



### **Working and Learning in Sport and Fitness**

Want to improve your professionalism and effectiveness in the workplace? This album explains how to develop reflective skills and improve leadership techniques. With an emphasis on interpersonal communication, teaching methods and customer care, it's relevant to those instructing, coaching or managing others in a range of sport and fitness settings. The eight video tracks on this album follow professionals working in a gym, a sports college and an ice-rink. They demonstrate how to encourage motivation, how to delegate and how to improve your own instructional skills. This material forms part of E113, Working and Learning In Sport and Fitness.