

Ten great reasons to become a sports and exercise scientist

1 Choose your destination

From elite sport, healthcare and research to teaching, product development and data analysis – what will your career path be?

2 Tackle health challenges

Develop new ways to increase physical activity to reduce the risk of conditions such as diabetes and cardiovascular disease. You could prevent millions of deaths a year by getting people more active.

Learn more about the benefits of physical activity:
<https://tinyurl.com/mwsp3xvm>

3 Maximise athletic performance

Refine techniques, personalise nutrition and increase confidence. Advances in sports science enabled the 2-hour marathon barrier to be broken – what could be next?

More on breaking the 2-hour marathon barrier:
<https://tinyurl.com/3xuftwrc>

4 Prevent injury

Assess risk factors using state-of-the-art technology and develop prevention strategies to reduce the number and severity of costly injuries.

5 Boost mental health

Use exercise as a mental health boosting medicine that can improve mood, self-esteem and cognitive function. Did you know that exercise is an effective intervention to improve depression, anxiety and distress?

6 Work together

Combine expertise as part of a multidisciplinary team to maximise performance or optimise health outcomes. At the UK Sports Institute, world-class scientists, medics, engineers and technologists work together to influence success.

7 Advance research

Become an expert, gain respect and influence the future. Research groups use cutting-edge science to answer novel questions to progress our understanding of how the human body adapts to exercise.

8 Inform policy

Have a meaningful impact by informing policies that govern how we work with athletes, ensure the safety of sport and address the public health agenda.

Learn about government approaches to concussion in sport:
<https://tinyurl.com/3sdfyspm>

9 Contribute to the economy

In 2019, 150,000 sports and exercise jobs contributed £4 billion to the UK economy.

Read the report findings from *The Physiological Society*:
<https://tinyurl.com/3bky8p9t>

10 Enjoy your future

Turn your passion for sport and exercise into a career where you can make a difference.

Check out the British Association of Sport and Exercise Science's (BASES) career guide: <https://tinyurl.com/42zkjyxz>

PEReviewExtras



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