

FutureSmartCareers



Prepare for an Apprenticeship in Sports and Leisure

If you are interested in working in Sports and Leisure via the apprenticeship route you may want to find out more about what you can do to strengthen your application. The following will help with this.

Where can I look for an Apprenticeship?

One of the first things to do is to register with the Government apprenticeship website. This will alert you to Sports and Leisure apprenticeships happening near you. Register [here](#).

Other national apprenticeship websites to register with include:

[Notgoingtouni](#)

[Getmyfirstjob](#)

[Ratemyapprenticeship](#)

[Career Finder](#)

[Indeed](#)

[Careers Wales Apprenticeships](#)

You can also register with local Colleges and Training Providers in South Wales who cover Sports and Leisure Apprenticeships.

[WRU Rugby Training Development](#)

[Urdd Gobaith Cymru](#)

[Bridgend College](#)

Check out Leisure Employers & Gym Chains (direct sites)

Some companies hire apprentices directly or through a training partner

What should you check for?

What's the Level of apprenticeship?

Level 2 Intermediate, Level 3 Advanced, Level 4/5 Higher or Level 6 Degree

What are the entry requirements?

Will you need GSCE passes? How many? Or A-Levels or BTECs? Are there any grades and subjects needed?

Where is the employer's location?

How will you get there - by walking, bus, train? Will you need to move and find accommodation?

What qualifications will you gain with the apprenticeship?

For example, Community Sport and Health Officer Level 3

What training provider or college is linked to the apprenticeship? Where are they based and how will you get there?

Who offers Sport and Leisure Apprenticeships?

It is worth approaching any sports or leisure companies, gyms or clubs that you would like to work for and asking if they are likely to take on apprentices when you are due to leave school.

What will they be looking for?

Employers will look for:

- Good communication skills – written and verbal, communicating with clients, working in an effective team, and promoting your work.
- Motivation and enthusiasm – being able to motivate clients.
- Willingness to learn and train - roles are always developing.
- Forward-thinking – understanding what needs to be done on a daily, weekly, monthly and annual basis and planning for it.
- Being good at spotting opportunities for developing the business and ways of working with clients.

How can I demonstrate I have the skills? How can I stand out from the crowd?

You will need an excellent CV to sell you and your skills and strengths.

For an example of a school leavers' CV see [here](#).

Look at industry websites to find out what they are discussing, for example:

[Sports Wales](#)

[UK Coaching](#)

[The Chartered Institute for the Management of Sport and Physical Activity](#)

[National Register of Personal Trainers](#)

How can I prepare for interviews?

Employers will expect you to understand the role and what you will be required to do. They will expect you to be organised so turn up for the interview in time, research the company or organisation prior to the interview and know the names of the people who will be interviewing you.

For general advice on interviews please see:

[Careers Wales](#)

[Welsh Government Apprenticeships](#)

[Apprenticeships.gov](#)

[UCAS](#)

Be friendly and polite and remember to smile.

YouTube has lots of clips on the work of apprentices.

Where can a career in Sport and Leisure take you?

If it's a large company/organisation that you are working for there is always the chance of a move to a supervisory/managerial role. You could take further instructor courses to learn new skills to offer clients, like massage, yoga, nutrition or Pilates.

Anything else I should know?

Be well prepared, start your search early, and keep a list of where you have applied to. Practice interviews. Be confident in yourself.

Have a backup plan.

© FutureSmart Careers Ltd July 2025