



## CAPA LONDON SAMPLE INTERNSHIP LIST SPORT & FITNESS


### INDUSTRY DESCRIPTION

Sports, Leisure and Fitness covers a broad range of internship placements, including Sports Marketing, Coaching, Management, Broadcasting, Journalism and Youth & Community Sport. Students should be able to demonstrate a clear interest in the field of Sport or Health & Fitness and their application should include details of any sports activities, coaching or previous work experience in the field.

### EXAMPLES OF PAST PLACEMENTS

Please note that the following sites are a brief cross-section of current CAPA internship host sites and should not be considered as a guaranteed location for your placement. All internship & service learning placements will be dependent upon each individual applicant's application documents, prior experiences, demonstrated skills and their aspirations and goals.

<p><b>Fusion Lifestyle</b></p> 	<p>Fusion Lifestyle is a registered charity, founded in 2000 to provide quality sport, leisure and fitness activities to local communities and encourage people to get healthy and active. Since then, they've continued to grow and now provide facilities at nearly 100 locations across the UK.</p>
<p><b>Let Me Pay</b></p> 	<p>Let Me Play was founded as a specialist sports camp organisation. Through rapid growth and diversification, they now provide coaching and teaching programmes for PPA cover, after-school activities and extra-curricular clubs. In addition, they work with sports brands to provide their PR and deliver government projects targeted at children from low income families.</p>
<p><b>London Skolars</b></p> 	<p>London Skolars are a professional Rugby League club that play in the 3<sup>rd</sup> tier of competition within the UK. The club aim to become a successful Championship club achieving Kingstone Press Championship status by 2017 and preparing for a Super League (top tier) franchise bid potentially in 2020. London is a core focus for development by the national governing body, the Rugby Football League (RFL). The club forms an integral part of the Haringey and wider North London community. They are active in the local community delivering Rugby League coaching in local schools and community groups both in curriculum time, out of school and holiday coaching.</p>

<p><b>London Basketball Association</b></p>  <p>London Basketball Association</p>	<p>London Basketball Association (LBA) is a registered charity, established in 2012. They are a small but intensely committed organisation, built up and employing directly from the very communities within which they work. They operate within the 'sport for development' sector and aim to bring positive social change in areas such as health and wellbeing, substance misuse and employment, through the powerful medium of sport and basketball specifically.</p>
<p><b>Snack Media</b></p> 	<p>Snack Media specialises in the creation of high quality new media content, including a network of sports websites, written web content for their partners, web development, online strategy, design and sales.</p>
<p><b>Sporting Duet Academy</b></p> 	<p>Sporting Duet Academy was established in 2004 with the aim of providing curricular and extra-curricular football sessions in London schools. Now with over 900 registered players, the Academy has grown from strength to strength with the creation of a Saturday football league and holiday camps. The Academy has built up a reputation for being London's best multi-national football club at developing young talent and providing quality coaching in a safe environment.</p>
<p><b>Sport Inspired</b></p> 	<p>SportInspired's vision is of communities connected with energy and passion, where people enjoy being active. Their mission is to achieve this through fun and inclusive community programmes which bring together local businesses, sports clubs, schools, councils and housing associations, inspiring new connections, life skills and opportunities. SportInspired now has a unique and dedicated team which makes SportInspired an exciting, innovative and unique charity. They have now worked with 70,000+ people across the UK and have a strong vision, backed by big ambitions and careful planning of how to increase and develop further.</p>

## POTENTIAL PROJECT OPPORTUNITIES

Project opportunities will be dependent upon the current needs within the organisation and the demonstrated skills and abilities shown by each intern. It is imperative to remember that project opportunities will develop over time and throughout internship placements. Projects may include but are not limited to:

**Creation of Promotional Materials**

**Operations & Logistics**

**Events & League Support**

**Promotion of Services**

**General Club Management**

**Social Media Development**

**Marketing Campaigns**

**Sports Clothing**

**Media Production**

**Website Development**

**Office Administration**

## TRANSFERABLE SKILLS

It is essential to maximise every opportunity within the internship placements. If tasks and duties are approached in a professional manner, interns can take away additional skills and abilities that will be of benefit to their personal and professional development. Transferable skills sets include but are not limited to:

<b>Accuracy &amp; Attention to Detail</b>	<b>Organization</b>
<b>Business &amp; Commercial</b>	<b>Presentation</b>
<b>Customer Service</b>	<b>Research</b>
<b>Good Oral &amp; Written Skills</b>	<b>Strong Interpersonal Skills</b>
<b>Influence &amp; Negotiation</b>	<b>Teamwork</b>

## PERSONAL PROFESSIONAL DEVELOPMENT

Through their internship and extra-curricular activities, we work to help students develop the following skills:

1. **Networking:** The ability to intentionally and purposefully connect and interact with others in order to develop professional and social relationships.
2. **Communications:** The ability to receive, interpret and articulate information and ideas effectively.
3. **Remote Collaboration:** The ability to utilise IT resources to connect virtually with others and achieve collective goals and objectives.
4. **Global Perspective:** To develop skills required to live and work in an interdependent world through forming an understanding of connections between one's own life and those of people across the globe.
5. **Cultural Awareness:** To develop an understanding of oneself, others and to embrace and appreciate diverse and complex perspectives, values and beliefs.
6. **Organisation, Time Management and Prioritisation Skills:** The ability to achieve identified outcomes by using your time, energy and resources in an effective and productive manner.
7. **Problem Solving:** The ability to find solutions to difficult or complex issues and to manage moments of uncertainty or ambiguity.
8. **Adaptable:** The ability to adjust oneself readily to different conditions and environments.
9. **Goal Setting:** The ability to identify, form and implement actions that will guide you towards predetermined aims and objectives.
10. **Career Based or Vocational Skills:** The development of specific knowledge or abilities related to an occupation.