

Sport and exercise psychologist

Sport and exercise psychologists study the mental and emotional effects of taking part in sport and exercise.



Skills You'll need:

- excellent communication and listening skills
- the ability to motivate people
- good problem-solving and decision-making skills
- the ability to organise a complex workload to meet deadlines
- an accurate, logical and methodical approach

Your day-to-day duties may include:

Working with teams and individuals at all levels, and helping with issues like:

- nerves and anxiety
- self-confidence
- concentration
- motivation
- sports injuries
- aggression

These university subjects are related to this career:

English
Psychology
Sport science

Watch this video from a student studying Sport and Exercise Science

<https://cdn.unifrog.org/video/m7vot0zu3y/480.mp4>

East Midlands growth +14.6% from 2014 to 2024,

Overall UK median earnings: £42,732

Working hours, patterns and environment

You'll often work Monday to Friday 9am to 5pm. You may also need to work in the evening and at weekends to fit in with training and competitions.

Some of your work will be office based, and you may also need to travel to team premises, competition venues and clinics.

Qualifications and grades

Level 2 (eg GCSEs)

5 GCSEs, with a minimum of Grade 4 in English and Maths with strong grades in Physical Education and Science.

Level 3 (eg A-Levels, BTECs)

A minimum of 3 A levels - two of which should be in Maths or Science subjects, with a preference for Biology and Chemistry.

Psychology and **PE** can also be useful options.