



WHY IT MATTERS... SPORT, EXERCISE & HEALTH



Loughborough University

Laura Borrie

Research Student

Sport is played by millions of people every week, and even more watch it on TV, but without people working behind the scenes, sport wouldn't function across the country.

Consequently there are lots of varied job opportunities for someone who studies Sport Science. This can extend from working with high level athletes on nutrition, biomechanics, physiology or psychology through to coaching and teaching sport, and, researching how physical activity impacts on health and well-being.

Research is critical as it generates new knowledge, that helps to inform how society operates. For me specifically, researching how volunteering in sport affects students employability could influence career paths within sport, national policies about physical activity, and could have a direct impact upon thousands of young people each year.

Knowing how volunteering could improve a young persons' chances of securing a job is particularly important for those living in areas of deprivation or those who are not as privileged. Being able to contribute knowledge, and help others, in a topic that I am passionate about is thoroughly enjoyable and rewarding.



Post 16 Education:

AS Level Psychology

A Level PE, Biology and Philosophy & Ethics

Higher Education:

BSc Sport and Exercise Science

International at the University of Leeds

Why did you choose Sport and Exercise Science?

I have always been passionate about sport, how the body works, and helping people. Sport and Exercise Science enabled me to pursue all three by learning how an individual could improve to become a better sport performer. I chose to do a science heavy undergraduate course at the beginning and gain more practical experience later - but that is not the only way to do it!

Laura's advice Don't expect to tick off milestones at set time points as life is not linear – there will be lots of twists, set-backs and plateau's. It is ok if you don't know what you want to do, or where you want to go, because if you work hard and are kind, opportunities will happen, but you may need to look in unexpected places! Nearly everything is a lesson to be learnt and will be useful at some point in the future.





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Laura's experience as a student

Studying at university was really interesting, very challenging and big learning curve! Time management and discipline were critical to complete all the work, make friends, look after myself physically and mentally and get involved in the extra-curricular activities on offer.

I loved the greater depth of detail that university study involved. Getting involved in the lab sessions and conducting experiments with the equipment was fascinating, however, I struggled at times with the additional workload and deadlines. My overall experience at university was far more than just the academic work - living abroad was an adventure in itself but being involved with university clubs and societies, exploring a new city and sharing that with new friends created some amazing memories.

Laura's Career

After university I worked with young people encouraging them to live a healthy lifestyle but I had plans to return to university and complete a Masters degree. I never saw doing a PhD as a possibility as I didn't think I fitted the stereotype of a researcher. However, once I learnt about possible research topics and how they could link to applied experiences a PhD became very appealing. Finding that some PhDs are fully funded meant I could approach studying full time for 3 years like a job.

I had volunteered in sport since school so the PhD title really interested me. I had also become more aware of the social impact sport could have, so I wanted to investigate whether young people could improve their opportunities through volunteering.

Laura's Research

I am now undertaking a PhD titled, "Developing graduate attributes and employability through sports-based volunteering".

I am exploring if, and how, volunteering in sport can help university students to develop themselves and if that makes them more employable after graduating. Lots of young people are encouraged to volunteer because it 'looks good on their CV' but there is not a lot of scientific evidence to support that yet.

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.