For learners completing a VTCT qualification in Sport, Active Health & Fitness

**VTCT Level 4 qualifications**

- Employment
  - Specialist exercise professional (Low back pain)
  - Sports massage therapist

**VTCT Level 3 qualifications**

- Employment
  - Strength and conditioning coach
  - Personal Trainer
  - Exercise referral instructor
  - Pilates instructor
  - Sports massage therapist
  - Sports development
  - Older adult specialist (fitness)
  - Disabled adult specialist (fitness)

**VTCT Level 2 qualifications**

- Employment
  - Gym instructor
  - Studio instructor (resistance, exercise to music, kettlebells, cycling)
  - Chair based fitness (teaching physical activity in care homes etc)
  - Aqua instructor
  - Children instructor
  - Activity leader (sports clubs, children)
  - Sport coach
  - Leisure centre (operational, maintenance)

**VTCT Level 1 qualifications**

- Employment
  - Leisure attendant
  - Sports groundsman
  - Sports retail
  - Activity leader (assistant)
  - Leisure centre reception
  - Event work (e.g. sports events)

**Full time qualifications which could lead into further study / higher education**

| Level 3 Diploma in Exercise health and fitness | Biomechanics | Sports development |
| Level 3 Diploma in Preventing injuries in sport and active leisure | PE teacher | Sports lecturer |
| Level 2 Diploma in Exercise, health and fitness | Physiotherapist | Sports management |
| Level 2 Diploma in Sports studies | Rehabilitation / injury | Sports nutrition |
| Level 1 Certificate in sports studies | Leisure management | Sports psychology |
| | Sport and exercise science | Sports science |
| | Sport and media | Sports therapy |
| | Sports coaching | Strength and conditioning/performance |