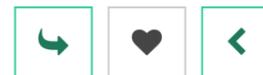


1 2 3

Sports professional

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



What you'll do

Sports you could take part in professionally include:

- individual sports – athletics, boxing, tennis, snooker, cycling, golf, horse racing and other equestrian sports
- team sports – football, cricket, basketball, rugby, hockey and ice hockey

You'll:

- compete in matches and competitions
- keep up and improve your skills with regular practice
- maintain your general fitness and stamina by training
- make sure your diet and lifestyle help you to achieve peak performance
- take advice from coaches, nutritionists, exercise professionals, sports psychologists and doctors

If you became well-known as a sports personality you might also:

- give media interviews
- promote products by appearing in adverts

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

Working hours and environment

Your hours and working conditions will vary depending on your sport, but you'll train almost every day. This could be early in the morning or late in the evening, and for some sports could be outdoors in all weather conditions.

Competitions and matches usually take place in the evening or at weekends. You'll spend a lot of time travelling in the UK or overseas, and could spend long periods away from home.

Career path and progression

In the more physical and contact sports, your career would usually be short. Many professionals finish their sporting career by the age of 35.

After your career ends, you could stay involved in sport by moving into areas like coaching, refereeing, team management, sports journalism or sports centre work.

Skills required

You'll need:

- commitment, self-discipline and dedication
- excellent physical fitness and stamina
- the ability to cope with considerable psychological pressure

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

Entry requirements

You'll usually start at an early age, by joining a club or amateur organisation and getting instruction and training.

Most sports professionals are 'spotted' early on by a talent scout.

For some sports you'll need to meet very specific entry requirements, like:

- horse racing requires jockeys to be a certain height and weight
- boxing has divisions according to weight

If you have the potential to succeed, you could get help from:

- sponsorship schemes run by some universities to provide support to carry on training whilst studying
- The [Talented Athlete Scholarship Scheme \(TASS\)](#) – national governing bodies (NGBs) select young people in higher or further education to receive awards of sporting services
- the advanced [apprenticeship](#) in sporting excellence – aimed at 16 to 19 year olds who show promise of achieving the highest levels in their sport

You can get details of local clubs and advice on the best way to progress in your particular sport from the NGB for the sport. [Sport England](#) has a list of NGBs.

Related Know-how guides

Explore Know-how guides related to this career:

- [Summus College: What it's really like](#) >
- [US sport scholarships: Connor's tennis scholarship](#) >
- [US sport scholarships: Boau's hockey scholarship](#) >
- [US sport scholarships: Toby's athletics scholarship](#) >
- [US sport scholarships: Annabell's golf scholarship](#) >
- [US sport scholarships: Grace's soccer scholarship](#) >

Related university subject profiles

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

- [Sport science](#) >

Related career profiles

You may also be interested in:

- [Sports agent >](#)
- [Sports referee >](#)
- [Jockey >](#)
- [Lifeguard >](#)

Explore

Want to see what relevant education and training opportunities are available right now? Search here:

Sport science at uni:

[USA >](#)
[UK >](#)
[Canada >](#)
[Europe >](#)
[Asia >](#)
[Australasia >](#)
[Middle East and Africa >](#)
[Ireland >](#)

Apprenticeships:

[UK >](#)

College / Sixth Form:

[UK >](#)

Labour Market Information (LMI)

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

 UK

 USA

Jobs

Sports and fitness occupations

140,003

 911 in your local area of Liverpool

Top 5 local areas

1	Surrey	4,765
2	Hampshire	4,169
3	Essex	4,080
4	Hertfordshire	4,061
5	Kent	3,711

Salaries

Sports players

£67,596

Sports and fitness occupations

£23,863

(Not enough data for this region) in your region of North West

Top 3 regions

Growth

2020-2035

Culture, media and sports occupations

+.2%

↑ 1,593 jobs

-4.8% in your region of North West, an decrease of 2,325 jobs

Save to Favourites? ❤️

You haven't favourited any Careers library profiles yet

People also liked...

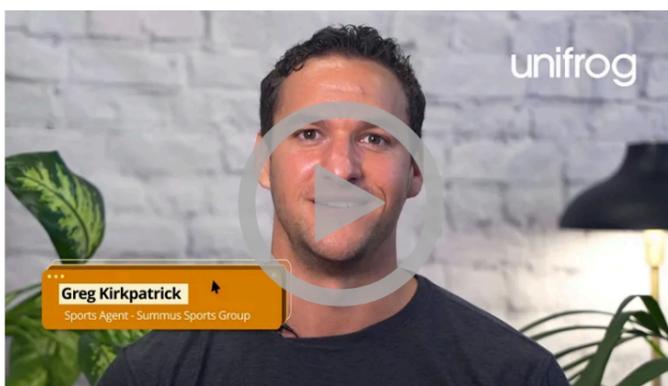
Those that liked this career profile also liked the following



Sports coach

Sports coaches teach sports and help players to reach their full potential.

[Read the profile >](#)



Sports agent

Sports agents help athletes and players to find work and negotiate employment contracts.

[Read the profile >](#)



Sports referee

Sports referees officiate at sports r from local youth and amateur gam professional level.

[Read the profile >](#)