouth. Voluntary roles can lead to paid employment, and part-time or temporary posts can turn into full-time work. You might find additional work on a part-time basis with members of local sports clubs and teams, as well as with individual athletes.



Salary: If you work in a clinic, salaries start at around £17,000. With experience this can rise to in the region of £28,000. If you work privately or with a professional team, you can earn up to around £35,000. These posts are usually open to more experienced candidates. However, jobs are increasingly opening up in professional sport, particularly football where sports therapists are an integral part of the team.



If you work as a private therapist in a clinic, you can typically earn £25 to £45 per session. Smaller clubs also offer sessional work to cover training or match days, on average £20 per hour. Some professional clubs offer part-time work, which includes evenings and weekends, with an average rate of £40 per hour.

Working hours: You'll usually work around 37 hours a week, although the hours are often irregular and evening and weekend work is common. If you work with a sports team, you need to be available for weekend fixtures and seven days a week during the season.

Essential skills you need to show: You'll need to have:

- the ability to motivate and encourage others
- the capacity to work well with groups, individuals and professional colleagues
- a flexible and innovative approach to work
- a positive attitude to problem-solving
- the ability to work proactively and deliver results / excellent communication and interpersonal skills
- team working skills and the ability to work alone, using your initiative
- the ability to recognise and manage risk
- organisation and time management skills
- a good level of physical fitness
- self-motivation and confidence
- sensitivity, especially when the injured patient's skills and confidence are affected.

Qualifications: Although you don't need a degree to practise as a sports therapist in the UK, many jobs ask for a degree-level qualification. Degree courses in sports therapy accredited by The Society of Sports Therapists are available at a number of universities. These qualifications enable you to gain membership with the society by showing you have met certain criteria and are able to work at specific levels.

www.icould.com

www.successatschool.org

www.nationalcareers.service.gov.uk

www.prospects.ac.uk/jobs-and-work-experience/job-sectors

www.ucas.com/careers-advice

www.kudos/cascaid.co.uk/#/ (you all have a log on for this service)

www.careersbox.co.uk (careers videos)

Helpful sites for careers information
GAT careers links

<http://airhead.io/public/launchpads/XqbuOMJgb0OfqvMPCykcZA>



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