



UNIVERSITY OF  
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# National Sports Roadshow

Sponsored by  
**Careers in Sport**

**10:00 to 16:00**  
Thursday, 12th February 2015

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# Welcome to the Lincoln National Sports Roadshow



The National Sports Roadshow provides a platform for employers, trainers, students and professionals to interact with each other.



The **Careers Zone** highlights the diversity of careers available within the sport and fitness industry. Experts working within different sectors will be delivering presentations on what their role involves and offer helpful advice on the right qualifications and experience required.

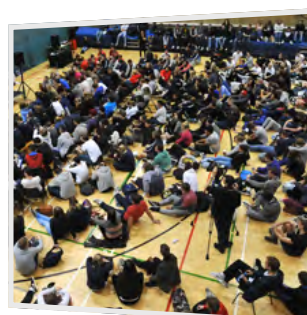


The **Health Zone** is an interactive area for delegates to undertake basic health screenings and participate in health and exercise activities. Delegates can undertake Health M.O.T sessions, delivered by The City of Lincoln Council Healthy Lifestyles Team and the University of Lincoln School of Sport & Exercise Science.



The **Sport and Fitness Zone** provides guidance on how you can achieve your career and personal fitness goals.

We hope you enjoy your visit to the National Sports Roadshow and that it helps you consider, develop and achieve your own goals.



# Careers Zone

## Careers in Sport Presentations (A)

The Careers Zone highlights the diversity of careers within the sports industry and aims to provide anyone who would like to find a job in sport and leisure with the information they need to establish their career. Experts working within different sectors deliver presentations on what their role involves and offer helpful advice on the right qualifications and experience required.

### 10.30 – 11.00 Harvey Grout, Careers in Sport

#### What are your career options in the sports industry?

This presentation highlights a diverse range of careers within the sports industry for you to consider. So if you do love sport then we highlight the opportunities available in sports science, sports management, sports coaching/teaching and sports media.



### 11.15 – 11.45 Steve Burnett, England Golf

#### Careers in Sport: Case Studies within an NGB

This presentation will provide an overview of the player pathway in professional sport, which will demonstrate the depth of the players and squads involved and their levels of ability. This will then lead into the staff required to manage the process, to carry out the coaching, plus all of the sports science support. A career map and case study of the key people within England Golf will be provided and what they've done to get where they are.



### 12.00 – 12.30 Lincolnshire FA

#### Officiating in Sport - Could you be a Football Referee?

Ever considered being the Referee? Do you believe you have the qualities to control the game? Michael Brader, Referee Development Officer for Lincolnshire FA will lead an interactive session on the challenges of being a Referee. Come along and see if you can make the grade.



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For more information about the University of Lincoln, visit:

[www.lincoln.ac.uk](http://www.lincoln.ac.uk)



**12.45 – 13.15 Peter Cleaver, The Sports Group**

**Careers in the Leisure and Fitness Industry**

Peter has over 25 years of experience working in the leisure and fitness industry. Peter will provide an overview of the diverse careers available and advice on the pitfalls to avoid and guidance on how to develop a career in the industry.

**The Sports Group**  
www.thesportsgroup.co.uk

**13.30 – 14.00 Dr Sandy Willmott, University of Lincoln**

**Careers in Sports Science**

Sandy is a Senior Lecturer in Sports Science, with a specialism in biomechanics. His presentation will introduce the different areas of sports science and then explore the very wide range of work – including teaching, research, consultancy and applied support for athletes and coaches – that sports scientists can undertake, and how to create a career from these.



**14.15 – 14.45 Aaron Hall, Macmillan Physical Activity Practitioner**

**Physical Activity Promotion & Community-Based Health**

Aaron is a Macmillan Physical Activity Practitioner, a role in which he supports clients diagnosed with cancer to increase their physical activity levels. Before this he was an exercise referral coordinator for the YMCA and his presentation will cover careers that involve the design of exercise programmes to improve the physical activity levels, health and well-being of community members.

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CANCER SUPPORT**



# Careers Zone

## Careers in Sport Presentations (B)

**11.15 – 11.45** **Keeley Baptista, Kick it Out**

### **Raise Your Game - Assisting your Career in Football**

The presentation will talk about Kick It Out's Mentoring and Leadership programme, the placement opportunities available and the 'Raise Your Game' conference; which provides mentees with an insight into careers in football and a chance to network with those that currently do.



**12.00 – 12.30** **Paul Cook, Frontier Physical Conditioning**

### **From Graduate to Business Owner: Following Your Passion**

Graduating from university can be an exciting time for sport students, but it can also be a daunting one since the sport and fitness industry is a competitive sector. Paul will draw on his personal experiences, which have seen him open and expand his own body composition gym, to explain how you can get ahead of the game.



**12.45 – 13.15** **Jon Pettit, Director, PE Recruitment**

### **Employment Opportunities in Schools**

Schools contact PE Recruitment when they need to find high quality, qualified individuals who can teach PE, or locate specialist sports coaches and school sport professionals. Jon will discuss a variety of options available in the education sector, culminating in how to become a PE Teacher. The presentation will also focus on where to seek out these opportunities and provide application and interview tips.



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**13.30 – 14.00 Andy Hibberd, Lincolnshire Cricket**

**Working for an NGB: England and Wales Cricket Board**

Working for an NGB can provide a range of opportunities in a number of different environments whether it is coaching, sports science support or sports development. Andy will be able to present some real life examples of job opportunities within the England and Wales Cricket Board and tell his story about how he got there.



**14.15 – 14.30 Gary Benson, Sports Therapy Association**

**Careers in Sports Therapy**

This presentation provides current information surrounding differing entry routes, qualifications and careers in Sports Therapy. The Sports Therapy Association is a membership body, representing members interests within the industry.



**Sir Steve Redgrave at  
Brunel NSR 2014**

# Careers Zone

## Careers Guidance

An open 'Careers Clinic' is available for attendees to drop in and ask the team of Careers Advisors for personal advice.

The Careers Team will also be running a series of 20 minute presentations throughout the day;

**11.15 – 11.35** Making the Most of Social Media

**12.15 – 12.35** Tips on How to Write a UCAS Personal Statement

**13.15 – 13.35** Build a Sports CV for Success

**14.15 – 14.35** Creative Job Searches





# Chasing a Career in Sport?



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# Health Zone

The Health Zone is an interactive area for delegates to undertake basic health screenings and participate in health and exercise activities. Delegates can undertake Health M.O.T sessions, delivered by The City of Lincoln Council Healthy Lifestyles Team and the University of Lincoln School of Sport & Exercise Science.

## Health M.O.T

Take time out to get your health M.O.T with measurements including:

- Blood pressure
- Body fat %, muscle mass, visceral fat % and your metabolic age
- Hand grip dynamometer to test your maximal grip strength
- Micro spirometer to test your lung function



## Fit for Health Challenge

Find out what it's really like when your health begins to impact on your ability to be active. Take our physical challenges, compete with friends and see how you cope!



# Health Zone

## Sports Science Workshops

These workshops will focus on providing a practical overview of the type of testing and research that is undertaken in sport and exercise science, and they will be relevant to anyone who would like to gain an insight into what goes on in the Human Performance Centre at the University of Lincoln.

**11.00 – 11.45 Biomechanics Laboratory**

**12.00 – 12.45 Dr Sandy Willmott, Franky Mulloy & Anthony Gorman**

### Motion Capture and Technique Analysis

This session will introduce participants to cutting-edge technologies for technique analysis, including optoelectronic motion capture systems, high-speed video and real-time biofeedback. Participants will have the opportunity to conduct a 'live' technique analysis and assess the impact of instant feedback on performance.



**13.15 – 14.00 Biomechanics Laboratory**

**14.15 – 15.00 Dan Bishop & Dr Tom Gee**

### Sports-Specific Strength Training

This interactive workshop will be delivered by UKSCA Accredited Strength and Conditioning Coaches and will provide a practical insight into how resistance exercises can be tailored to a specific sporting example. Participants will be encouraged to trial and experiment with specialised exercises and consider how the movement patterns featuring within sports can be integrated in a sports-specific strength and power programme.



**11.00 – 11.45 Physiology Laboratory**

**14.00 – 14.45 Dr Mark Smith & Dr Christian Swann**

### Cognitive Function and Exercise: Placing the Brain at the Centre of Our Engine

Effective brain function during exercise is essential but it has only been during the last decade that scientists have started to investigate how physical exertion affects the brain. During this interactive workshop participants will be able to explore the relationship between cognitive function and exercise and gain an appreciation of the brain's central role as a controller and regulator of our effort and intentions during physical activity.



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# Sport and Fitness Zone

## Sport and Fitness Sessions

The Sport and Fitness Zone offers delegates an opportunity to participate in and observe taster sessions in a diverse range of sport and fitness activities. Bring your trainers and take part in the latest fitness crazes.

### 10.15 – 10.45 Lincolnshire FA

#### Football Mash Up

The Football Mash Up programme is a recreational football offer which is used to engage young participants who are disengaged, partially engaged or have left the game. The programme empowers the participants to take responsibility for their own session. FMU also gives young leaders and young coaches opportunities to gain experience in delivering sessions in an environment that's enjoyable and proactive, looking to re-engage further participants.



### 10.50 – 11.20 Lincolnshire Cricket

#### ECB Coach Education

ECB qualified Coach Education tutors will provide a taster session to aspiring coaches which is based around the Cricket Activator and Coach Support Worker modules. The session will include an introduction to cricket based games and also an appreciation of the specific coaching tools used within the coach education courses.



### 11.25 – 11.55 Tchoukball UK

#### Tchoukball

Tchoukball is an exciting and inclusive sport that can be played by anyone. Teams score a point by shooting the ball at the net and the ball touching the ground outside the 'D'. We will have our best coaches giving you a chance to shoot, defend and slide with a bit of passing, and that is all you need to play! Tchoukball is unique because you can shoot at either end with everyone attacking and defending. Come and have a go at this fun team sport.



**12.30 – 12.30**

**Powerhoop**

Powerhoop workout classes involve more than just hip-twirling; the weighted Powerhoop is used in a variety of manoeuvres to work all of the body's muscle groups. Due to its large diameter, Powerhooping is for everyone, regardless of age, size or condition.



**12.35 – 12.55 Primal Health Academy**

**Bodyweight Conditioning**

The dance workout designed to help you get fit, have fun and look great on the dance floor! A Dance fitness programme based around contemporary commercial dance – a strong, funky style that integrates elements of street dance, house, disco and commercial, performed to the latest, licensed chart music.



**13.00 – 13.30 Global VX**

**VX**

VX is one of the fastest growing and simplest sports around. In seven years it has gone from nothing to a presence in 23 countries with 13 NGBs and international competition. In the workshop players will be taught the basics and then thrown straight into game play demonstrating that beginners can be playing this sport at a fast pace almost immediately and, most importantly, having fun.



**GLOBAL**

**14.45 – 15.15**

**Powerhoop**

A practical session that offers athletic performance with bodyweight conditioning. In fitness we are often confronted with the goal of having an athletic figure and the truth is, to look like an athlete you must train like an athlete. Attend this practical workshop and take home two easy-to-apply athletic circuits that require no equipment whatsoever.



**Plus!**

**Indoor Kayak Challenge!**

Who can kayak 200 metres the quickest? Gather four friends together and race each other on the kayak ergometers. Get expert help with your technique from British Canoeing coaches!





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