

BELINDA LADDS – IMPARTIAL CAREERS ADVISER OFFERING CAREERS INFORMATION, ADVICE AND GUIDANCE

When organising your future plans you must ask yourself:

- What **do you want to do?**
- Why **do you want to do it?**
- Where **do you want to do it?**
- When **do you want to do it?**
- How **are you going to do it?**

**QUESTIONS
YOU WANT
TO ASK
TODAY?**

Researching Sports and Fitness

- <https://www.sportengland.org/why-were-here> body that represents sport in England
- <https://www.exerciseregister.org/find-the-correct-joining-pathway> where you need to register as a sports fitness coach
- <https://www.cimspa.co.uk/> news about the sport industry
- <https://nationalcareers.service.gov.uk/> where you will find out more links and what skills and knowledge is needed for each role.

WHY? You may have chosen this area because of some of the reasons below:



INTERESTS

WORK PREFERENCES

SKILLS

PERSONALITY

go to <https://nationalcareers.service.gov.uk/>
or <https://www.startprofile.com/> To help you with this.

APPRENTICESHIPS – A REALITY CHECK

The effect of Covid-19 on apprenticeships

The world is continuing to feel the effects of the coronavirus as we try to navigate through these uncertain times. With the most recent restrictions, job security is a concern once again, especially for apprentices who particularly felt the effects of the first wave of Covid-19. This raises the question, which industries have suffered the most?

Overall, the number of apprenticeship starts between March and May in 2020 dropped by **50% (39,761)** compared to the same period last year. Health and Social Care was the worst-hit industry, with 7,487 fewer starts in 2020 than 2019 (down 50%). But other industries have also seen a decline in apprenticeships: Administration (61%), Business Management (39%), and Child Development (57%) have all felt the effects of the pandemic.

FE news Sept 2020

**ALWAYS HAVE A BACK UP PLAN IN
CASE YOU DON'T GET AN
APPRENTICESHIP!**

Recruitment within the fitness industry

- <https://www.leisurejobs.com/jobs/sports-jobs/>
- <https://careers-in-sport.co.uk/health-and-fitness/>
- <https://nationalcareers.service.gov.uk/job-categories/sports-and-leisure>
- <https://jobs.theguardian.com/jobs/sport-and-fitness/>
- <https://sportingopportunities.com/careers-in-sport-and-the-leisure-industry/>
- <https://www.pearson.com/uk/learners/fe-and-college-students/career-choices/retail-leisure-and-travel/sport-and-leisure.html>
- <https://www.indeed.co.uk/Sport-Fitness-jobs>
- <https://www.activenorfolk.org/jobs> quite useful for work experience in particular.

Things to remember about Fitness and Sport

- A levels versus vocational courses such as sports courses. Two routes
- The way we do exercise is changing:
<https://www.leisureopportunities.co.uk/news/Coronavirus-lockdown-transforming-peoples-exercise-habits/345282>

Searching for Sports and fitness courses in Norfolk

- Go to this website:
<https://helpyouchoose.org/content/>
- Go to the search engine at the top and use the drop down box to find 16-18 education and then hit search.
- You will see there are over 1400 courses on this website. Use the filter to search for the area of interest i.e. Sport, fitness or A levels.
- Look on individual websites suggested to find out more.

Searching for Sports and Fitness Courses in Cambridgeshire

- Just like Help You Choose, Cambridgeshire has its own bespoke website where most college courses are listed:
<https://www.mychoice16.co.uk/>
- Go to “Courses” type in a word like sport and it finds all courses. Make sure you know what level you are looking for.

When?

TIMELINE OF ACTIVITIES

YEAR 11

Sept	Oct	Nov	Dec	Jan	Feb	March	April	May	June	July	Aug
Research and careers interviews Visits INFORMATION GATHERING	Register on Help you choose and start applying for courses or training	Continue applications and visits to sixth forms and colleges	Receive interviews for college and sixth forms Look out for apprenticeships and apply (CV and letters)			Apply for apprenticeships now ready for leaving school. NB: Always have a back up plan should you not find an apprenticeship			EXAMS		Work experience and continue applications for apprenticeships

<https://helpyouchoose.org/content/>

HOW will you do it?

- Research thoroughly your area of interest and decide why you have chosen it
- Go to Help You Choose to find out the types of courses available in Norfolk
- Go to Mychoices@16 to find courses available in Cambridgeshire
- Register on help you choose and Mychoices@16 and start putting courses in your basket
- Apply on Help You Choose or at Cambridge Colleges/sixth forms
- You will receive an email confirming receipt
- You will get an email from the colleges and sixth forms you have applied to inviting you for interview