



 **UTC
SHEFFIELD**

**OLYMPIC
LEGACY PARK**



Sport Science

@ UTC Sheffield Olympic Legacy Park

The Sport Science specialism at UTC Sheffield Olympic Legacy Park provides students with the knowledge and skills to work across numerous areas of the sports and wellbeing sectors.

Understanding how sport, exercise and lifestyle effects the body is the basis of Sport Science. Breakthroughs in Sport designed initially to help elite athletes gain an edge are now being used to improve community health as well, the sports sector and the failed of exercise medicine is a growing area of research and study.

Sheffield City Region hosts a growing number of healthcare technology companies and is also a hub for leading research in sport, health and wellbeing, with national centres of excellence led by both universities, alongside elite sports bodies such as The English Institute of Sport.



What job could I get?

Below are just a few examples of the many jobs available within sport and medical professions which need young people with technical and scientific skills:

Sports Physiotherapist

Sports physiotherapists help sportsmen and women perform at their best by identifying and treating sports injuries. They develop treatment programmes to help recovery and also give advice on how to avoid sports injury.

Elite Athlete

Elite Athletes are skilled and talented sportsmen and women who are paid to compete in their chosen sport. You need to be physically fit and have a competitive nature.

Nutritionist

Nutritionists carry out research and use scientific knowledge to provide information and advice about the effects of food and nutrition on health and wellbeing.

Sport and Exercise Scientist

Using their scientific knowledge of the human body and the way it moves and the way people think sport and exercise scientists to help clients improve their sporting performance and general health. In this job you will need to be organised and be able to work in a team approach. .

More Career Ideas: Fitness Instructor, Coach, Sports Manager, Sporting Events Coordinator, Personal Trainer, Sports Therapist, Teacher...

**Sheffield City
Region is fast
becoming a hub
for sporting
technologies
in the UK**

Useful Links

For more job profiles visit:

- nationalcareersservice.direct.gov.uk

**British Association of Sport and
Exercise Sciences:** bases.org.uk



Employer-led projects

The location of Sheffield's newest UTC on the Olympic Legacy Park provides a unique opportunity for exciting projects spanning sport, wellbeing and technology.

The Olympic Legacy Park will be home to the new Advanced Wellbeing Research Centre, a collaboration between the Sheffield Hallam University Sports Engineering Research Centre, the National Centre for Sport and Exercise Medicine and Sheffield Teaching Hospitals. It will also be home to professional rugby and basketball stadiums and is already home to the English Institute of Sport and IceSheffield.

You will work with athletes, healthcare professionals, data scientists and coders

on projects about how to improve the performance of the human body.

For example, you could be working with a professional athlete and their coach, understanding how they build strength when they are training and apply this to people who are managing a chronic asthmatic condition. Or you could be working on a project about reducing the risk of sports injury alongside athletes, paramedics and physiotherapists.

These are just some of the employers you'll be working with:





How to apply

You can join UTC Sheffield in
Year 10 and Year 12.

Entry to the UTC is free and non-selective. UTCs are government-funded.

There are no entry requirements for Year 10. For details of how to apply and our Y12 entry requirements, visit our website.

A Level choices are tied to specialisms and therefore timetabled in specific locations (City Centre or Olympic Legacy Park) but there may be opportunity for flexibility. Please contact us to discuss your A Level choices if you are interested in A Level options across institutions.

**For details of how to apply, visit our
website: utcsheffield.org.uk/apply**

**We encourage everyone who wishes to apply to
come to one of our showcase and taster events.**

To check dates and book your place,
visit: **utcsheffield.org.uk/events**