
Overview

If you want to achieve excellence in your sport, you will need to plan where you are going and how you are going to get there. This involves career planning; working out your career goals and how you are going to achieve them through training, education and seeking to perform at the highest level. Your career plan should also include the possibilities both within and outside of your sport. As your career develops, it will be important to look at your career plan again at regular intervals and make changes, particularly to take account of what happens when your career as an athlete draws to a close.

It is important that you can:

- identify your short, medium and long term career goals
- take account of career possibilities if you are unable to make it as a professional or if circumstances change
- identify the career route you need to follow – for example, taking part in training and education and gaining qualifications
- follow through your career plan
- use the help and support of other people to further your career
- regularly review and update your career plan as you progress
- develop plans for when you can no longer perform at the highest level in the sport
- develop and follow a plan to manage your finances

This standard is divided into two parts. The first part describes the three things you have to do. These are:

- 1. Plan your sporting career**
- 2. Implement and develop your career plan**
- 3. Plan and manage your finances**

The second part covers the knowledge and understanding you must have.

Target Group

This standard is for athletes who have realistic potential to achieve excellence in their sport and are seeking to perform at the highest level.

SKAES17 QA Unit Code H9AL 04

Develop your sporting career

Performance criteria

Plan your sporting career

You must be able to:

- P1 identify the **goals** you wish to achieve in your **career**
- P2 work with advisers to plan activities and timescales necessary to achieve these **goals**
- P3 make sure that your **career** routes and timescales are realistic and achievable
- P4 develop and record a plan to help you achieve your **career goals**, taking account of possible contingencies

Implement and develop your career plan

You must be able to:

- P5 identify organisations and people who can help you to follow your **career** plan
- P6 use their help and support to implement your **career** plan
- P7 review and update your **career** plan when circumstances change
- P8 develop your **career** plan for the time when you will no longer be able to perform as a professional

Plan and manage your finances

You must be able to:

- P9 identify your **financial goals**
- P10 develop a realistic **financial plan** to achieve your **financial goals**
- P11 follow your **financial plan** or seek help and advice when necessary
- P12 make sure accurate financial records are kept
- P13 review your **financial plan** when circumstances change

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Develop your sporting career

Knowledge and understanding

You need to know and understand:

Plan your sporting career

- K1 the various roles and responsibilities of the elite athlete
- K2 the realities of performing at the highest level, including starting salaries, hours away from home, training, matches, dressing room culture
- K3 why it is important to have a plan that covers both your career as an elite athlete and other possibilities
- K4 how to identify career goals – both as an athlete and in an alternative career
- K5 how to assess your career potential and the range of people who can help you to do this
- K6 the resources you need to assess your career potential, such as 'player profile'
- K7 how to identify the career routes you need to follow to achieve your career goals
- K8 how to make sure your career goals and routes are realistic and achievable and the importance of doing so
- K9 the types of contingencies that you may need to plan for

Implement and develop your career plan

You need to know and understand:

- K10 the types of organisations and people who can help you follow through and develop your career plan
- K11 the types of help and guidance that these organisations and people can provide
- K12 the types of training, skills, knowledge and qualifications that you will need to access to follow your career plan
- K13 why it is important to review and update your career plan at regular intervals and how to do so

Plan and manage your finances

You need to know and understand:

- K14 why it is important to manage your finances responsibly
- K15 how to find and use sources of financial advice
- K16 how to develop your own financial goals – short, medium and long term
- K17 why it is important to seek advice from your financial advisers when you have problems with your financial plan
- K18 the financial records that you should keep and how to keep them up-to-date
- K19 why it is important to review your financial plan and how to do so

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Develop your sporting career

Additional Information

Scope/range

1 Goals

- 1.1. short term
- 1.2. medium term
- 1.3. long term

2 Career

- 2.1. as a performer in your sport
- 2.2. in another role in the sport
- 2.3. alternatives

3 Financial goals

- 3.1. short term
- 3.2. medium term
- 3.3. long term

4 Financial Plan covering

- 4.1. income
- 4.2. expenditure
- 4.3. loans
- 4.4. sponsorship
- 4.5. taxation
- 4.6. savings
- 4.7. investment
- 4.8. insurance
- 4.9. pension

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Develop your sporting career

Links to other NOS

This standard links closely with SKAES16

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Develop your sporting career

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