

What jobs can you do?



CARISSA TURNER

Sports Massage Therapist and Marketing Assistant

Carissa always had an interest in Sports Massage and experienced the benefits first hand throughout her sporting career. Once she retired from professional sport she was working in Events & Marketing but wanted a career change and kept coming back to massage so she enrolled on the VTCT Level 3 Sports Massage Diploma and enjoyed it so much that she signed straight on to the Level 4. After qualifying she began as a freelance therapist but secured a job at one of the top clinics in Cardiff, Agile Therapy, within a year of qualifying. Since qualifying she has also worked at the Welsh Indoor Athletics Championships, treated international and Commonwealth Games athletes and has done some voluntary work at the Cardiff Devils.



SAM BODEN

Director of ProActive Training

Sam came from a sporting background running internationally for Great Britain Juniors and then went to Loughborough University to study for a degree in Sport Science. After a spell teaching PE in London and suffering from more than a few niggles and seeing lots of different practitioners he then undertook a Sports Massage Diploma and also a did a degree in Osteopathy. He then combined both his passions for teaching and therapy in starting ProActive Training in 2006. Since then they have had over 15 thousand learners undertake one or more of their courses predominantly as part of their studies as an undergraduate physio, osteopath or sport science background.



YUSUF SHAH

Qualification Manager

Yusuf left school with few qualifications and went into plumbing. He realised it wasn't for him and decided to go back into education, taking A Levels in Sport Studies and Maths. He then went to university to study a degree in Sports Science. Following a successful career in the Sport Fitness industry, Yusuf decided to move into teaching. He started teaching part-time, whilst undertaking a Masters in Exercise and Health Science. His extensive experience in health and fitness naturally led to Sports Therapy and Sports Injuries and to studying Sports Massage. Yusuf has also had his own private clinic where he treated clients with sports and muscular/skeletal injuries, as well as Paralympian athletes. He has carried out research into soft tissue treatments for problems such as back injuries. His teaching and assessing experience is also extensive and includes working for a private provider teaching Sports Massage: this is when his relationship with VTCT started. Yusuf has also taught Sport Therapy learners at the University of Kent, where he completed his PhD in Sports Therapy. Yusuf has worked for VTCT as an External Quality Assurer and is now the Senior External Quality Assurer for Sport.

Choosing your career in Sport, Active Health and Fitness



www.vtct.org.uk
www.itecworld.co.uk



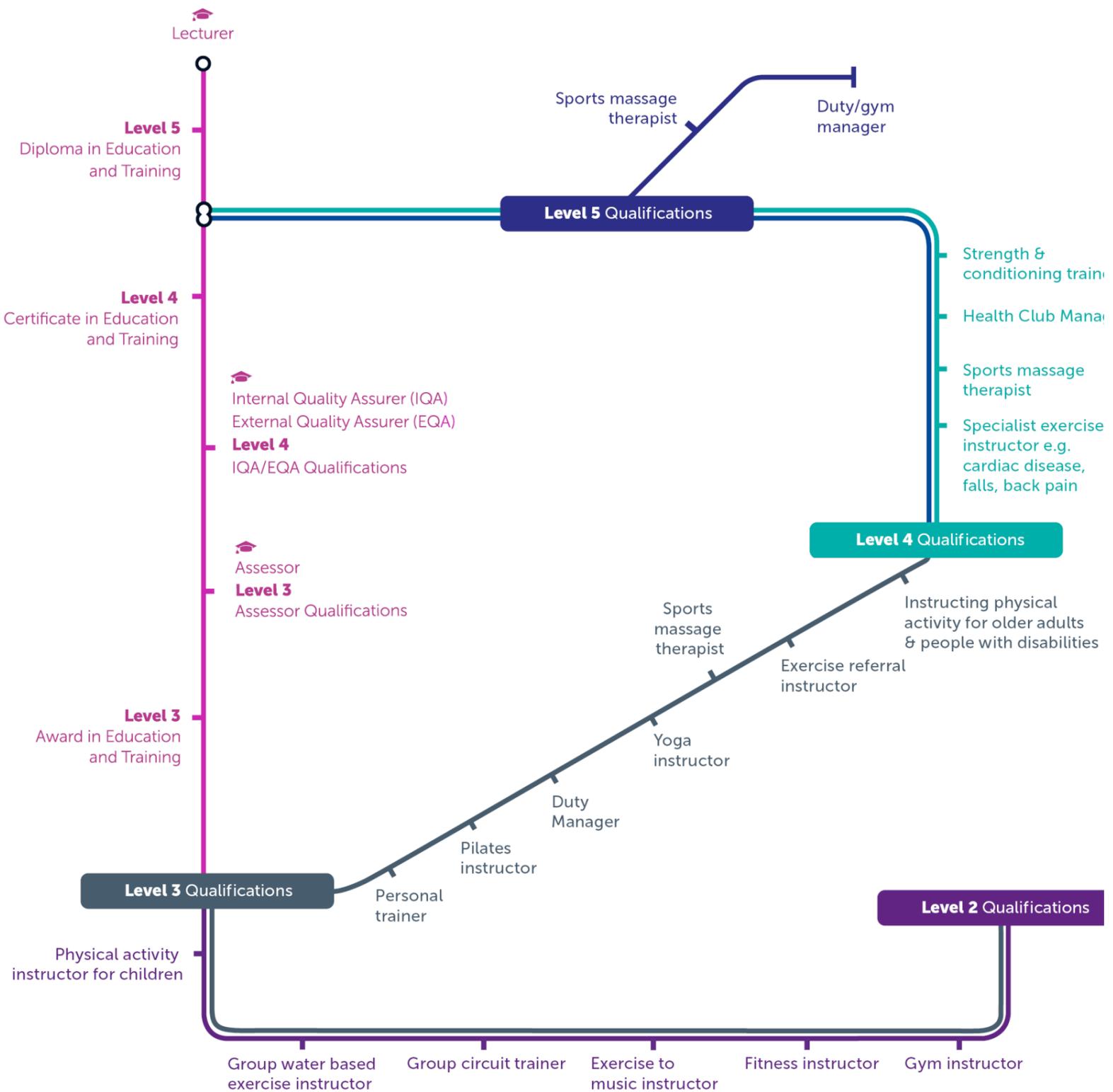
Take a look at where a career in Sports, Active Health and Fitness can take you...



Why choose a career in the Fitness industry?

If you enjoy sports, fitness and working with people, the sports and active leisure industry may be for you. It requires hard work and determination but it is a rewarding industry to work in. You can gain qualifications from Levels 1 to 5. Besides the practical subjects, you will also have to learn anatomy and physiology, nutrition, customer care and health & safety. Depending on the type and level of course, you may have to study business studies or psychology.

There are lots of different skill pathways to choose from that can lead to an interesting and rewarding career. Amongst other job opportunities you can be a gym instructor, personal trainer, sports therapist working in gyms, hotels, spas or on cruise liners.



Key

- Level 2
- Level 3
- Level 4
- Level 5
- Assessor & Education qualifications

“ There are lots of opportunities to travel.”