



## Physical Education/Sport Subject Guide



### What subjects go well with P.E./Sport?

- Biology
- Psychology
- Chemistry
- Sociology
- Maths
- Business Studies

### What degrees could I do?

- [Adventure sports](#)
- [Exercise and health](#)
- [Exercise nutrition](#)
- [Exercise psychology](#)
- [Fitness and personal training](#)
- [Human biosciences](#)
- [Nursing](#)
- [Occupational Therapy](#)
- [Physical activity](#)
- [Physiology](#)
- [Physiotherapy](#)
- [Sport development and coaching](#)
- [Sport rehabilitation](#)
- [Sport science](#)
- [Strength conditioning](#)
- [Teacher training](#)
- [Youth sport](#)

## What skills could I develop?

- Research and data analysis
- Independence and teamwork
- Presentation and oral communication skills
- Written communication skills,
- Time management and planning
- Effective problem-solving
- IT skills

## What careers could it lead to?

- [Event manager](#)
- [Exercise physiologist](#)
- [Fitness centre manager](#)
- [Healthcare scientist, cardiac sciences](#)
- [Nurse](#)
- [Nutritionist](#)
- [Outdoor activities/ education manager](#)
- [Secondary school teacher](#)
- [Sport and exercise psychologist](#)
- [Sports administrator](#)
- [Sports coach](#)
- [Sports development officer](#)
- [Sports therapist](#)

## What else should I know?

- To keep up with the practical aspect of the course you will need to participate in a sport and usually follow a training regime.
- If you have done any related work experience e.g. helping in a secondary school PE department, make sure to mention it on your UCAS personal statement

## Useful websites

[British Association of Sport and Exercise Sciences](#)

[Careers in Sport](#)

[Sport England](#)

[UK Sport](#)

[Health Careers NHS](#)

[National School Training apprenticeships](#)

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<https://www.prospects.ac.uk/careers-advice/what-can-i-do-with-my-degree/sport-and-exercise-science>

Dixon, A. (2019) Which A Levels? (10th Edition), Honeyman Publishing

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