



Careers in Sports & Fitness

Your guide to training, jobs and opportunities

Liverpool & Merseyside | Level 1 to Level 3 | SEND-friendly options may be available



Why Choose a Career in Sports & Fitness?

- Dynamic, varied work — no two days are the same
- Help others achieve their health and fitness goals
- Growing careers across gyms, schools, sports clubs, hospitals and leisure centres
- Opportunity to specialise in areas like personal training, coaching, or rehabilitation
- Strong earning potential, especially in self-employment and specialisms
- Work in outdoor and indoor environments — climbing, swimming, football, dance, etc.



Skills and Personal Qualities

- Enthusiasm and passion for fitness and sport
- Good communication and motivational skills
- Patience and ability to coach people of different abilities
- Physical fitness and stamina
- Reliability and professional attitude
- Knowledge of health, safety and safeguarding



Useful School Subjects

- PE / Sport — practical skills and sport science
- Science — anatomy, physiology, nutrition and exercise science
- Maths — fitness calculations, body measurements, business skills
- English — communication, record-keeping, instruction writing
- Health & Social Care — wellbeing, safeguarding, duty of care



Local Courses (Levels 1 to 3)

Courses are available at local colleges across Merseyside. Many courses accept students without GCSEs.

Sport & Exercise Science

- City of Liverpool College — Sport Science L1, L2, L3
- Hugh Baird College — Sport & Exercise Science L1–L3
- Myerscough College — Sport & Fitness L1–L3

Fitness & Personal Training

- City of Liverpool College — Fitness L1, L2, L3
- St Helens College — Personal Training & Fitness L2-L3
- Riverside College, Widnes — Sport & Fitness L1-L2

Coaching & Sports Development

- Hugh Baird College — Sport Coaching L1-L3
- Knowsley Community College — Sport & Recreation L1-L2
- St Helens College — Sport Development L1-L3

SEND-Friendly & Supported Provision

- Greenbank College — sport and leisure activity programmes
- Supported study options may be available — speak to your careers adviser about what could work for you

Apprenticeships and Training

- Sports Coaching Professional Apprenticeship — Level 2
- Fitness Instructor Apprenticeship — Level 2
- Personal Trainer Apprenticeship — Level 2 / 3
- Sport and Physical Activity short courses (local colleges)
- Level 1 Gym Instruction and Leadership short courses
- Search live vacancies: www.findapprenticeship.service.gov.uk
- Supported Internships (for students with an EHCP) are run by local colleges with their selected employer partners — ask your careers adviser whether this route could suit you

Jobs, Volunteering and Work Experience

There are many different roles in sports and fitness — from gyms to schools to sports centres.

Role	Where You Work	Starting Qualification
Gym Instructor / Fitness Coach	Gyms, leisure centres, studios	Level 2 Award in Fitness
Personal Trainer	Gyms, studios, self-employed, outdoors	Level 2/3 PT Qualification
Sports Coach	Sports clubs, schools, leisure centres	Level 1/2 Sports Coaching
Strength & Conditioning Coach	Sports clubs, athletic facilities, gyms	Level 2/3 + specialist training
Swimming Instructor	Leisure centres, schools, universities	Level 1 Swimming or equivalent
Dance Instructor / Fitness Class Leader	Studios, gyms, leisure centres	Level 2 Dance or Fitness
Sport Development Officer	Local authority, sports clubs, NHS	Level 3 Sport Science / Business
PE Teacher	Schools	Degree + PGCE
Leisure Centre Manager	Leisure centres, sport facilities	Level 3 + management training
Sports Therapist / Rehabilitation Specialist	Clinics, hospitals, sports clubs	Level 3 Sport Therapy + degree

Typical starting salary: £18,000–£24,000. Experienced coaches, personal trainers and managers can earn £30,000–£50,000+.

Work Experience & Volunteering

- Volunteer at community sports events, fun runs or school sports days
- Ask your school or adviser to arrange work experience at a local gym or leisure centre
- Get involved in school sports teams and clubs to build experience

Next Steps and Contact Information

- Visit college open days and websites
- Search for local jobs: www.indeed.co.uk | www.notjustjobs.com

- Find apprenticeships: www.findapprenticeship.service.gov.uk

TAGS Careers	www.tags.careers — local careers information and resources
Colleges	City of Liverpool College: www.liv-coll.ac.uk Hugh Baird: www.hughbaird.ac.uk
More Support	Your careers adviser can provide additional guidance tailored to your needs
Apprenticeships	www.findapprenticeship.service.gov.uk www.indeed.co.uk www.notjustjobs.com