




Sports Professional

Sports professionals are skilled and talented sports performers, who are paid to compete in their chosen sport.

Average salary (a year)	Typical hours (a week)	You could work
 Variable	 44 to 46 variable	 evenings / weekends / bank holidays away from home

Different routes to get this job

(check the website for entry requirements)

- an apprenticeship
- amateur sport where you could be spotted by a talent scout
- a sponsorship or scholarship scheme

Skills and knowledge

- persistence and determination
- ambition and a desire to succeed
- physical fitness and endurance
- patience and the ability to remain calm in stressful situations
- physical skills like movement, coordination, dexterity and grace
- leadership skills
- the ability to accept criticism and work well under pressure
- to be thorough and pay attention to detail
- to be able to carry out basic tasks on a computer or hand-held device

Day-to-day tasks

- 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