

What is a

Performance

Sports Scientist ?

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Meet David, a Performance Sports Scientist for McLaren F1

David Harvey is a Performance Sports Scientist for McLaren Applied Services, helping to train the pit crew and engineers to create efficiency, precision and speed. David spoke to us about his role as a sports scientist, his advice for anyone looking to get into the field and the secrets of the industry.



How did you become a performance sports scientist?

I did both an undergraduate and a masters degree in sports science, but it was my voluntary work – for Aldershot Town FC – that impressed. I worked voluntarily during my summers.

What does your role involve?

I help train the team behind the team, so the pit crew and engineers. I help ensure they're fit for each race. The pit crew, for example, is a crucial part of the McLaren team, and it's important they're able to execute a pit stop accurately and in the quickest time. To help them do that, we work on the fundamentals of sleep, nutrition, hydration and immune function, and then apply strength and fitness training to help them do the job to the best of their ability.

What advice would you give to anyone who would like to get a job in sports science field?

Contact your local sports clubs and offer to work for them. If you're particularly into F1, there are smaller teams around, but just getting involved with a sports team will show employers you're keen to work in the field of sports science.

Average Salary:

£18,000 to £60,000 per year

Weekly working hours:

39 to 41 irregular. You could work: evenings / weekends / bank holidays

Future need for this role:

There will be 3% more sports science jobs in 2025.

Industry:

Sports Science