Sport Coaching

About this area of study

Sports coaching is a challenging and rewarding profession which seeks to enhance athletic performance. Some employment options for sport coaches include professional sports coach, high performance manager, academies of sport, and sports administrators. Some of the places that employ sport coaches include national and state sporting organisations, professional sporting clubs, government agencies (federal, state and local), or self-employment.

As well as traditional roles in education and the fitness industry, you may pursue employment in sports administration, facility management, community health, and sport science.

Sports coaches may perform the following tasks:

- observe individuals' performances to determine the level of instruction required
- teach techniques for players to acquire additional skills or improve existing skills
- supervise practice sessions
- plan training programs
- supervise the physical development of athletes
- organise and liaise with sports science support staff
- arrange entries into competitions
- plan and direct game strategy, sometimes in consultation with club officials
- analyse the progress of games or competitions, and give signals and instructions to players
- carry out after-competition analysis of performance and evaluate strategy and performance
- undertake related administrative tasks such as booking venues, organising tours and budgeting
- recruit players and other coaching staff

You can work as a sports coach without formal qualifications. However, entry to this occupation may be improved if you have qualifications in a relevant discipline.

Training and registration

It is recommended that all Sports Coaches are accredited through The National Coaching Accreditation Scheme (NCAS), through the Australian Sporting Commission. All NCAS registered qualifications require updating every four years. Coaching courses are available for over 70 sports played in Australia.

Courses offered by Deakin University

- Bachelor of Exercise and Sport Science
- Bachelor of Exercise and Sport Science/Bachelor of Commerce
- Bachelor of Health Sciences (Exercise Science major)

- Bachelor of Sport Development
- Bachelor of Physical Education

Labour market information

Grads online has information regarding graduate salaries and where graduates go after completing their course www.gradsonline.com.au

Job Outlook has information about the labour market outlook http://joboutlook.gov.au

Note: Much of the labour market information available is combined with other sporting professions, so please take this into account when viewing the information.

Related occupations

- Fitness instructor
- Recreation officer
- Sports administrator
- Sports development officer
- Sports official

An industry career profile, salary and other employment information can be obtained from the My Future website www.myfuture.edu.au

Descriptions of occupations can be found at The Job Guide www.jobguide.thegoodguides.com.au

Employers

Australian Institute of Sport www.ausport.gov.au/ais

Department of Health www.health.vic.gov.au

Sporting Pulse www.sportingpulse.com

ALF www.afl.com.au

Sport and Recreation Victoria www.sport.vic.gov.au

Geelong Football Club www.gfc.com.au

YMCA www.ymca.org.au

Bounce Health www.bouncehealth.com.au

Fernwood Fitness Clubs www.fernwoodfitness.com.au

Cricket Australia www.cricket.com.au

Tennis Australia www.tennis.com.au

Golf Victoria www.golfvic.org.au

Bowls Victoria www.bowlsvic.org.au

For specific employment opportunities

Deakin University Jobshop www.deakin.edu.au/jobshop

Health and community jobs www.hacjobs.com.au

Sport Jobs www.sportjobs.com.au

Job Seeker www.jobseeker.org.au

Science Alert www.sciencealert.com.au

Victorian government health jobs www.health.vic.gov.au/jobs

Graduate Opportunities www.graduateopportunities.com

Uni Grad www.unigrad.com.au

Seek www.seek.com.au

My Career www.mycareer.com.au

Career One www.careerone.com.au

Professional associations

Australian Sports Commission www.ausport.gov.au

Australian Council for Health, Physical Education and recreation www.achper.org.au

Victorian Institute of Sport www.vis.org.au

Fitness Australia www.fitnessaustralia.com.au

Women's Sport and Recreations Victoria www.womensport.com.au