

What can I do with a degree in Sport Coaching?

Sport Coaching.



Career planning: what do I need to know?

Knowledge of yourself is important for career decision making. Start by looking at your personal goals, abilities, values and interests to explore study and career options that are relevant to you. Some of these may change over time, so it is important to self-reflect and evaluate your career on an ongoing basis.

What do employers look for?

Many employers look for generic skills such as communication, customer-focus, bicultural competence, cultural awareness and teamwork. With technology and globalisation changing the nature of society, skills such as resilience, problem solving and adaptability are valuable at work as well as in life.

How can I develop these skills?

- Some skills are developed through your degree

- Extra-curricular activities can help, for example getting involved in clubs, mentoring, cultural groups, part-time work or volunteering
- Be open to professional and personal development opportunities. Whether it is undertaking an internship, overseas exchange, skills seminar, or joining an industry group — these activities will enhance your employability.

What else should I know?

The career options in this brochure are examples only and the list is not exhaustive. Some careers may require further study beyond a first degree or additional work experience. Some pathways and degrees have a recommended school background. Find more subject details at www.canterbury.ac.nz/subjects/sportcoaching

If this brochure does not answer your questions, talking to an expert such as a career consultant can help you to identify the next steps in your career decision making journey.
www.canterbury.ac.nz/careers

What is Sport Coaching?

Sport Coaching graduates are motivated and passionate leaders who inspire others and are committed to success. They are equipped with key skills employers are looking for, not just in sport, recreation or athlete development, but in everything from people development and motivation in business environments, to events and corporate management.

Sport Coaching students develop a valuable set of transferable skills including motivation and teaching skills, awareness of holistic health principles and well-being, interpretive and analytical skills, leadership and people management skills, and problem solving skills.



AT A GLANCE

78%

of sport coaching graduates were in their ideal employment or working in a step in the right direction*

62%

of paid employees in the sport and recreation workforce are formally qualified**

3.7%

growth expected in the number of sports and fitness professionals by 2023***

* 2017, 2018, 2019 UC Graduate Destinations Survey's combined

** 2017 Sport and Recreation Paid Workforce Survey

*** MBIE Occupational Outlook

What skills have UC graduates gained?

Through their Bachelor of Sport Coaching degree, graduates develop a valuable set of skills that are transferable to a range of careers. These skills include:

- Leadership and people management skills
- Communication skills
- Problem solving skills
- Interpretive and analytical thinking
- Project management
- Team building
- Coaching, motivation and teaching skills
- Knowledge of how the human body functions
- Patience and perseverance.

Hands-on learning

Learning outside the classroom is a large part of this degree. As well as a 120-hour internship in the final year, students undertake up to three coaching practicums, a noho marae experience and a trip to a sporting event. Several field trips are also integrated into classes. These experiences provide hands-on learning, working knowledge and opportunities to develop and demonstrate your skills with potential future employers.

Where have UC graduates been employed?

Sport Coaching graduates gain skills that are useful for roles in sports industries, government, community, policing, teaching and not-for-profit bodies. Some work in private enterprise including those who have started their own business.

UC Sport Coaching graduates have worked in:

- National organisations eg, Swimming New Zealand, Surf Life Saving New Zealand, High Performance Sport New Zealand
- Regional organisations eg, Canterbury Metro Cricket, Sport Canterbury, Canterbury Hockey, Canterbury Rugby Football Union, Christchurch School of Gymnastics, Primary Sports Canterbury
- Local organisations eg, Halswell United, Burnside Rugby Club, Mainland Football
- Educational institutions eg, St Andrew's College, Academy New Zealand
- Sporting franchises eg, Sydney Swans, Crusaders, Hurricanes, Tactix, Rams
- Private businesses eg, Ultimate Coaching, City Fitness, Release Sports, Kings Swim Club, Scorpion Supplements.

What jobs and activities do graduates do?

Graduates with this degree are employed in a range of jobs — see some examples below.

Note: Some of the jobs listed may require postgraduate study. See the 'Further study' section.

Sports coach

- Assesses strengths and weaknesses of a person or group and identifies areas for development
- Provides training advice to optimise physical and psychological performance
- Inspires confidence, self-belief, discipline, teamwork and trust

Coach educator

- Plans and provides coach education programmes
- Fosters wider participation and improves standards within a sport or recreation sector
- Mentors and develops coaches to progress

Strength and conditioning coach, sport nutritionist

- Develops goals and fitness strength plans with athletes and coaches
- Provides lifestyle and diet advice to athletes, teams and coaches at all sporting levels
- Works with coaches, athletes or clients during training to enhance nutrition and performance

Performance / technology analyst

- Analyses skill performance in team and individual settings
- Gathers and assesses data
- Supports and advises coaches and athletes

School sports director / coordinator

- Develops and manages school sport and fitness programmes
- Promotes high participation
- Recognises progress and achievement

Personal trainer, fitness instructor

- Helps people to improve their fitness
- Explains and demonstrates exercises, weight training or class routines
- Designs programmes to achieve personal goals

Community sports development, regional education manager

- Grows participation of players, coaches, officials and administrators
- Designs and delivers skill development programmes and workshops
- Provides professional development opportunities for coaches and umpires

Whānau Ora coordinator

- Plans and implements activities in the Whānau Ora context eg, at a kaupapa Māori provider
- Places whānau at the centre of the programme
- Integrates sport into a framework of values or customs, and with other services such as education and health

Entrepreneur & self-employment

Entrepreneurship and innovation are an increasing part of the working landscape. Through generating a business idea, or getting involved in a start-up/business venture, you have the potential to create a work opportunity that aligns with your knowledge, skills, values and risk profile. To get started on how to establish, run and grow a new business, go to Te Pokapū Rakahinonga, Centre for Entrepreneurship at the University of Canterbury www.canterbury.ac.nz/uce

What professional organisations can I engage with?

Connecting with professional bodies and organisations can help you to establish professional networks and learn more about different career options in your area of interest.

Gaining valuable insight into a profession can assist in making informed career decisions.

- Education Outdoors New Zealand
www.eonz.org.nz
- High Performance Sport New Zealand
<http://hpsnz.org.nz>
- Ihi Aotearoa Sport New Zealand
www.sportnz.org.nz
- Sport and Exercise Science New Zealand
www.sesnz.org.nz

Having a professional presence on social media networks such as www.linkedin.com and Facebook can help you to keep up to date with important industry developments and trends, networking opportunities, events and job vacancies. Following relevant professional bodies, organisations, companies and thought leaders is a great way to gain a deeper awareness of the industries that interest you. Social media presents an opportunity to build and enhance networks as well as to display your involvement in projects and any academic successes.

Why do further study and what are my options?

Postgraduate study can facilitate career benefits such as specialist skills, entry into a specific occupation, higher starting salary, faster progression rate, and advanced research capability. It is important to determine which, if any, further study will help you in your future career.

Sport Coaching graduates can go on to a master's or PhD. Further study can allow for greater specialisation and lead to an academic career.

One year's extra training can open other career possibilities eg, as a physical education or primary school teacher, or in the business world. Visit www.canterbury.ac.nz/courses for listings.

Useful links

Te Rōpū Rapuara UC Careers
www.canterbury.ac.nz/careers

Careers New Zealand
www.careers.govt.nz

The Exercise Association of New Zealand
<http://exercisenz.org.nz>

Sport Canterbury
www.sportcanterbury.org.nz



Blake



Ngāi Tahu
Bachelor of Sport Coaching with an endorsement in Strength and Conditioning
Strength and Condition Coach, Canterbury Rugby Football Union
Founder and Personal Trainer, Iconic Fitness

What are your career goals?

I have a passion for training and sport so I want to be a high-performance strength and conditioning coach with an industry-specific business.

What did you enjoy about Sport Coaching?

I liked the practical nature of the Sport Coaching degree at UC, and the way it could be directly applied to training and coaching. I also enjoyed the friendliness of the people there. The lecturers are great and the facilities are fantastic.

How did you make the most of your internship?

Thanks to the partnership with UC, the Crusaders Academy came and talked to us about an internship opportunity. I was a Crusader Academy and Canterbury ITM Cup strength and conditioning intern which involved being on the floor in professional gym environments to help with technique, spotting and exercise changing. I also contributed to programme development and did speed, strength and conditioning testing.

I helped out on game day with the ITM squad – for instance with setting up the changing room and warm-up. It contributed towards my degree, but I far exceeded the internship hours required.

Do you have any advice for new students?

Apply yourself as much as possible as the three years go very fast. Work out what specific areas you enjoy and work towards focusing on these more, especially with a number of endorsement options for the Bachelor of Sport Coaching. Network as much as you can with coaches and various people in the industry. The opportunities this degree gives for that are invaluable.

Read more online

Read more stories about our students' university experiences online. UC alumni make a difference in varied ways around the globe. To find out where graduates are now visit www.canterbury.ac.nz/getstarted/whyuc/student-profiles

The information in this brochure was correct at the time of print but is subject to change.

More information

UC students seeking study advice.

Te Kura Mātai Hauora | School of Health Sciences

The School is committed to making a significant contribution towards improving health outcomes and making meaningful change in people's lives locally, nationally, and internationally. The School is home to passionate researchers who are leaders in their field and are responsive to emerging research and community changes and challenges.

T: +64 3 369 3333

E: education@canterbury.ac.nz

www.canterbury.ac.nz/health

Anyone seeking careers advice.

Te Rōpū Rapuara | UC Careers

UC offers intending and current students and recent graduates a wide range of services, including individual career guidance, seminars, career resources and student and graduate employment opportunities.

T: +64 3 369 0303

E: careers@canterbury.ac.nz

www.canterbury.ac.nz/careers

Prospective students seeking study advice.

Te Rōpū Takawaenga | Student Liaison

The liaison team provide advice to future students who are starting their degree for the first time. They can assist with information on degrees, scholarships, accommodation, and other aspects of university life. We have offices in Christchurch, Auckland and Wellington.

Ōtautahi | Christchurch

T: 0800 VARSITY (0800 827 748)

E: liaison@canterbury.ac.nz

Tāmaki Makaurau | Auckland

T: 0800 UCAUCK

E: auckland@canterbury.ac.nz

Te Whanganui-a-Tara | Wellington

T: 0800 VARSITY (0800 827 748)

E: wellington@canterbury.ac.nz

www.canterbury.ac.nz/liaison

