

Find Your Dream Job (100 Points)

Let's find your dream job! You will do research to find your dream job in the health field and what type of education and skills you will need to get this job. The purpose of this activity is to help you gain a better understanding of how your intended major, future education goals, and skills need to be applied to the career you want. **You will be expected to discuss this in class and it will be included on your ePortfolio.**

Research - 50 points

1. List your dream job or jobs. In a perfect world, one day you will be _____. Briefly describe what you'll do in this role. What knowledge, skills, or abilities do you think you will need for this job?

Athletic Trainer, Strength Coach, Personal Trainer, Gym Owner, Lacrosse Coach

In any of these roles I would be working with athletes because athletes come in all shapes and sizes. Being hands on and working in the field of sports, running, or lifting to stay involved in the things I love. Helping people become the best versions of themselves physically, so they can perform in a sport or in life to the best of their ability. Keeping athletes safe and healthy to continue doing these activities. I will need knowledge and skills on the body and its muscles. Knowing how the body moves and how to detect injuries are important to keeping athletes safe. I will need people skills and the ability to have fun while also getting the job done because these environments are meant to be fun and enjoyable. Knowledge of the anatomy of the body, how to fuel the body, how to recover the body, and how to train properly are all skills needed for any of these jobs.

2. Complete the quiz at <https://advance.appily.com/careers/healthcare/quiz>
3. Were you surprised by the results of the quiz compared to what you listed as your dream role? **I was very surprised by the list of jobs I was given because 3 of the 5 were office jobs or computer based jobs which is the last thing I could see myself doing. Besides being a scientist and practitioner the other 3 matches were not hands on and that is the one thing I want to do. I want to be working with athletes and people not looking at data on a computer.**
4. Find at least 3 job postings that seem close to your dream job. Examples of where to search: Indeed.com, LinkedIn, USA Jobs, Glassdoor, or just Google the job you want to find!

5. Copy and paste the job posting links below. Make sure you include the following information:
 - a. C. Identify the salary range
 - b. How much experience would be required to apply for that job, what degrees, certifications or training is required?
 - c. What skills are and tasks are involved in performing the job you have found?

1. Job Posting Number 1: Strength and Conditioning Coach

<https://www.indeed.com/cmp/Venesco,-LLC-2/jobs?jk=6fb1a7f81076fac3&start=0&clearPrefilter=1>

- a. **\$75,000-78,000**
 - b. **A masters degree from a college with exercise science, a passing score with the National Strength and Conditioning Association (NSCA) as a Certified Strength and Conditioning Specialist (CSCS) or by the Collegiate Strength and Conditioning Coaches Association (CSCCA) as a Strength and Conditioning Coach Certified (SCCC), being a registered strength and conditioning coach, 5 years of experience with athletes, certified in basic life support, being fluent in english, being able to teach inside and outside, being able to give good instruction, operate microsoft on a computer, meet the physical demands/lift 45 pounds at least, continuing education for license renewal, not have been convicted of felony**
 - c. **Understanding the actions for effective strength and conditioning, educate and train soldiers, adjust the training and intensity of soldier's workouts, understand the importance of training a soldier, building relationships with a team, participate in meetings to create a plan, create additional content, have pre and post implementation meetings, track and document progress and information from sessions**

2. Job Posting Number 2: Athletic Trainer

https://www.glassdoor.com/Job/virginia-us-athletic-trainer-jobs-SRCH_IL,0,11_IS323_KO12,28.htm

- a. **\$54-83K**
 - b. **Hold a bachelor's degree in athletic training and a master's degree is preferred, certified by the Board of Certification for athletic trainers, hold a state license for athletic training, be skilled in injury prevention, treatment, rehab, and evaluation, having people skills and communication skills, experience working in a high school or collegiate field, CPR and first aid certifications**

c. Providing treatment and care to all sports teams at the high school, being able to assess, evaluate, diagnose, and rehabilitate these athletes, creating individualized treatment plans for an injured athlete, conduct pre-examinations of athletes before the start of a sport, attend practice and games, educate athletes on their injuries, treatment, and nutrition, coordinate with other health care professionals on the injury and well-being of an athlete, making sure you have correct supplies and equipment to fully to your job, implement policies for sports teams, and listen to any other orders given by the athletic director

3. Job Posting Number 3: Dynamic Personal Trainer

https://www.glassdoor.com/Job/virginia-personal-trainer-jobs-SRCH_IL.0,8_IS323_K09,25.htm

- A. \$67-110/hour
- B. experience as a personal trainer or certification for a personal trainer, strong knowledge of body mechanics and anatomy, excellent people skills to connect with the customer, motivate and inspire all fitness levels, experience in fitness sales, passion for health and well-being, physical education or related major degree.
- C. conducting fitness tests to know where to start a client off, design customized workout plans depending on the person and their fitness goals and levels, provide one-on-one training sessions, motivate clients, monitoring clients to be able to make adjustments to their plan, educate clients on nutrition and diets, lead small group fitness classes, help in sports performance, assist with sales efforts

Part 2: Apply to your Dream Job - 50 points

1. Think about the job postings you submitted for Part 1, and the knowledge, skills, and abilities you'll need. Did these jobs match what you had in mind for your dream job? Did you find your dream job? Describe the similarities and differences. **I believe the job listings I found match my dream job because they all involve working with athletes. I think no matter the age or fitness level of a person they are an athlete because they want to be working out and they want to be getting better. Even if the job I want isn't working with athletes like myself in sports, I still believe I would have so much fun helping people become stronger and faster. I think in athletic training I will be more focused on athletes in sports whereas personal training will be more focused on older**

adults a majority of the time who want to stay in shape and become fit. I honestly think that all of these jobs I found could be my dream job because they all involve working with people and helping people become the best version of themselves. Every day in my sport I want to become better and be the best version of myself and continuing that for other people would be a dream come true.

2. From the 3 job postings you found, choose one job you want the most, and use the list of skills required for the job of interest. Identify skills you already have and identify skills you are still building or need more experience performing. Discuss options to sharpen or learn the skills you will need to gain. **Of the 3 job postings I found I am most interested in the athletic trainer because I am an athlete who plays a sport and would love to stay around sports all the time. I think I already have the people skills because when talking about sports and those sorts of topics I am always interested and engaged in the conversations. I obviously do not have any of the license needed or schooling completed because I am only a freshman, but I have done a biology class which has given me a little knowledge. I have experience because I have been around an athletic trainer for a lot of my life. I learned a lot from my athletic trainer in high school and I am learning a lot about recovery and rehabilitation from my athletic trainer here at ODU. The skills of evaluation and diagnosing an injury will come as I learn more hands on and I learn more about the anatomy of muscles and bones. I think anyone at this stage would need to build more knowledge and experience in this field because it is a job where a lot of kids' safety and well-being are under your watch.**

Rubric

Criteria	Excellent (100-90 points)	Sufficient (89.99-80 points)	Minimal (79.99-60 points)	Unacceptable (59.99-0 points)
Inclusions of requested information and Correctness of Assignment	Includes all requested information and goes into detail for each question. Professional Interviewed works in a health or health-related field. Professional's education must have an associate's degree or higher.	Includes most of the information requested. Correct, but limited details provided. Professional Interviewed works in a health or health-related field. Professional's education must have an associate's degree or higher.	Missing or incorrect information. Professional Interviewed works in a health or health-related field. Professional's education must have an associate's degree or higher.	Professional does not meet the criteria for the assignment. Does not answer any of the questions.
Ease of finding information	Assignment is easily found from the menu bar of the student's e-portfolio and is clearly identified. Fonts are easily read and layouts are appropriate to the assignment. Picture of the health professional is included.	Page is viewable but not easily locatable. Fonts are readable, information is present but does not have a logical flow.	No Logical flow to information. Missing, and/or partially answered questions. Font is illegible.	No page, or information provided.

Writing quality of assignments	Writing is clear, concise, and well organized with excellent sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing.	Writing is mostly clear, concise, and well organized with good sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no more than three spelling, grammar, or syntax errors per page of writing.	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing.	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.
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