

What's Next?

Sport & Exercise (Honours)



Transferable Skills

Organisational; including collecting and organising information, problem solving & efficiency

Teamwork & Leadership; responsibility, dealing with staffing, delegation and working on one's own initiative, leading and managing teams, supervisory & negotiation skills

Communication; including interpersonal, team-working and excellent customer service skills

People Skills; persuasive, sensitive, patient, tolerant, tactful and insightful, diplomatic, encouraging

Motivational; desire to improve, disciplined, driven, determined, resourceful, energetic, confident

Entrepreneurial; enthusiastic, self-starter, develops opportunities, innovative, creative

Career Opportunities - The broad multi-skills approach adopted throughout the Level 7 & 8 years offers access to a wide range of employment opportunities in the sport and leisure industry such as:

- Leisure/Sports Centre Management
- Personal Trainer/Strength & Conditioning Coach
- Sports Coaching/Team Management
- Swim Teaching & Lifeguarding
- Group Exercise Leadership
- Sports Development
- Health Promotion
- Community Recreation
- Sports Marketing of Products & Services
- Leisure Management Consultancies, providing advice to the public and private sector on how best to manage their sports and leisure facilities
- Sports Administrator
- Holiday Camps/Parks i.e. Trabolgan, Butlins etc.
- Local Sports Partnerships
- Consultancy Work
- Sports Journalism

Many graduates from the Level 7 degree in Recreation and Leisure Management progress to the Level 8 in Sport & Exercise. A degree in Sport & Exercise will equip graduates with both technical skills and competencies with a strong business base. Graduates will acquire practical and managerial expertise which will significantly enhance their career prospects at management level or for entrepreneurship in the sport and leisure industry.



Degree-specific Skills

Coaching; teaching, motivating, encouraging, skills development, team and personal coaching across a broad range of indoor and outdoor leisure and sporting activities

Managerial Expertise; business, law, leadership, marketing, management, accounting/financial, entrepreneurship

Planning & Time Management; drawing up, delivering and monitoring fitness programmes for individuals and groups

Knowledge; Analyse and apply current best practice methods within the Sport, Leisure Management and Health & Wellness sectors

Selectivity; Select appropriate solutions using evidence based best practice in the Sport, Leisure Management and Health & Wellness sectors

Competence; Identify and assess the training needs of clients in their relevant work environment and foster a 'learning organisation' culture to develop a sense of empowerment and initiative.

Career Options



It can be very helpful to gain related work experience to complement your degree. For example, you could work in the sport and leisure industry as a Fitness Instructor or in an administrative role during your studies. It may also be possible to gain marketing or events management experience, perhaps through college societies or voluntary work.

Work experience and travel opportunities can be combined during the holiday periods by working for organisations such as:

- **BUNAC** <http://www.bunac.org/>
- **Camp America** <https://www.campamerica.co.uk/>

Core Skills

Employers



Portfolio working can help you to develop the skills and experience you need to progress and boost your CV. This can be achieved by working in a variety of short-term roles and at sporting events or at smaller, local occasions.

Internships and volunteering are other valuable ways of gaining experience. Try youth sport volunteering if you are interested in coaching or find an opportunity to staff a sports event if you want to pursue a management role.

Watch out for talks on campus by employers from different sectors. Check out the jobs page and follow the Careers Service on social media for the heads-up on full-time and part-time jobs! <http://www.mycit.ie/careers>

Starting your own Business

Cork Chamber provides information on starting your own business - https://www.corkchamber.ie/starting_a_business.cfm

County/City Enterprise Boards may also provide support/funding - <https://www.localenterprise.ie/News-and-Events/Local-Enterprise-Offices-Open-for-Business.html>

The Citizens Information site has some useful information for a person thinking about starting their own business - <http://www.citizensinformation.ie/>

South & East Cork Area Development, provide training & advice to people starting their own business - <http://www.secad.ie/>

Green Shoots provides information for budding entrepreneurs - <http://greenshootscork.ie/>

There are lots of **'Start your own Business' Courses** running in Cork and it might be worthwhile to do one.



Where are CIT graduates working?

Company

The Fitness Den
C.I.T. & EM Fitness & Nutrition
Laya Healthcare Customer Service
Padraig Crowley
Shandon Gate Gym
Macroom leisure centre
Body Energy Club
Sports Direct
Clongowes Wood College
Kukri Sports
Paregon Ltd
Garda Siochana

Job Role

Personal Trainer
Personal Trainer/ Gym Instructor
Advisor
Coach
Gym Instructor
Gym Instructor/ Personal Trainer
Fitness Professional
Sales Assistant
Coach
Leinster & GAA Sales Manager
Junior Sales Executive
Garda



Starting Your Job Search

Job searching takes focus, effort and commitment. It's essential that you create a strong online presence.

You might need to have a LinkedIn profile and work at building your network. If you blog or have a website, be sure to include links in your LinkedIn profile and on your CV.

LinkedIn is about where you want to go, not just about what you are doing now. An ideal starting point is to look for Alumni (former graduates of your college/course.) You should also look up companies/industries you want to target. Aim to find the name of the HR Manager and employees in roles you are aiming for yourself, look back at their career journey.

Follow people who are where you want to go! Make connections! Don't wait for jobs to be advertised, actively look for roles that interest you.

Graduate programmes are a great career starting point as extra training is provided. A Level 8 degree is the minimum for entry to most programmes. Register with GradIreland: <https://gradireland.com/user>

Professional Groups & Associations



Membership of a professional association is a useful way to meet new people in your field and will look good on your CV. Many professional bodies have jobs boards and these roles may not be advertised elsewhere.

Relevant professional bodies/associations include:

- www.irishsports.ie – Federation of Irish Sport, (see current job vacancies)
- www.sportsjobs.ie – (job board & info site)
- www.ncef.info - National Council for Exercise & Fitness
- www.nctc.ul.ie - Coaching Ireland
- www.ilam.ie– Institute of Amenity & Leisure Management
- www.irishsportsCouncil.ie – Irish Sports Council

Postgraduate Study



There are lots of postgraduate options to choose from following your Level 8 in Sport & Exercise.

For further information, go to the 'Further Study Options' section on the Career Information page of <http://www.mycit.ie/careers>. You can also use www.qualifax.ie or www.gradireland.com/further-study to search for courses in areas of interest to you.

For information on Masters programmes through English in universities across the EU, go to www.mastersportal.eu

Important Note: There is no direct link between the Sport & Exercise course and P.E. Teaching.

You may also book an appointment with a Careers Advisor to further discuss your options.

Want to go abroad?



For career opportunities in the UK see:
www.targetjobs.co.uk;
www.gradjobs.co.uk
www.graduate-jobs.com

Jobs across the EU can be seen on the EURES website and financial supports are available for relocating to another EU country, visit: <https://ec.europa.eu/eures/eures-searchengine/page/main?lang=en#/search>

If you wish to work in the USA, Canada or Australia, check out work visa requirements first. There are graduate work visas available to the USA, a great opportunity to gain global experience in your field.

Notes


