

Professional Placement Year

What is a professional placement year?

A professional placement year is an optional 9-12 month year taken after your 2nd year, in which you work full-time for a company (which can be in the sport and exercise science sector, or elsewhere). During your placement year, you'll gain invaluable work experience and transferable skills to enhance your employability.

Why take a professional placement year?

- Valuable work experience
- Gain relevant, transferable skills for your future career
- Build a network of professional contacts – useful for future career opportunities
- Great opportunity to 'try out' working for a year

What sort of companies could I work for?

Most students will seek to find a placement within the area of sport and exercise science, but it is perfectly possible (and for financial reasons sometimes encouraged) to find a placement in different industries, such as retail.

Roles can be lab-based, field-based, office-based (e.g. sales, marketing), or elsewhere (e.g. clinical roles) – the key thing to bear in mind is the soft skills you will develop throughout your placement year.

Previous placement destinations include: Ealing Trailfinders (rugby union), Welsh Rugby Union, UK Biathlon, and John Lewis & Partners (Waitrose).



"The opportunity to undertake work placements throughout my time has enhanced my university experience. The chance to undertake a full-time placement year with the Welsh Rugby Union as well as part time placement work alongside my studies at Durham Cricket, has allowed me to gain an insight into working in elite sports and vital experience for my future career ambitions."

Connor, placement year with the Welsh Rugby Union 2020-21

What support is available?

We have a dedicated Placement Lead within the School (an experienced academic member of staff) who can help you find and develop your application for a placement year. Our award-winning Careers Service are also available to provide guidance and support on finding and applying to placement years.

Most placement years are paid positions, and you pay a reduced tuition fee during your placement year.

Read more on our website:

<https://www.ncl.ac.uk/bns/study-with-us/sport-science/sport-placements/>

