

GROUP 6 OF 12HUMSS-PLATO

# **RECOGNIZE ONE'S POTENTIAL FOR HEALTH AND RECREATION RELATED CAREER OPPORTUNITIES**

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**Everyone wants to be as fit as they can be, whether it's walking in the park or doing high-intensity cardio. Because of such a rise, there has been an increasing demand for individuals in the health and fitness sector. We often think about personal trainers, gym instructors, and yoga instructors. However, these are not the only career paths individuals can take if they wish to apply their trade in such a field.**

**LEDDE, ALAIZA M.**



**There are a lot of different  
health and recreation related  
careers these are the  
examples:**

# ATHLETIC TRAINER

An athletic trainer focuses his or her area of expertise around exercise rather than weight loss. They are usually part of a semi-professional or professional sports team and help players diagnose and treat injuries when exercising or playing on the field. Schools and universities also employ them to look after their sports teams, ensuring that their players are fit and healthy.



PENOLIAR, ANNA MAY S.

# MASSAGE THERAPIST

Many people believe that the job of a massage therapist simply involves helping people feel good and relax. And while this is certainly a large part of the position and relaxation is hugely important for good health and fitness, massage therapists do a lot more. As a massage therapist, you may spend time helping injured people to recover with sports massages or other types of massage that treats muscle issues that cause pain when the client plays sports or engages in fitness activities. Massage therapists often work closely with sports teams or professional athletes for this purpose.



ROSADIÑO, ANGELENE D.C.

# NUTRITIONIST

Following a good diet is an integral component of having good health. When you work as a nutritionist, you will be responsible for creating dietary schedules for your clients. These can either be to help a client lose weight or to avoid health-related issues. Nutritionists also design diet plans for clients, such as athletes, who want to get in shape to perform the best they can.



DELACRUZ, JOHN DAVE

# SPORTS PSYCHOLOGIST

It is sports psychologists' job to facilitate a person's mental fitness, self-confidence, and control over their sports. As an athlete should enjoy the sports he or she plays, a sports psychologist helps them maintain self-improvement and good mental health that will allow them to perform better on the field and in life.



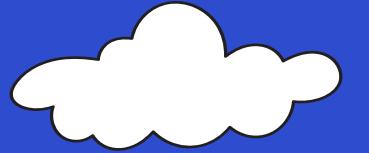
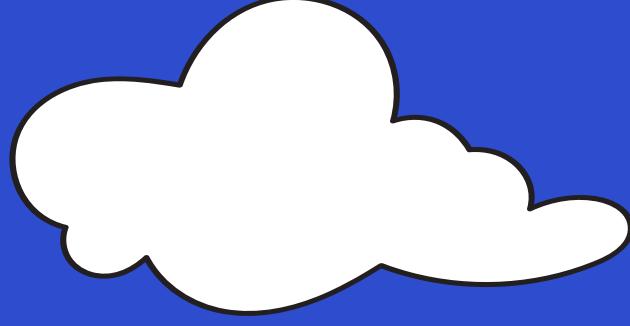
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# SPORT COACH

The essential goal of a coach is to help students or professional athletes realize their full potential. This is done through instruction of the sports discipline, health and lifestyle training, and advice. They are responsible for training athletes in a sport by analyzing their performances, instructing in relevant skills and by providing encouragement.



COLICO, APRIL ROSE S.



Career opportunities in health and fitness will continue to grow as people start to take their health and fitness more seriously.

Now is the time for fitness freaks to make a career out of what they love. To facilitate this passion for health and wellness, we have shared with you some health and fitness career opportunities that you can look into. After all, health is wealth.



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## NUTRITIONIST

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## SPORT PSYCHOLOGIST

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## SPORT COACH

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**THANK YOU FOR  
WATCHING!**