

College of Nursing, Rehabilitation and Human Health

Career Readiness Skills

Human Performance and Sport Studies

Employers look for the skills listed below when hiring new graduates. Use the descriptions as a reference to select which skills you feel you have developed. Meet with your academic advisor and faculty mentor to discuss which classes to take and other opportunities to strengthen areas where you are missing or need more experience.

Adaptability:

Develop the ability to adjust one's behavior, mindset, and approach in response to changing circumstances while maintaining productivity and effectiveness.

- Adjust training plans or strategies when athlete or client needs change.
- Learn new equipment, technologies, and coaching methods.
- Stay calm and productive when schedules, conditions, or team dynamics shift.

Career & Self-Development:

Advance your career through continuous learning, self-awareness, exploring opportunities, and networking.

- Explore careers in coaching, fitness, performance analysis, and sport administration.
- Identify strengths in motivation, communication, analysis, and leadership.
- Use practicums, team roles, and internships to test interests.

Communication:

Clearly and effectively exchange information, ideas, facts, and perspectives with people inside and outside an organization.

- Communicate clearly with athletes, clients, coaches, and staff.
- Listen actively and respond appropriately to questions and feedback.
- Adapt communication for different ages, skill levels, and cultural backgrounds.

Critical Thinking:

Identify and respond to needs based on an understanding of situational context and a logical analysis of relevant information.

- Analyze performance data and observations before changing training or strategies.
- Evaluate evidence and best practices when designing programs.
- Consider safety, readiness, and context when making training and tactical decisions.

Leadership:

Recognize and use personal and team strengths to achieve shared goals and support positive outcomes.

- Take initiative to improve training environments, team culture, or performance.
- Motivate and support others by modeling effort and professionalism.
- Help organize practices, events, or projects to keep work on track.

Professionalism:

Exhibit strong work habits, adapt to different organizational environments, and act in the best interest of the workplace and community.

- Arrive prepared, meet deadlines, and follow through on commitments.
- Demonstrate integrity, respect, and ethical behavior with athletes, clients, and colleagues.
- Adapt to different program expectations, facilities, and schedules.

Teamwork:

Build and maintain collaborative relationships to work effectively toward common goals while appreciating diverse viewpoints and shared responsibilities.

- Collaborate effectively with coaches, trainers, staff, and teammates.
- Take responsibility for assigned roles and shared goals.
- Respect diverse perspectives and address conflict constructively.

Technology:

Understand and leverage technologies ethically to enhance efficiencies, complete tasks, and accomplish goals.

- Use performance tracking tools, fitness equipment, and software effectively.
- Evaluate digital information and data for accuracy, relevance, and reliability.
- Use technology responsibly and ethically, especially around privacy and safety.