

SPORT AND EXERCISE SCIENCE



Swansea University
Prifysgol Abertawe

EMPLOY ABILITY

guidance • information • advice • key dates



HELPING YOU TO SUCCEED

We take the future employment prospects of our students seriously and work with the Swansea University Employability Academy and our external partners to provide meaningful work experience opportunities both at home and abroad. We are proud of our employability record with many graduates gaining employment in the sport and exercise science industry.

We provide a supportive environment and there will be many opportunities to prepare yourself for your future career. Make the most of all that is on offer to you!

Inside this leaflet you will find guidance on the support you can expect from us, career advice, and useful information on planning your future career whilst at university.

"I'm positive that without the help of the lecturers at Swansea University, and the opportunities that I had, I would not be working with a Premiership team."

Tom Taylor
Sports Scientist at West Ham United
Sports Science graduate



PLANNING YOUR CAREER

GUIDANCE AND VACANCIES INFORMATION

Our strong links with elite sports organisations, medical health bodies and education benefit you as a student because close working with these groups ensures you are kept up-to-date with sport and exercise science trends, ready to make a major contribution to organisations from day one. Through our links we have high-profile placements with major sporting teams and venues.

Within Sport and Exercise Science, we have a unique **Innovation and Engagement** group, consisting of external partners from elite sport, fitness and health, business and management, and education. This group helps provide employability pathways for our students.

Every year we organise a number of careers events and activities for our students. The University's **Annual Careers Fair** is attended by many of the UK's largest graduate recruiters.

The Swansea Employability Academy (SEA) organises the annual **Employability Week**, which provides workshops and events where students enhance core graduate competencies in areas such as teamwork, communication, presentation skills, project management and professionalism.

Our academic staff and careers advisers have a wealth of experience about what companies look for when you are applying for your first job. Do **ask for advice** on your application and interview techniques.

The University offers a full central careers service with:

- Specialist advisers
- Databases of vacancies
- One-to-one appointments to discuss CVs, applications, interviews and career paths

We encourage all of our students to take the opportunity to use these facilities and services. You can make an appointment with a **Careers Adviser** at www.swansea.ac.uk/careers/appointments-with-advisers.

ENTREPRENEURSHIP

The University also provides free support to students who would like to develop their own business. Support is provided with business planning, company registration, intellectual property advice, and grant applications. To find out more, visit www.swansea.ac.uk/careers/entrepreneurship/supportforstudents.

"Embrace the opportunities, and tap into the bank of knowledge that the staff at Swansea have."

Dan Wadsworth

Research Officer - Institute for Food, Nutrition and Human Health, Massey University, New Zealand
Sports Science graduate

"My placement with Swansea City was organised through the University and was part-time over one year. As a result of the placement, I am now starting my job as a Sports Scientist at the club."

William Sparkes

MSc by Research student at Swansea University and Sports Scientist at Swansea City Football Club
Sports Science graduate

SEA AWARD

THE SWANSEA UNIVERSITY EMPLOYABILITY AWARD

Employers are looking for more than a degree when choosing graduates to employ.

Here at Swansea University, you have the opportunity to join a structured programme that will enhance your employment prospects, both in the UK and globally, by:

- Offering you the opportunity to plan for your future employment using an online career learning tool to support you with career planning and job search
- Providing you with a comprehensive report of your achievements as a student, in the form of the Higher Education Achievement Report (HEAR)
- Enabling you to choose to search for employment opportunities online and allow prospective employers to access your academic and personal profile

Employers are increasingly using online technology like the Gradintel software, where HEAR is stored electronically, to find the best students. Don't miss the opportunity to help make decisions about your future after university and to build an effective and informative CV.

Register at www.sea.swansea.ac.uk

“During my final year at Swansea University, my dissertation involved working with children. This led to my current job as a Knowledge Exchange Scholar in Physical Activity and Health with the City and County of Swansea. I work in a vibrant environment that tries to get every child involved with sport for life.”

Sam Tuvey

**Knowledge Exchange
Scholar, Physical Activity
and Health, City and
County of Swansea**

Sports Science graduate

KEY DATES

JULY - AUGUST

- Gain work experience to enhance your CV during the summer holidays.
- Graduated and didn't find time or manage to secure a job whilst studying? Don't panic - there is plenty of support available and many companies will still be recruiting.

SEPTEMBER - DECEMBER

- Larger employers open applications for graduate opportunities. You can apply for a job or placement directly with employers or through an organisation such as GO Wales and STEP.
- Final year student and want to apply for further studies? This is also the time to start researching options and making applications.
- Students in all years - join University clubs and societies to gain general skills and experiences.
- Register for the Swansea University Employability (SEA) Award and start completing 'My future', to help plan your future career.
- Attend the University Careers Fair in October.
- Attend the talks and presentations given by various companies and organisations throughout this semester.

JANUARY - JUNE

- Continue with the job, placement or further study search, but remember to balance this and your studies carefully.
- There is plenty of support available from the University Careers Service to help with applications, interviews and assessment centres.

DO YOUR RESEARCH

KNOWLEDGE IS POWER

When choosing a potential employer, you will need to invest some time and effort, researching companies you would like to work for, rather than sending out hundreds of generic applications. Time spent on a few, well-constructed applications will prove to be time well spent.

There are several areas you can research to make informed choices. You can then use this knowledge when applying to tailor your application to the employer. Look at:

- Size and work of the employer
- Reputation and strengths
- Recent developments and plans
- Recruitment and selection procedures

Through your research, you can shape your own sport and exercise science career.

Contact the University Careers Service for free help, advice and guidance. Daily appointments are available so book yourself in!

Rhys Jones

PhD student at Swansea University and Sport Scientist at Scarlets Rugby

CV TIPS

MAKE IT THE BEST!

STRUCTURE (name, contact information - remember to use an email address that sounds professional!)

PERSONAL DETAILS (include grades, subjects, any modules studied relevant to the role, awards and prizes)

SPORT AND EXERCISE SCIENCE WORK EXPERIENCE (include the areas of work and tasks undertaken, include any particular software used)

EMPLOYMENT HISTORY (include the areas of work, any responsibilities and transferable skills such as customer service, teamwork)

SKILLS (include software packages, languages)

+ **INTERESTS & ACHIEVEMENTS**

+ **REFEREES**

“Try and gain work experience in a relevant area as this can really help make the difference on your CV.”

Eamon Swift

Head Sport Scientist with West Ham United Academy
Sports Science graduate

REMEMBER TO:

- Keep the CV to two sides of A4
- Adapt the CV so it is relevant for each job you apply for. It is also important to adapt your cover letter. Avoid just cut and paste
- Be consistent in font size/style, use of capitals/underlining/bold and layout/margins
- Use correct grammar and punctuation. Ask someone to proof read your CV before sending

KEY SKILLS FOR SPORT AND EXERCISE SCIENTISTS

Your degree programme offers many opportunities to develop the intellectual and transferable skills that many employers are looking for in new graduates. The skills strength areas for Sports Science include:

- Ability to use analytical skills and tools to formulate and solve problems
- Ability to use laboratory and workshop equipment to generate data
- Ability to work in a multidisciplinary team
- Effective use of IT
- Practical skills in using tools, techniques and equipment
- Creativity
- Effective oral and written communication
- Management of time and resources
- Self-discipline and motivation
- Project management skills
- Safety awareness
- Innovation

You can also develop your skills outside of academic work, through extra-curricular activities, student jobs and voluntary work. We encourage you to become involved in these activities so that you can build up your experience.

PLACEMENTS

We encourage all our students to take part in a placement during their time at university.

Swansea University has initiatives to help you gain valuable knowledge and experience of working life. This includes:

- The Swansea Paid Internship Network (SPIN)
- Week of Work (WoW)

To find out more information about these schemes and how to get involved, visit www.swansea.ac.uk/employability-academy/spin.

EXAMPLES OF CAREERS IN SPORT AND EXERCISE SCIENCE

- Sports Scientists
- Performance Scientists
- Strength and Conditioning Coaches
- Performance Analysts
- Physical Activity and Health Promotion

"During my studies I completed voluntary work within swimming. It developed so this led to me completing an undergraduate dissertation with British Swimming in a practical environment aiming to enhance performance.

I also completed an internship with Sport Wales during my final year of undergraduate studies and during my masters which gave practical relevance to the information I was learning during my degree. It also provided practical experience that was a huge benefit when I applied for my current job."

Natalie Williams

**Sports Science Manager
for Swim Wales**

Sports Science graduate



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www.facebook.com/SwanseaUniSportsScience



@SUSportsScience



<http://linkd.in/1b8Tv5j>

"Without my academic background in Sports Science and the applied work that I undertook alongside my degrees I would not be in my current position. Due to the nature of my role I draw upon aspects of Sports Science that I studied in Swansea on a daily basis."

Joe Taylor

**Talent Scientist with English Institute of Sport
BSc/PhD Sports Science**