

SPORTS SKILLS FOR EMPLOYABILITY MENU

							
Time Management (TM)	Social Competence (SC)	Achievement Motivation (AM)	Intellectual Flexibility (IF)	Task Leadership (TL)	Emotional Control (EC)	Active Initiative (AI)	Self-Confidence (Sco)

SPORT								
Individual	✓	✓	✓	✓		✓	✓	
Collective	✓	✓	✓	✓	✓	✓	✓	✓
Collaborative	✓	✓	✓	✓	✓	✓	✓	✓
Opposition	✓	✓	✓	✓		✓	✓	
Expressive	✓	✓	✓	✓	✓	✓	✓	✓
Natural environment	✓					✓	✓	
AIM								
Health						✓	✓	
Competition	✓	✓	✓	✓	✓	✓	✓	✓
Recreation	✓		✓			✓	✓	

SOFT SKILLS:

- Time Management (TM): The extent to which a person makes optimal use of time.
- Social Competence (SC): The extent to which a person is effective in social interactions, including effectiveness in communication, empathy, active listening, assertiveness, and conflict resolution.
- Achievement Motivation (AM): The extent to which a person is motivated to achieve excellence and put the required effort into action to attain it.
- Intellectual Flexibility (IF): The extent to which a person is open to the ideas of others and appropriately adjusts his/her views to accommodate better ideas.
- Task Leadership (TL): The extent to which a person is effective in motivating and leading other people when a task needs to be done.
- Emotional Control (EC): The extent to which a person stays calm in new, changing, or stressful situations.
- Active Initiative (AI): The extent to which a person willingly initiates action and contributes energy in new situations.
- Self-Confidence (Sco): The extent to which a person has high expectations of success in his/ her actions.

SPORT:

- Individual: Sports activities that do not require interaction with other participants, such as running, swimming, cycling, rowing,...
- Collective: Sports activities in which one team plays against another by interacting with each other, such as football, basketball, water polo, hockey, handball, ...
- Collaborative: Sports activities where a team collaborates to achieve a goal, such as synchronised swimming, team rhythmic gymnastics, or acrosport, among others.
- Opposition: Sports activities where two individuals are pitted against each other, e.g. tennis, judo, karate, boxing,...
- Expressive: Sports activities in which the aesthetic and/or expressive component such as rhythmic and artistic gymnastics, dance, trampoline jumping, etc., is the most important.
- Natural environment: Sports activities that take place in the natural environment (air, land or water) such as climbing, sailing, skiing, paragliding, canyoning, mountaineering...

AIM:

- Health: Sports practice aimed at maintaining or improving the state of health.
- Competition: Sports practice aimed at improving performance-oriented towards sporting competition.
- Recreation: Sports practice aimed at occupying leisure and free time.