

## Sports Therapist

Sports therapists work with sports people offering advice on how to train and compete safely, as well as treating injuries that may occur.

### The Work

You could be:

- developing a programme for injured sports people to restore them to full performing standard
- using movement and manipulation to identify muscle and joint injuries
- planning and delivering programmes of massage, sauna, hydrotherapy and other therapies to treat injured sports performers
- using weighted exercise equipment and electronic muscle-exercisers
- advising on techniques to strengthen the muscles and prevent future injury in sports performance
- monitoring clients before and after they perform, supervising warming-up and cooling-down exercises
- helping clients prepare for a sporting event and testing their fitness levels
- working with coaches, doctors, physiotherapists and sports scientists
- possibly giving first aid to sports people at sporting events.

### Pay

The figures below are only a guide. Actual pay rates may vary, depending on:

- where you work
- the size of company or organisation you work for
- the demand for the job.

Pay can depend on employer and location. As an assistant sports therapist with a team you could earn from around £18,000 a year. A full time sports therapist with a professional team would earn approximately £30,000 to £35,000 a year. A self-employed sports therapist might charge individual clients around £30 to £60 an hour.

### Conditions

- Working hours usually includes evenings and weekends, to accommodate clients who work during the day.
- You could work part time.
- Your job may include a lot of physical exertion and heavy lifting.
- You would be based in a treatment room at a sports injury clinic or linked to a sports team or club, or maybe both, but you may also spend time outside in all weather during matches and training.
- You may work with some patients in a swimming pool.
- You may travel with athletes, possibly abroad, and you might sometimes be away from home overnight.

### Getting In

There is no single route into sports therapy. You could enter in one of the following ways.

- An HND (SCQF Level 8) in Sports Therapy.
- The City of Glasgow College, Edinburgh College and the University of the Highlands and Islands (Inverness, Moray and Perth campuses) offer an HND in Sports Therapy. Entry is 2 Highers (English and a science subject may be preferred).
- Several universities in England offer a degree in Sports Therapy accredited by the Society of Sports Therapists. See their website for details.
- A degree (SCQF Levels 9-10) in sport and exercise science or similar – for entry you need 4-5 Highers including 1-2 science subjects.
- A recognised qualification in physiotherapy (see article on [Physiotherapist](#)) – for entry to a degree course you need 4-5 Highers including 1-2 science subjects.
- A degree in physiology, sports science, psychology, medicine or physiotherapy plus a relevant postgraduate (SCQF Level 11) qualification. The University of Glasgow runs a postgraduate course in Sport and Exercise Science and Medicine.
- An osteopathic or chiropractic qualification.
- It is important to choose a course accredited by the Society of Sports Therapists as this will allow you to obtain professional indemnity insurance.
- You will require a satisfactory criminal record check from [Disclosure Scotland](#) to show that you are suitable for this type of work. Contact Disclosure Scotland for details on the type you would need.
- You would also require a valid first aid certificate.

You might find work in a sports club, sports organisation or private hospital. Most sports therapists have several part time jobs or are self-employed.

## What Does It Take

You need to be:

- physically fit
- patient and willing to persevere
- enthusiastic and optimistic
- motivational
- confident and decisive
- reassuring and sympathetic when clients are frustrated by injuries
- good at keeping records of treatments and programmes
- able to work under pressure and as part of a team with sports people and other professionals.

You should have a sympathetic approach to people of all ages and levels of sporting ability.

## Training

- Training is on the job but you must be prepared to keep yourself up to date with new techniques.
- You may wish to specialise in a particular area of sports therapy.
- [The Society of Sports Therapists](#) runs conferences, workshops and courses for continued professional development.

- You could also study for additional qualifications such as a Masters' degree in a sports related subject.

## Getting On

- You may start by working part time in several centres and then move to a full time post with a sports club or organisation.
- You might improve your salary and gain further experience by moving to a more prestigious sports organisation.
- With experience, you could move into a supervisory post or fitness consulting or personal training.
- You could also move into full or part time lecturing, research or teaching.

## More Information

The Society of Sports Therapists is working with the Health and Care Professions Council with a view to the profession becoming state registered.

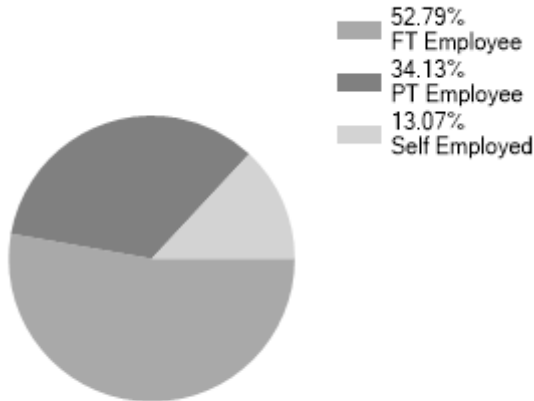
For more information please see list of organisations below:

- [SkillsActive](#)
- [sportscotland](#)

## Contacts

## Statistics

Employment Status UK %

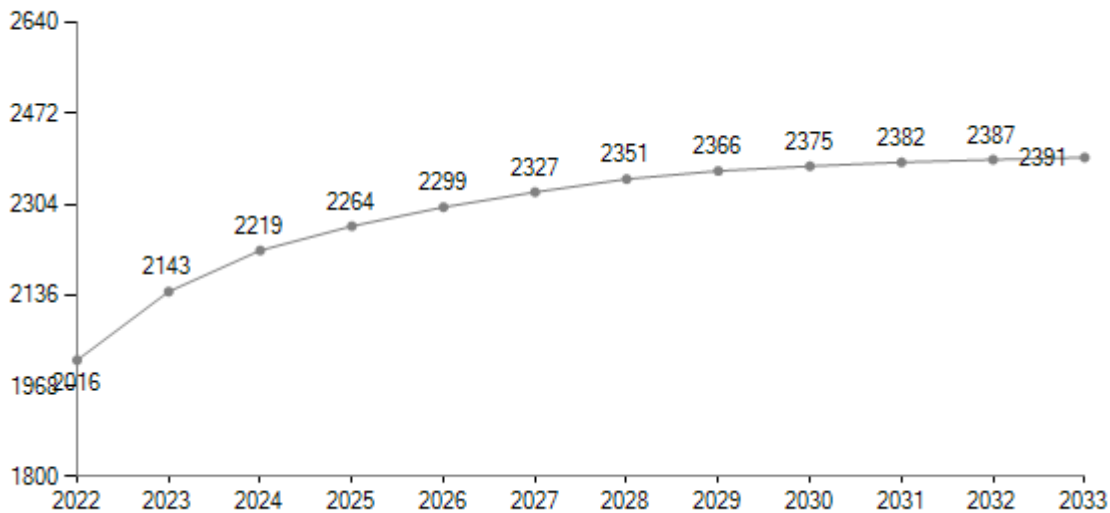


### Past Unemployment - Scotland

No Claimant statistics available for Scotland.

LMI data powered by [LMI for All](#)

Predicted Employment in Scotland



LMI data powered by [Lightcast](#)