



*Summer
Assignment: Dream
Sports*

Lincoln High School
Physical Education

Blending Degrees / Careers

- Do you love sports but are not planning on being a Professional Athlete? Not sure how to work in the sports industry? Don't worry here is a list of careers you wouldn't think of.
- Interested in STEM but not sure how to apply it to sports? It's in the list.
- Like to plan parties and events? There is a career here for you too.

TAKEAWAY: Think outside of the box. Figure out your interests and what your strengths are and how to blend them in a career.

30 Careers in Sports

SEVEN CATEGORIES WITHIN THE SPORTS RELATED FIELD.

- SPORTS MANAGEMENT
- SPORTS MEDICINE / SPORTS SCIENCE
- SPORTS COACHING AND EDUCATION
- SPORTS COMPUTER SCIENCE
- SPORTS JOURNALISM / PUBLIC RELATIONS
- E-SPORTS
- PROFESSIONAL SPORTSPERSON /ATHLETE

SPORTS MANAGEMENT

- Team Management
- Social Media Manager
 - Event Planner
 - Sports Marketing
- Grassroot Development
 - Sports Agencies

SPORTS MEDICINE / SPORTS SCIENCE

- Sports Medicine / Sports Physician
- Sports Physiotherapy / Therapist
- Sports and Exercise Science
- Sports and Exercise Nutrition
- Sports Psychology
- Kinesiology / Sports Biomechanics / Bio Mechanist

SPORTS COACHING AND EDUCATION

- Sports Coaching and Physical Education -
(Just like the FABULOUS Lincoln High School PE Teachers!)
 - Umpire/ Referee
- Professor – of Sports Management

SPORTS COMPUTER SCIENCE

- Sports Analytics
- Sports Technology

SPORTS JOURNALISM / PUBLIC RELATIONS

- Sports Law
- Public Relations
- Content Creation
 - Broadcasting
- Photo Journalism
 - Publishing,
- Sport Show Producer
 - Editor
 - Radio Caster
 - News Reporter
- Social Sciences Research / Market Research

E-SPORTS

- E- Sports

PROFESSIONAL SPORTSPERSON /ATHLETE

- Athlete / Sports person –, Football, Basketball, Baseball Soccer, Tennis, Badminton Player

SUMMER WORK

We would like for you to come back to school next year with an idea of what you would like a career in.

This is not set in stone and you may have many different careers in your life but this is an exercise in self reflection and gets those brain muscles working towards the future.

Tools

Confront yourself

- Ask yourself, “What makes me comfortable and what makes me uncomfortable”
- We may feel uncomfortable when we follow the career path that friends and family expect us to follow.
- We may feel comfortable with a career that might take a lot of time away from our family and friends but are giving back to a bigger community.
- Start making conscious decisions about what you’re willing to live with, and what you won’t compromise on.

Tools

Learn what you love

- Have you ever said, “Wow! I’d love to do that!” when someone tells you what they do for a living? Maybe they’ve said they’re an entrepreneur, or a photographer or scientist. It doesn’t matter what they’ve said, the point is that you’ve heard it and been amazed.
- You’ve also been a little in awe. It’s like they’ve reached for the moon and grabbed hold of it. This is a really strong clue that you shouldn’t ignore. It’s an indication of the sort of role you’d love.

“If you do what you love, you’ll never work a day in your life.” – Marc Anthony

Tools

Get a guide

- Independent advice, from someone who has no preconceived idea about what you ‘should’ do, can be invaluable.
- Talk to people in the potential field you are looking to work in. They can tell you the different types of positions there are. You may also find out that the field isn’t the right choice for you after speaking with them.
- A guidance counselor, teacher, administrator, or pastor will support you and can even challenge you. They can also help you acquire skills and strategies that you can use for the rest of your life.

Tools

Find your superpowers

- Everyone has superpowers, although they don't always realize it. Your superpowers are the things you do better than anyone else. If you're not sure of your strengths, try taking a reliable quiz. This gives you an idea where your superpowers lie.
- Princeton Review has a free career quiz that assesses your personal Interests and usual style. This sort of tool can help you to discover yourself. It may not be conclusive but it can give a strong indication of what's likely to bring you satisfaction and happiness.
- **“Success is achieved by developing our strengths, not by eliminating our weaknesses.” – Marilyn vos Savant**

Tools

Scare yourself

- The biggest hurdles to figuring out your career is fear. Deep down, you're scared. It's ok. We all are. We're all afraid of the unknown – at least a little bit. The trick is not to let it stop you.
- The only difference between you and people who achieve their dreams is your ability to overcome your fear.

As Seth Godin said, “If it scares you, it might be a good thing to try.” So embrace your anxiety. Get familiar with a little unease and apprehension. Challenge yourself. Who knows? You might just find there's a braver, bolder version of yourself inside and that they're desperate to help you live your dreams.