



Sport & Exercise Science

Progression- by the Careers Team

What's out there?

Intermediate Apprenticeships (Level 2)

School Leaver Programmes

Jobs

Level 5/6/7 Apprenticeships

Sponsored Degree Programmes

Advanced Apprenticeships (Level 3)

Degree Apprenticeships

University

Gap Year Programmes

Higher Apprenticeships (Level 4)

Volunteering

Work Experience

Traineeships

HIGHER EDUCATION

- Carry on with the subject that you love
- Extensive variety of courses to choose from
- University life can increase your confidence and interpersonal skills
- Going to university can significantly increase your employability
- Living away from home
- Mix with people from other areas of the country and world
- Transferable skills from course
- Freshers week-clubs and societies
- Job shop-student ambassador
- Volunteering



APPRENTICESHIPS/TRAINING/SCHOOL LEAVER PROGRAMMES

Different levels of Apprenticeships available

INTERMEDIATE APPRENTICESHIP

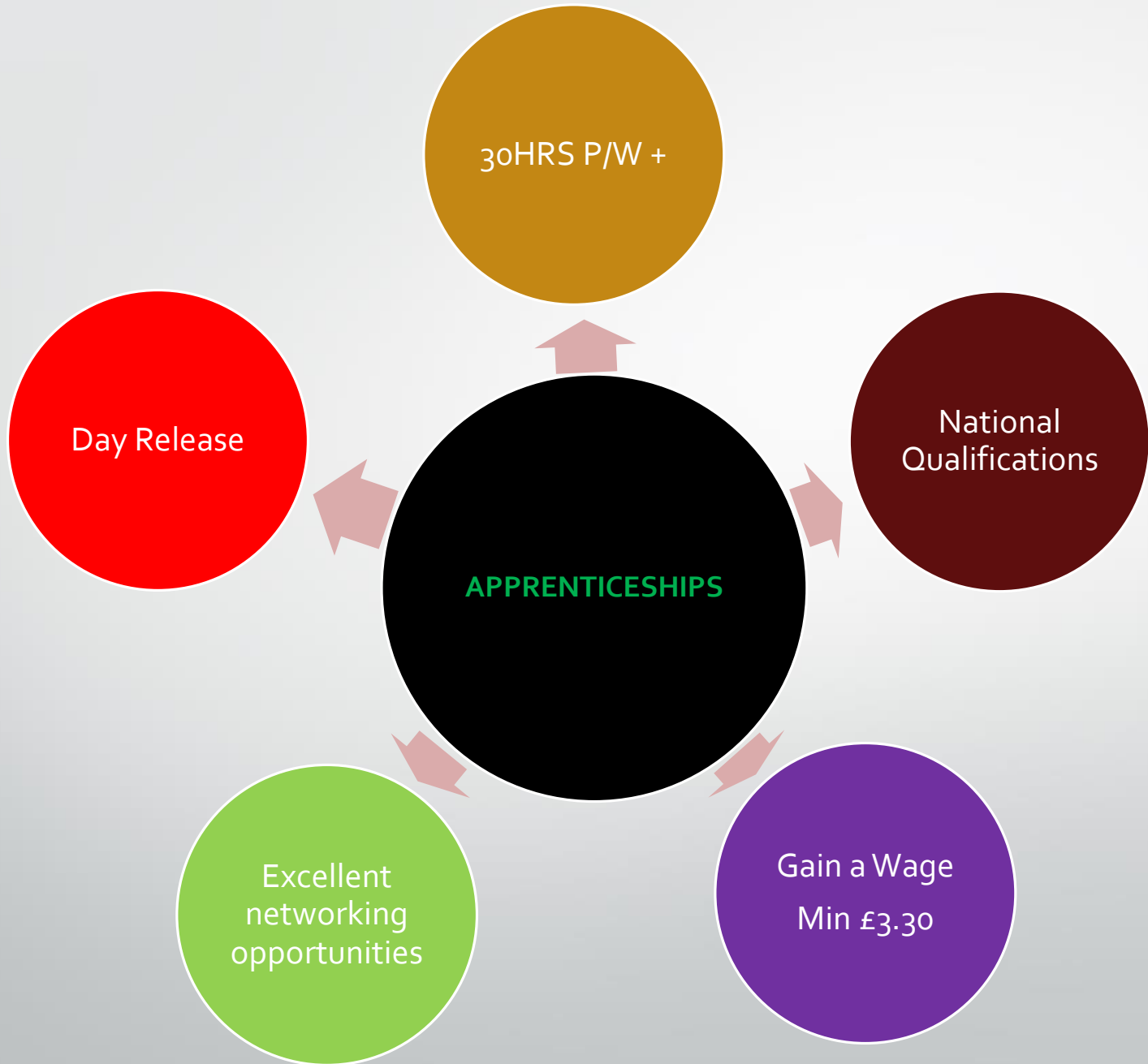
- Level 2
- 12 - 18 months
- Equivalent to 5 GCSEs A* - C

ADVANCED APPRENTICESHIP

- Level 3
- 18 - 48 months
- Equivalent to 2 A-levels

HIGHER & DEGREE APPRENTICESHIP

- Levels 4, 5, 6, 7
- 24 months+
- Equivalent to foundation degree level+



Opportunities

- Activity leadership
- Coaching
- Instructing exercise and fitness
- Outdoor programmes
- Spectator safety
- Sports development
- Sporting excellence

www.gov.uk/apply-apprenticeship

School leaver programmes

Similar to a higher apprenticeship- foundation degree/'in house' qualifications

- Traineeships/internships/placements
- eCampus-Job Vacancies
- www.studentladder.co.uk
- www.notgoingtouni.co.uk
- www.allaboutschoolleavers.co.uk



EMPLOYMENT

INTERNET: Now access to more opportunities and faster applications, but you can be swamped with jobs

Tips:

- Target your search by using categories
- Remember that job titles may vary
- Note the deadlines and closing dates
- Widen the Geographical area for more opportunities



JOB BOARDS: These can be physical or virtual, employers and agencies will use these as a main form of advertising.

Tips:

- For specialist industries niche job boards are invaluable so look for specialist websites, or trade magazines.
- Local job boards e.g. jobsite/Bristol- this website often advertises training schemes for Fitness Instructing and Personal Training.

Start Networking





NETWORKING



Get more from your contacts

Don't just 'connect'  engage and interact

- Network with friends, family and people in the industry or associated with it
- use your social media accounts to **network**
- Around **50%** of companies use social media to recruit
- **70%** of jobs are not advertised so '**Who you know**' is crucial to opportunity finding
- **Like** pages and posts, join **groups**, **post** professional comments





Stand out from the crowd



TRAVELLING/VOLUNTEERING

Employers don't mind gap years and travelling as long as you can show how the experience has enhanced your employability...

e.g. cultural awareness, inspiration, adaptability, communication and language skills

Volunteering

- Safest to go with well established programme/ structured project
- Personally rewarding and fulfilling
- Good for employability
- Experience

Always consider

- Finances
- Visas
- Accommodation
- Transport

- Cultural/ Language barriers
- Safety
- What you will do when you are back in UK?

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eCampus-student support-careers
advice & guidance-gap year

www.do-it.org

SGS CAREERS SERVICE

Tuesday- 08:30-17:00-WISE Campus

Wednesday-08:30-17:00-Filton Campus

Thursday-08:30-12:30-Filton Campus

Contacts-Tel: 0117 9092 225

Email: careers@sgscol.ac.uk

eCampus- Student Support-Careers Advice & Guidance (careers site)

eCampus- Careersphere (careers blog)

Facebook page- SGS Careers Service