



# WHY IT MATTERS... SPORT, EXERCISE & HEALTH



# Loughborough University

## Becky White

### Personal Trainer

I'm a Personal Trainer and have run my own business for over 10 years.

My degree gave me lots of knowledge about the leisure industry, business management, sports psychology and coaching too. This has all helped me build my career and run my own business.



#### Post 16 Education:

BTEC sports development & fitness.

Note the entry requirements for this course have now changed so please check the Loughborough web pages for current information.

#### Higher Education:

BSc Sport Management

### What was the Sport Management course about for you?

“Sport Management combines Sport Science with Business Management subjects making it the perfect course for someone looking to pursue a career in the fitness industry or sports development.”

### Why did you choose Sport Management?

I have a passion for fitness and have always wanted to help others do the same so I pursued my Sport Management course to gain the knowledge and support to start my own PT business.

**Becky's advice:** Try to get as much experience as you can in your chosen field before you apply or go to university. Volunteering, work experience & professional qualifications will all help enhance your career prospects.





## WHY IT MATTERS... SPORT, EXERCISE & HEALTH



Loughborough  
University

### Becky's experience as a student

I started my business in my 2nd year of university - with help from the Enterprise department. I hadn't really planned to start up a business whilst studying and at times it was hard work balancing coursework, exams & my Personal Training clients, but once I had graduated, I was pleased I had a job ready to walk in to.

### Becky's Career

Becky launched her business in 2010 – providing personal training and fitness solutions as well as nutritional advice to people in the Loughborough area.

She successfully pitched her idea to win an award in the University's 2011 Business Plan Competition. Specialising in sessions for beginners as well as those who need more advanced training programmes, Becky now offers a wide range of services including one-to-one sessions, online personal training, and a beginners' running group. She also provides exercise guidance via two mini-trampoline workout DVDs and over 60 YouTube videos.

### Student Enterprise

Loughborough Enterprise Network (LEN) provides the space for enterprising students and graduates to connect across both our Loughborough and London campuses. From inspired idea to the next big business start-up, students and graduates are supported on their business journeys with the provision of valuable opportunities for them to develop a highly-desirable entrepreneurial mindset. Through the sharing of ideas and collaboration, and by accessing the support, training and start-up funding available, students and graduates are invited to become a key part of our network and unique creative community. Whether you're an experienced entrepreneur or wondering how to get started, Loughborough Enterprise Network supports every stage of the journey.

### Loughborough University offers undergraduate degrees in

Sport Science, Coaching and Physical Education / Sport and Exercise Science / Sport Management / Sport and Exercise Psychology / Psychology / Sport Technology

**Please note:** Degrees and their titles change over time. Some graduates may have studied degrees that have evolved and changed in response to changes in demand from employers.

