

What is a

Sports

Performance Analyst?

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in sport.

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Meet Chris, a Sports Performance Analyst for British Judo.

Chris is the performance analyst for the English Institute of Sport and works with the British Judo team at the Centre of Excellence. He has been involved in Judo as a performer for the last 23 years.



What is the role of a Performance Analyst?

A performance analyst will provide relevant key performance information to athletes and coaches during and after performance. Information is provided to improve performance through understanding and improving techniques, movement and tactics within a sport. They can measure the techniques and tactics of the best performers and then compare them against the athletes they are working with and provide guidance on how athletes can improve and develop.

How did you establish a career in sports performance?

I did a BSc (Hons) Physiology and Sports Science. At the end of the second year I applied for an internship to work as a performance analyst at Glasgow Warriors. I did this alongside my degree for the last two years and another two years after I had finished studying. I worked with the Scottish National Rugby team as well providing sport science support, including GPS monitoring and wellness monitoring.

What advice would you offer to young people looking to work in sports science?

I would suggest going through formal undergraduate education but ensure any programme you enrol on has a practical work placement. You need to have the experience and have the opportunities to learn about building relationships and find out what it is like working with individuals and within different organisations.

**Interview from Careers in Sports Science by Simon Rea*

Average Salary:

£18,000 to £60,000 per year

Weekly working hours:

35 to 39 irregular. You could work:
evenings / weekends / events

Future need for this role:

There will be 3% more Sports Scientist jobs in 2025.

Industry:

Sports Science