

PHYSIOTHERAPY

Pursuing a career as Physiotherapy has been a great aspiration for me throughout my studies. As a passionate sports woman, being active and energetic attracts me to physiotherapy as it combines sporting activity with science. Both of these areas appeal to me as I have studied them throughout my academic years therefore by combining both topics into a career seems the perfect choice. I have recently participated in work experience with a private physiotherapist which has given me a great insight into the career as I analysed the therapist at work.

Essentially I enjoy the challenge of working effectively with people; obviously a physiotherapist must be sensitive to her patients' needs and personality. Empathising with the patient and having an open dialogue was something that the physiotherapist I observed showed great skill in. I saw that this communication enabled effective diagnosis and treatment. A parallel experience I realised was coaching young golfers, analysing their technique and listening to them was not dissimilar to the physiotherapists practice.

I am currently completing a leadership course which will enable me to coach a variety of sports independently; this course will help me gain vital skills for both a hectic university life and the demands of a physiotherapy degree. In the summer 2010 I assisted a PGA golf Professional in coaching 5X60 golf course for children aged between 11 and 16. This course highlights my leadership skills along with a strong ability to communicate with the students I was teaching. I was classed as a female role model for the younger girls in the group, personally being enthusiastic encouraged the students to participate.

I am an extremely dedicated golfer, and have played since I was 9 years old. I believe golf is a great example of the abundance of life skills needed in university. I have represented my county and region, and was selected for the Welsh elite squad in 2009. To become successful at golf and get down to the handicap of 7 it has taken a serious amount of determination, patience and commitment to practice. I believe these skills are vital for a student studying physiotherapy as I understand it is a demanding course and I will have the competitive drive to succeed.

As golf is a time consuming activity, balancing my academic life, part time work and golf demands high organisational skills and efficient time management which will come in useful whilst studying my degree in harmony with university life.

I have a part time job in an Activity park and I am an Activity Supervisor for several outdoor activities. This involves a lot of responsibility ranging from teaching the customer archery to supervising water activities. As well as enjoying my job it gives me the vital skills of co-operation and leadership as I have to be in control of the activity at all times. I need strong communicational skills likewise as a physiotherapist to help the patient understand what treatment they need and how to convey this in an assertive and professional manner.