



# MASTERS OF TAKING EXCELLENCE TO THE NEXT LEVEL.

Have the confidence and drive to excel in what you do and make a real difference for athletes at the top level of high-performance sports? Are you into sports science, study and technical research as much as social networking and profile-building? And do you think your people skills would thrive and shine working with lots of different, high-profile personalities in high-pressure sports environments, often under the media spotlight?

**THEN YOU'VE FOUND YOUR NICHE IN SPORTS SPECIALIST ROLES.**



## LOVE

- High-performance sports
- Innovating and driving advancements
- Making a difference
- Studying and research
- Socialising and networking



## STRENGTHS

- Excellent people skills – working with teams and individuals
- Keep calm under pressure



## PREFER

- High-pressure challenges
- A role with variety



## DEAL BREAKERS

- No opportunities for professional growth or making a difference

## WHERE COULD YOUR DRIVE TO BE AT THE TOP OF THE GAME TAKE YOU?

You could find yourself at the top of the game in any high-performance sports you care to mention, coaching, consulting and collaborating at high-profile sports clubs, institutes and organisations, as well as in private consultancy and teaching and research roles. And beyond the science arena, opportunities extend to sports media broadcasting too.

- Sporting clubs, institutes or organisations
- Sports media associations
- Private consultancy
- Teaching and research



## ENHANCE EVERY MOVE.

### STRENGTH AND CONDITIONING COACH

- Improving the performance of athletes and reducing the risk of injuries through the design and delivery of aligned exercise and weight training programs

## STEP UP TRAINING, PERFORMANCE AND REHABILITATION.

### SPORTS SCIENTIST

- Researching, trialling, and tailoring the latest techniques and training programs to enhance the sporting performance of athletes – such as injury recovery and biomechanics
- Collaborating with coaches and other sports medical professionals on injury management, athlete testing and return-to-sport timeframes

### SPORTS NUTRITIONIST

- Designing and overseeing nutrition programs to enhance athlete performance and injury recovery, according to their energy, training and competing needs
- Researching the latest advancements in sports nutrition and presenting workshops on meal preparation to help educate athletes

### SPORTS PSYCHOLOGISTS

- Providing support and techniques to help athletes manage their mental health and perform to the best of their ability
- Educating athletes and associated staff on aligned mind techniques to overcome mindset barriers such as fear, conflict and the pressures of being in the media spotlight

## CONVEY ALL THE EXCITEMENT OF THE GAME.

### SPORTS BROADCASTER

- Delivering detailed live commentary on sport, as well as interviewing athletes, coaches and other sports staff before and after game play
- Researching and keeping up to date with sports players, teams, rules and events



## WHERE TO FROM HERE? EXPLORE YOUR PATHWAYS.

### VOCATIONAL TRAINING

- Certificate I, II & III in Sport and Recreation (Codes: SIS10115, SIS20115 & SIS30115)
- Certificate IV in Sport Development (Code: SIS40421)
- Diploma of Sport (Code: SIS50321)

### TRAINEESHIPS

- Giving you the opportunity to combine practical experience at work with structured training, you enter a formal training contract with an employer that leads to a nationally recognised qualification. And you spend most of your time in paid employment. Available for certificate levels 2, 3 and 4.

### UNIVERSITY COURSES: EXERCISE AND SPORTS SCIENCE

- There are a wide range of sports courses available at bachelor, graduate diploma and associate degree levels throughout Western Australia in the following specialist areas:
  - Exercise and sports science
  - Exercise science and rehabilitation
  - Exercise science, strength and conditioning
  - Sports business
  - Nutrition and food science
  - Psychology
  - Sport, recreation and event management

**WANT TO EXPLORE MORE?  
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