

A SCIENTIST just like me



Jack Sharkey
Sports Scientist

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Hi there! I am Jack Sharkey – A sports scientist



Where do I work?

I work at a place called Football Australia, where I help the National Women's Football Team perform at their best. I create training programmes to keep the players fit and healthy.

What did I like doing when I was at school?

I had a passion for sports and biology. I spent a lot of my time participating in sports, and I was particularly interested in how science can be applied to improve athletic performance.

What do I like doing in my spare time?

I like to stay active by going for runs and climbing mountains. I also enjoy spending time with my family and friends.

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What do I do as a sports scientist?

I help athletes perform at their best by studying how their bodies move and work. I use special tools and technology to measure things like how fast they can run or how high they can jump. I also make sure they stay healthy and safe while they train and compete.



How does what I do make the world a better place?

I help individual athletes achieve their goals, and I also help to promote the importance of physical activity and healthy living to the general public. When people see athletes performing at their best, they are more likely to be inspired to be active themselves, which can lead to a healthier and happier society.

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What I like about my job

I love being able to apply science to real-life situations and see the immediate impact it can have on the team's performance. It's also exciting to be a part of a team that travels around the world for competitions.



Challenges I have faced

Dealing with injuries can be tough, especially for athletes. If players get hurt or sick, it is part of my job to help them get better so they can play again. It takes a lot of work and care to make sure they are doing the right exercises to recover and to make sure they are healthy and ready to play again. It's important to be patient and understanding, and to help them through the tough times.

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If you want to be a Sports scientist, you need:

- ✱ **curiosity:** to be curious about how the body works and the effects of exercise
- ✱ **to pay attention to detail:** being able to spot and correct small errors in technique during training and exercises
- ✱ **teamwork:** to collaborate and communicate effectively with coaches and players to achieve a common goal and make on-pitch decisions
- ✱ **resilience:** being able to bounce back from setbacks and maintain a positive attitude during tough matches or training sessions



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Discussion time

- ✦ Would you like to be a sports scientist like Jack Sharkey?

Why? Why not?

- ✦ What skills and interests do you already have that would help you become a sports scientist?
- ✦ What new skills and knowledge would you need to develop?



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Free supporting resources for sports science

City Science Stars – practical science activities using links to football. Other sports and space (for ages 9-11 years)

Science Fun at Home – see 'Science Fun for Sports Day' and 'Body Science'

I bet you didn't know... articles use cutting-edge science research as a context for learning and Teacher Guides can be used as classroom presentations. See:

- Some mammals have unusual backbones
- Bamboo could be used to make cricket bats

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