

Module 7: Public Health
Topic 3 Content: Individual Characteristics in Sport Notes

Introduction

Individual Characteristics in Sport



Click **NEXT** to learn what qualities you need to demonstrate to be a strong team player.

Successful team players consistently treat fellow team members with courtesy and consideration. In addition, they show understanding and the appropriate support of other team members. Despite their differences, good team players figure out ways to solve problems.

Click **NEXT** to learn what qualities you need to demonstrate to be a strong team player.

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Reliability

Reliability



Be reliable, someone you teammates can always count on.

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Communication

Communication



Express thoughts and ideas in a positive, confident and respectful manner.

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Listen

Listen



Be a good listener. You need to take the time to consider points of views and ideas from teammates and coaches.

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Integrity

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Be honest, truthful, and ethical at all times.

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Active

Active



Be fully engaged and committed to the team at all times.


Be fully engaged and committed to the team at all times.

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Cooperation

Cooperation



You need to work with your teammates to accomplish the same goal. Be a team player.

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