

PRESENTATION ON ACADEMIC AND EMPLOYABILITY SKILLS

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 - **BMSW4001_LON**
- 19th APRIL**

LEARNING OBJECTIVES

- With the end of the presentation the audience will be able to understand:
 - What is Academic and employability skills;
 - What skills employers are looking for;
 - SWOT Analysis;
 - PDP.

INTRODUCTION

- In this presentation I will explain what are the skills necessary in the fitness industry. I will show also what are the responsibilities required and how I am using different tools learned in this course to be successful in this personal objective.



CHOSEN PROFESSION

PERSONAL TRAINER

SKILLS REQUIRED

- **1. Technical Knowledge;**
- **2. Enthusiasm and Motivation;**
- **3. Communication Skills;**
- **4. Creativity;**
- **5. Leadership;**
- **6. Organization skills;** (Occhipinti,2019).

ACADEMIC AND EMPLOYABILITY SKILLS

- Academic skills are important in the job environment, those skills are fundamental for a high-level job performance. For Academic skills we intend basic capacity as the ability to learn, listen, communicate and write;
- Employability skills are essentially the ability of the employer on the workplace to obtain the position, learn how to work in that specific environment and do not lose the job; (Robinson,2000).

SKILLS TO DISCUSS

- Communication Skills are crucial in the fitness industry. Speak clearly put the client in a more comfort position, bring out confidence and positive mindset. Another important point is the advantage to expand the number of clients by the quality of the work offered (Cortes,2015);
- Leadership can make the difference in the sector. For fitness professional's leadership starts with you on how you behave , helping the clients or the co-workers in base of your goals (Hocevar,2018);
- Organization Skills are important to be able on dealing with your own personal time, training session, training schedules and client's timetable (Occhipinti,2019).

SKILLS COMPARATION

SKILLS REQUIRED	SKILLS I OWN
1. Communication Skills; 2. Technical knowledge; 3. Problem solving; 4. Organization skills; 5. Enthusiasm and motivation; 6. Creativity; 7. Physical knowledge; 8. Work under pressure;	1. Enthusiasm and Motivation; 2. Creativity; 3. Physical knowledge; 4. Work under pressure; (Personal trainer job profile Prospects.ac.uk, 2021)

SWOT ANALYSIS

STRENGTHS

- **Hard working;**
- **Motivation;**
- **Creative;**
- **Sport experience;**

WEAKNESSES

- **English as a third language;**
- **Poor communication skills;**
- **Poor writing skills;**
- **Poor organization;**
- **Lack of technical knowledge;**
- **Leadership;**

OPPORTUNITIES

- Obtain a Personal Training Certificate;
- Practical approach with the clients;
- Extra training;
- New workplace/experience;
- Learning in the field;
- Expand my personal knowledge;

THREATS

- Competition;
- Economic changes;
- Limited space;
- Lack of experience;
- Changing technologies;

(Personal Trainer SWOT Analysis (Examples + Samples - 2019).

PDP (PERSONAL AND DEVELOPMENT PLAN)

LANGUAGE	English is my third language;	Practicing studying in this course;	15 TH February 2022
POOR COMUNICATION SKILLS	Limited vocabulary knowledge;	Start listen to others and practise recording my own voice in preparation for future presentation;	September 2021
POOR WRITING SKILLS	Lack of studies in England;	Practicing reading books;	1 ST August 2021
POOR ORGANIZATION	Difficulties of time management;	Make a timetable;	16 TH May 2021
LACK OF TECHNICAL KNOWLEDGE	Limited knowledge in the fitness environment;	Start studying in order to obtain a certificate in personal training;	October 2021
LEADERSHIP	Lack of experience;	Take the opportunity to learn on any occasion and start practising on the work field.	April 2022

CONCLUSION

In conclusion we can say that these are the main skills that the fitness business is demanding. To obtain the following profession I need to improve the skills discussed in order to be employable and successful as a Personal Trainer.

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