



Ben Bealey

1. What made you decide to take A Level PE as part of your 6th form studies?

I always knew I wanted to progress into a career in sport, as I loved to participate and learn about competition and training. A Level PE was an evident step towards further study or work in sport later in life, so I was set on studying PE my personal interest and career development.

2. Having finished Year 13, give us some idea of the pathway that you took in terms of further studies or career choices

I went straight into a full time bachelors degree in Sport and Exercise Science at University of Leeds. During this time I also completed a placement year at Bradford Bulls Rugby League as a Sport Science/Strength and Conditioning intern. From this internship I then carried on at Bradford part time with the academy alongside finishing my final year of undergraduate study. I was then offered a placement at Yorkshire Carnegie Rugby Union alongside a funded masters degree in Strength and Conditioning at Leeds Beckett, as well as part time paid work with Batley Bulldogs Rugby League as a Strength and Conditioning Coach.

3. Where has this led you to at the present time and what are your plans for the future?

During my masters and placements I decided I wanted to go abroad and continue developing as a coach, so I was linked up with some contacts and a rugby club in Wellington. I also wanted to travel a bit and do some volunteering, so en route to Wellington I volunteered with Think Pacific in Fiji for a month. I am now in Wellington and have been for 8 months, working as a S&C coach/PT at a powerlifting gym, S&C coach of Petone RFC, Athletic Development Trainer at Hutt International Boys School, and a part time S&C coach with Wellington RFU and the representative women's team. I am not sure about my future, but at the moment I want to stay in NZ and progress towards a more lead role in S&C for athletes.

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