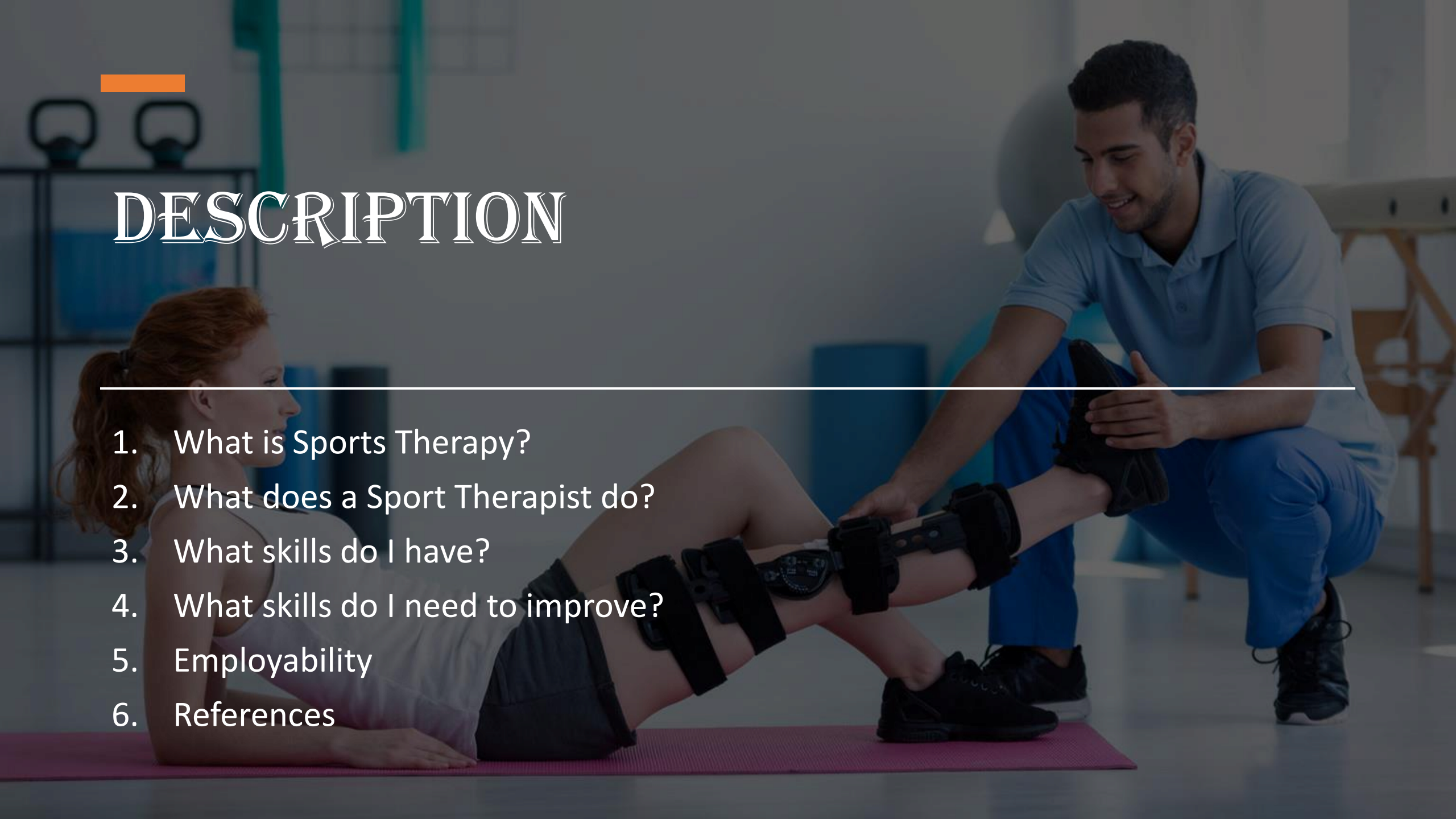


A background image showing a close-up of several hands and feet, suggesting a group of people holding each other in a supportive or celebratory gesture. The image is slightly blurred and has a warm, brownish tint.

# ACE PRACTICAL PORTFOLIO PRESENTATION

- **Name:** Ancuba Cassama
  - **Student number:** 2119362
  - **Module title:** Academic and Employability Skills
  - **Module code:** BMSW4001
  - **Lecturer:** Lizeta Demetriou
- 
- A decorative graphic consisting of several short, thick, yellow dashed lines arranged in a curved, upward-pointing shape in the bottom right corner of the slide.

A male physiotherapist in a light blue polo shirt and blue trousers is kneeling on a pink mat, assisting a female patient with a knee brace. The patient is lying on her side on the mat, wearing a white tank top and black shorts. She has a black knee brace on her right leg. The therapist is holding her right foot and adjusting the brace. The background is a gym with various equipment like kettlebells and exercise balls.

# DESCRIPTION

- 
1. What is Sports Therapy?
  2. What does a Sport Therapist do?
  3. What skills do I have?
  4. What skills do I need to improve?
  5. Employability
  6. References

A close-up photograph of a person's foot on a treadmill. The foot is wearing a grey and black athletic shoe. Overlaid on the foot is a semi-transparent anatomical diagram showing the bones of the foot and ankle in a warm, orange-yellow color. The background is a blurred indoor setting with a window.

# WHAT IS SPORTS THERAPY?

- Specifically concern with prevention and treatment of sports injury related.
- Sports therapists conduct evaluations to determine a patient's range of motion, the severity of their injuries, and whether or not they can return to training.
- If the athlete will be out of commission for an extended period of time, the sports therapist will devise and implement individualised treatment plans to assist them restore their fitness. (All about Careers, 2020)



# WHAT A SPORT THERAPIST DO:

(Therapy-directory.org.uk, 2022)

They assess and prepare appropriately exercises for rehabilitation of patience.

They focus not just on physical but mental levels as well to bring confidence and improvement of the patience.

They improve and teach you methods for a better and correct training.

# WHAT SKILLS DO I HAVE?



Problem solving - finding solutions to problems that might occur  
(Merriam-webster.com, 2022)



Interpersonal skills - very good interactions with others and ability to work well with others (Investopedia, 2022)



# WHAT SKILLS DO I NEED TO IMPROVE?



Critical Thinking –  
interpret data and  
develop well-reasoned  
arguments with evidence  
to support it (Library,  
2022)



Communication – ability  
to listen and send/receive  
verbal/nonverbal  
messages  
(Thoughtco.com, 2019)



Emotional intelligence –  
ability to identify and  
manage own emotions as  
well as others' (Harvard  
Health, 2022)



Time-management –  
process of organizing and  
planning how to manage  
time between  
tasks/activities  
(Mindtools.com, 2017)



Research - a method of  
systematic investigation  
that involves data  
collection and selection  
(Imperial College London,  
2022)

# EMPLOYABILITY

(All about Careers, 2020)

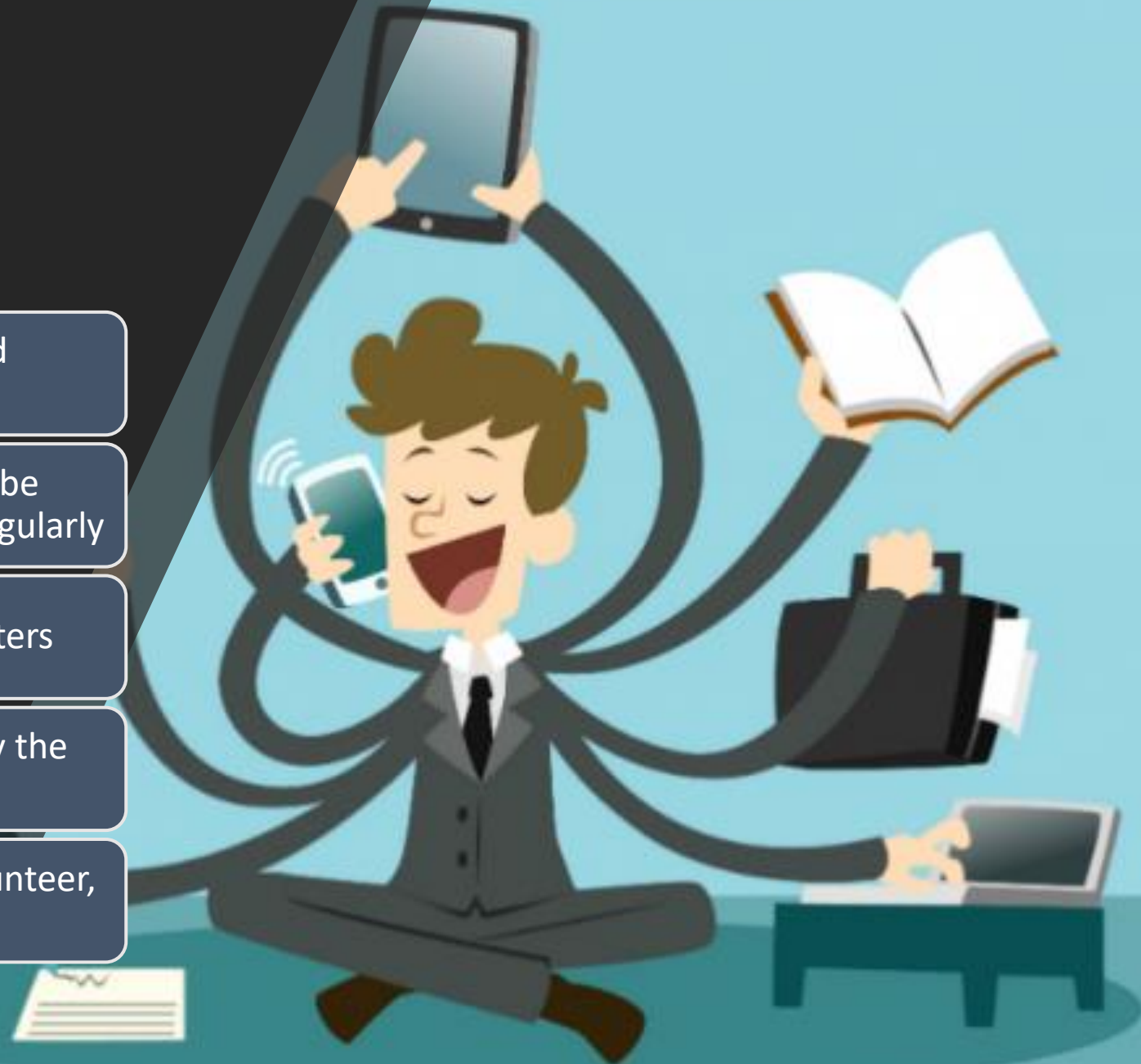
Employed directly by athletes, specialist clinics and sports teams

If you work directly with a sports team, you might be required to work at the weekends and evenings regularly

Might be required to travel, so full availability matters

Degree or diploma in Sports Therapy - validated by the Society of Sports Therapists.

Work experience is very relevant in this field - Volunteer, sports injuries clinic, football teams, etc.



# REFERENCES

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