

Abstract

Title: Preparedness of graduates of Fitness Institute, s.r.o. education for entering the profession.

Objectives: The main goal of this diploma thesis is to evaluate, how the graduates of the courses Fitness Instructor and Nutrition Counselor are prepared for the performance of the coaching and counseling profession and to deliver recommendations for innovations in the teaching of these courses.

Methods: There is used mixed type of sociological research. The practical part of the diploma thesis uses a quantitative method of electronic questioning and a qualitative method of in-depth semi-structured interview. The respondents are graduates of the courses Fitness Instructor and Nutritional Consultant from Fitness Institut, s.r.o. The electronic questionnaire is processed using descriptive statistics and interviews using phenomenological interpretive analysis.

Results: Graduates rate courses positively and they are able to find a job in the labour market. The most popular form of graduates' application in practice is on the basis of a trade licence. Better evaluation was recorded in Nutrition Counselor course.

Keywords: education, fitness, health, employment of graduates