

## Overview

This standard is about career planning and developing your sporting career. To achieve excellence in your sport, you will need to plan where you are going and how you are going to get there 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.

The main outcomes of this standard are:

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

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

## Performance criteria

*You must be able to:*

### Plan your sporting career

1. choose the goals \*\*you wish to achieve in your career
2. work with advisers' to plan activities and timescales to achieve these goals \*\*
3. make sure that your career routes and timescales are realistic and achievable
4. develop and record a plan to help you achieve your career goals, taking account of possible contingencies

\* \*

### Implement and develop your career plan

5. choose organisations and people who can help you to follow your career plan
- 5.1 use their help and support to implement your career \*\*plan
6. review and update your career plan when circumstances change
7. develop your career plan for the time when you will no longer be able to perform as a professional

\* \*

### Plan and manage your finances

8. select your financial goals
  1. develop a **financial plan** to achieve your financial goals \*\*
  2. follow your financial plan\* \*and seek help and advice when necessary
  3. keep financial records
  4. review your financial plan \*\*when circumstances change

## Knowledge and understanding

*You need to know and understand:*

### **Plan your sporting career**

1.  
the roles and responsibilities of the elite athlete
2.  
the realities of performing at the highest level, including starting salaries, hours away from home, training, matches and dressing room culture
3.  
the importance of having a plan that covers both your career as an elite athlete and other possibilities
4.  
how to identify career goals and career routes, both as an athlete and in an alternative career
5.  
how to assess your career potential and the range of people who can help you to do this
6.  
the resources you need to assess your career potential including player profile
7.  
how to make sure your career goals and routes are realistic and achievable and the importance of doing so
8.  
the types of contingencies you may need to plan for

\* \*

### **Implement and develop your career plan**

1. the types of organisations and people who can help you to develop and achieve your career plan
10. the types of help and guidance that these organisations and people can provide
11. the types of training, skills, knowledge and qualifications that you will need to access to follow your career plan

12. the importance of reviewing and updating your career plan regularly and how to do so

13. the structure of your own national governing body's performance pathway

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### **Plan and manage your finances**

1.

why it is important to manage your finances responsibly

2.

how to find and use sources of financial advice

3.

how to develop your own financial goals; short, medium and long term

4.

the importance of seeking advice from your financial advisers when you have problems with your financial plan

5.

the types of financial records you should keep and how to keep them up-to-date

6.

why it is important to review your financial plan and how to do so

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## Scope/range related to performance criteria

### Financial Plan

1. income
2. expenditure
3. loans
4. sponsorship
5. taxation
6. savings
7. investment
8. insurance
9. pension

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Develop your sporting career



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