



JOB SPOTLIGHT

# Professional Athlete

GUARDIAN

TRAIN • COMPETE • INSPIRE

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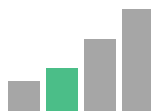
# Professional Athlete

*Compete for sporting glory*

Professional athletes are sportspeople who compete in their chosen sport at an elite level. They usually play for state, national, or international teams or individually and compete in well-known events and tournaments.

If you're highly competitive, have a passion for sports, and are willing to commit to long hours of training, you might have what it takes to become the next world number one.

## Growth



Moderate

## Salary



Average

## Field Size



Small

## Hours



Average

## Interest Area



Wellbeing

## Cluster



Guardian



## About you

Excellent fitness  
Competitive & dedicated  
Resilient & tough  
Good communicator  
Loves sport  
Great teamworker  
Focused & organised  
Willing to be a role model

## Common tasks

- Undergo rigorous training
- Attend practice sessions
- Compete in sporting events
- Develop strategies
- Assess performance & improve
- Work with coaches & dieticians
- Follow rules & regulations
- Undertake promotional activities

## About the role

You won't have a "normal" working week as an athlete - your schedule will fluctuate depending on your chosen sport, the time of year, and whether there are any events or competitions coming up.

Many sports are played outdoors, but there are lots of indoor sports too, so you won't necessarily be outside all the time. Most athletes can expect to do a lot of travel, both domestically and internationally.

Average salaries can vary greatly for athletes, and will change based on a variety of factors

Professional athletes are typically most common in these industries:

- Arts and Recreation Services
- Education and Training



## Things you can do now

- 1 Focus on English, Maths, and your chosen sport at high school
- 2 Play or compete at a local level
- 3 Keep training and look after your health and fitness
- 4 Research pathways to state or national levels of competition
- 5 Talk to a professional athlete to learn about their journey

## Future study ideas

There are no formal qualifications required to be a professional athlete - you'll just need lots of dedication and persistence.

As many athletes need to retire earlier than average, it's a good idea to do some studies alongside your training and think about an alternative career for down the track.





## What next?

If you're interested in sport or wellbeing, there are lots of other job areas you might like to consider as well, such as:

- Fitness
- Nutrition
- Physiotherapy
- Journalism
- Film & Media
- Psychology
- Counselling
- Advertising

The earlier you start playing or competing, the better off you'll be when it comes time for selection at an elite level.

Sport can be physically and mentally demanding, so start working on your resilience and build strong support networks.

“  
Champions don't  
become champions  
when they win an  
event, but in the  
hours, weeks,  
months, and years  
they spend  
preparing for it.”

MICHAEL JORDAN  
PROFESSIONAL BASKETBALLER

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