

What is a

Sports

Therapist?

careers
in sport.

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Meet Kate a senior lecturer in sports therapy who used to work in professional and semi-professional rugby union.

What is the role of the Sports Therapist?

A career as a sports therapist focuses on the sports injury management of athletes. This may be a clinic-based role, or a role with a sports team. Sports therapists are highly trained in the diagnosis, treatment and sports-specific rehabilitation of all musculoskeletal injuries that occur in sport. The Graduate Sports Therapist has a large role to play in medical screening and injury prevention. A Graduate Sports Therapist also has a solid understanding of sports sciences including exercise physiology and sports biomechanics and we are trained in pitchside first aid/sports trauma management, taping and strapping and manual therapy which includes sports massage, joint mobilisations and also electrotherapy.

How do you train to be a Sports Therapist?

To train to be a sports therapist you need to study a BSc (Hons) or MSc sports therapy degree from an accredited university.

I also work as a senior lecturer at the University of Wales Trinity Saint David. All students who complete the degree here are eligible for full membership to the Society of Sports Therapists and can call themselves a graduate sports therapist. It is a tough programme of study as a sports therapist you have to learn so much in just three years you will be seeing your own patients, diagnosing and treating their injuries so we have to make sure you know your stuff!



Average Salary:

£18,000 to £45,000 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