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JobPrep – November 2025 “The Voice of Technology Career Insight”



## The evolution of sports technology: How wearables, AI, and data are changing the game

The intersection of sports and technology has never been more exciting. Over the past decade, advancements in wearable technology, artificial intelligence (AI), and data analytics have revolutionized the way athletes train, recover, and perform. From AI-driven coaching to biomechanics analysis and real-time performance tracking, sports technology is transforming the industry at an unprecedented pace. Let's explore how these innovations are reshaping training, injury

prevention, and in-game decision-making across various sports.

### 1. Wearable Technology: Real-Time Performance Tracking

Wearables have become a game-changer for athletes at every level, providing real-time insights into their physical condition and performance. Devices like smartwatches, GPS trackers, and biometric sensors allow teams and coaches to monitor key metrics such as heart rate, oxygen levels, speed, acceleration, and recovery time.

- Example: In the NFL, players wear RFID chips in their shoulder pads to track movement and player workload, helping

teams optimize practice routines and avoid overtraining.

- Example: In soccer, GPS vests track total distance covered, sprint speed, and workload, allowing coaches to tailor training sessions and manage fatigue.

By using this data, teams can fine-tune training programs, prevent injuries, and maximize peak performance levels.

### 2. AI-Driven Coaching: Smarter Training and Strategy

Artificial Intelligence is revolutionizing the way teams analyze opponents, develop strategies, and optimize training sessions. AI-driven platforms can break down hours of game footage in minutes, identifying patterns, weaknesses, and tendencies that human analysts might miss.

- Example: The NBA uses AI-powered video analysis to track player movements and predict defensive formations.
- Example: AI-powered baseball analytics help





teams predict pitch selection and analyze batter tendencies to gain a competitive edge.

AI is also enhancing personalized coaching. Virtual coaching assistants powered by machine learning can analyze an athlete’s form, suggest corrections, and create customized drills based on their unique strengths and weaknesses.

### 3. Biomechanics Analysis: Perfecting Movement and Preventing Injuries

Biomechanics—the study of human movement—is being revolutionized by motion capture technology and advanced sensors. These tools help athletes refine their techniques while reducing injury risks.

- Example: Baseball pitchers use 3D motion analysis to perfect their throwing mechanics, reducing stress on the elbow and preventing injuries like Tommy John surgery.
- Example: In golf and



tennis, motion-tracking cameras analyze swing mechanics to help athletes make minor adjustments that can lead to major improvements.

By identifying inefficient movement patterns and imbalances, biomechanics technology helps athletes optimize their form while extending their careers.

### 4. Smart Equipment: Enhancing Performance Through Innovation

Sports equipment is becoming increasingly intelligent. Smart basketballs, soccer balls, and even running shoes now come

equipped with sensors that track performance metrics in real-time.

- Example: Smart basketballs track shooting angles and backspin to help players improve their shooting mechanics.
- Example: AI-powered soccer balls provide real-time feedback on strike force, accuracy, and spin, revolutionizing training sessions.
- Example: Smart running shoes measure stride efficiency, ground impact, and foot positioning to optimize running techniques and reduce injuries.



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This level of data-driven feedback allows athletes to self-correct and refine their performance in ways that were never possible before.

## 5. Data Analytics: The Future of In-Game Decision Making

Sports teams are relying more on big data to gain an edge during games. Coaches and analysts use real-time data to make strategic decisions, adjust tactics, and even predict in-game outcomes.

- Example: In the NFL, teams use predictive analytics to determine the best play call based on historical trends.
- Example: In baseball, sabermetrics and advanced analytics have changed the way teams evaluate player performance, with stats like exit velocity and launch angle becoming crucial in scouting and player development.

This data-driven approach is reshaping how games are played and coached, with AI-powered insights becoming as valuable as human intuition.

## The Future of Sports Technology

As technology continues to evolve, we can expect even greater advancements in virtual reality (VR) training, neurofeedback technology, and AI-powered injury recovery. The future of sports will be defined by innovation, with athletes and teams using cutting-edge tools to push the limits of performance.

Some emerging trends include:

- ✓ AI-powered injury prediction models that anticipate injuries before they happen.
- ✓ Virtual reality training simulators to help athletes mentally prepare for high-pressure situations.
- ✓ Neurofeedback technology that trains athletes' brains to enhance focus and reaction times.

As the boundaries between technology and sports continue to blur, one thing is clear: the athletes of the future will be more prepared, more efficient, and more resilient than ever before.



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### Veterans, get ready to power your tech future here at Global IT

Global Information Technology (Global IT) is approved by the Department of Veteran Affairs to receive Veterans benefits. We accept Chapter 33 Post 9/11 GI Bill®, Chapter 30 Montgomery GI Bill® for Active Duty, Ch 31 Vocational Rehabilitation and Employment (VR&E), and VRRAP. Whether you are serving or have already served, Global Information Technology is here to work with you to start your IT career. These benefits may cover up to 100% of tuition and fees and housing allowance, courseware, and other training related costs as well.

The Department of Veterans Affairs (VA) is accepting new training program enrollments for veterans wishing to use their GI Bill benefits. These training programs help veterans get the technology skills they need to join some of the fastest-growing industries in the United States. Global Information Technology (Global IT) is approved by the Department of Veteran Affairs

to receive benefits under the GI Bill - Chapter 31 and Post-911 programs. Participating veterans will receive high-tech training, tuition, and housing allowance assistance).

For more information about your specific benefits in regards to your service, call 248-557-2480 to set up an appointment with one of our School Certified Officers (SCO, career advisors) or complete the inquiry form at <https://www.globalitech.com/va-p>



### Apply for the Global IT Scholarship Program

Global Information Technology is proud to provide the GIT Scholarship Program. Every month, this scholarship will be awarded to highly driven individuals wanting to begin or advance their IT career. Exclusively, the scholarship will provide a grant of \$2,500.00 towards any certification course or remote live training at GIT. GIT created this opportunity to give back to the community and spread our desire to help those in need. We believe that learning is essential and we will continue to help and develop individuals to help them succeed in their personal development goals. Apply here:

<https://www.globalitech.com/the-global-it-scholarship/>





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## Career Guide

### Quick and to the point career advice

**Question:** *“Andrei, I was recently asked in an interview to what are my strengths. Of all the questions I was asked, I wasn’t prepared for this one. What exactly are employers looking for when they ask this question?”*

– Daniel Matthews

**Answer:**  
Great question.

When hiring managers ask about your strengths, they’re gathering crucial information that goes far beyond your resume. Understanding their motivations helps you craft a response that addresses what they’re really looking for.

**They’re checking for job alignment.** The most important reason interviewers ask this question is to see if your strengths match what the role actually requires. According to career experts at Coursera, employers use this question to discover more about your skill

set and determine whether you’ll be a good fit. A strength that’s valuable in one position might be irrelevant in another.

**They’re evaluating your self-awareness.** Employers want team members who understand their own capabilities. Your ability to accurately assess and articulate your strengths demonstrates emotional intelligence and professional maturity. Self-aware employees can make the most of their strengths and work to improve their weaknesses.

**They’re testing your confidence level.** Can you speak positively about yourself while maintaining professionalism? This balance is crucial in the workplace, whether you’re presenting ideas, asking for resources, or advocating for your career growth.

**They’re looking for evidence, not just claims.** The best candidates

specific examples that show these strengths in action. Empty assertions without backup won’t impress anyone.

**They’re assessing your preparation.** How you answer reveals whether you’ve thought seriously about this role and what you bring to the table. Generic, unprepared answers suggest you haven’t done the work to understand the position or prepare properly for your interview.

Listen carefully to how the interviewer phrases the question. If they ask “What is your greatest strength?” (singular), focus on just one strength with substantial evidence. If they ask for “strengths” (plural), prepare to discuss 2-3 with equal conviction.

Best of luck, and you got this!

*Andrei*





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### Career Services: GIT’s Lunch and Learn Events

*Message from Jennifer Bowden, GITs Career Services Manager*

Hello Global IT community! GIT’s workshops and ‘Lunch and Learn’ events are short sessions with the information you need to get a jump-start on your job search. Our upcoming workshops here at GIT include:

#### NOVEMBER

##### Resume Writing – Wednesday, November 5 at 5 p.m.

*Your resume is the foundation of a successful job search. This session will explain the essential sections of a resume and show you how to add the skills and experience that get you noticed.*

##### Advanced Resume Writing – Tuesday, November 11 at 12 p.m.

*You’re familiar with resume*

*basics – but how can you address unique situations? Learn more about addressing career gaps, pivoting to a new career, listing gig or freelance work, and what to do if you’re over- or underqualified for the positions you’re applying for.*

##### Interviewing – Thursday, November 20 at 5 p.m.

*Interviewing is a skill you can improve with practice. Learn strategies for taming those pre-interview jitters, how to answer tough questions (including the dreaded “Tell me about yourself”), and the best way to follow up with employers.*

##### Resume Keywords and Customization – Tuesday, November 25 at 12 p.m.

*Everyone knows you need a resume as part of your job search – but how can you get it past the screening step? This workshop will show you how to create a resume that gets noticed by employers.*

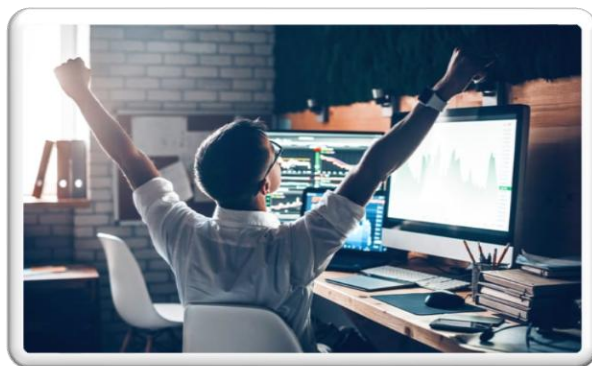
#### DECEMBER

Creating a LinkedIn Profile – Wednesday, December 3 at 5 p.m.

Network Your Way to Career Success – Thursday, December 11 at 5 p.m.

Effective Professional Communication: Cover Letters and More – Tuesday, December 16 at 5 p.m.

Register today at <https://www.global-itech.com/free-seminars/> or email [placement.services@global-itech.com](mailto:placement.services@global-itech.com).





### Increased cell phone data use is negatively affecting wi-fi performance

University of Chicago researchers find competition between networks decreases performance.

If service becomes slow when you're trying to send a quick email on your smartphone, you might scroll through your network options and discover how many Wi-Fi networks there are. In fact, this plethora of options is itself the problem.

These networks are in competition with one another, limiting the speed at which each can operate.

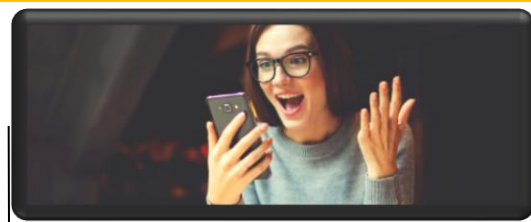
University of Chicago researchers have demonstrated how this increased network competition could negatively impact internet service for everyday users.

Competition between networks arises when they operate on shared spectrum bands, or frequency ranges for electromagnetic waves. In particular, Wi-Fi utilizes a spectrum that is “unlicensed,” meaning any device or network

can utilize this spectrum as long as certain transmission rules mandated by the Federal Communications Commission (FCC) are followed.

“The unlicensed spectrum is literally a free-for-all; anybody can use it, within the bounds set by FCC,” explained Monisha Ghosh, associate member in the Department of Computer Science at the University of Chicago and research professor in the Pritzker School of Molecular Engineering. Cellular phone service mostly relies on an entirely separate band of spectra, which providers license from the FCC through spectrum auctions, though that has shifted with the growing demand for cellular data and limited bandwidths.

When a cellular provider, such as T-Mobile or AT&T, licenses a spectrum band from the FCC, they reserve its exclusive use. As a result, networks operating on licensed bands experience little interference. This allows providers to establish fast and reliable service, but it comes at a cost.



### Did you know .....

The majority of internet content exists on the Deep Web. The average internet user can only hope to scratch the surface of available content. While a prominent Dutch researcher believes that 4.5 million websites are currently indexed by search engines, the internet extends far beyond this easily searchable content. Estimates regarding the size and scope of the Deep Web vary, but some researchers believe that it is at least 400 times larger than the surface internet.

### GIT thought provoking corner



*“Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.”*

— Roy T. Bennett





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### A day in the life

#### Management Information Systems Director

[A management information systems director spearheads the implementation of software, equipment installation and other projects to improve the quality of a company's information systems.]

IT Managers plan, direct, or coordinate activities in such fields as electronic data processing, information systems, systems analysis, and computer programming. They also manage backup, security and user help systems.

Other tasks include:

- Direct daily operations of department, analyzing workflow, establishing priorities, developing standards and setting deadlines.
- Meet with department heads, managers, supervisors, vendors, and others, to solicit cooperation and resolve problems.



- Review project plans to plan and coordinate project activity.
- Assign and review the work of systems analysts, programmers, and other computer-related workers.
- Provide users with technical support for computer problems.
- Develop computer information resources, providing for data security and control, strategic computing, and disaster recovery.

#### Job satisfaction

**72%**

of them said they were satisfied with their job and

#### Meaningful Work

**49%**

said they find that their job makes the world a better place or helps to make someone else's life better.

We asked IT Managers how satisfied they are with their job. Here is what they said:





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### How to thrive in an IT career in today’s market landscape

In today’s rapidly evolving world, the IT industry in the U.S. continues to be one of the most dynamic and rewarding career fields. From cybersecurity and AI to data analytics and cloud computing, technology is transforming every business sector — and that means opportunity is everywhere. So, how can you not just survive but thrive in this exciting, ever-changing landscape? Here are ten proven ways to grow and stay ahead.

1. Keep Learning — Always. Technology doesn’t stand still, and neither should you. Whether through formal certifications or online courses, keep your skills sharp and relevant.

2. Build a Strong Foundation. Before chasing advanced technologies, master the basics — networking, security, databases, and operating systems. A solid foundation gives you confidence to learn faster and grow deeper.

3. Specialize, Then Expand. Choose a niche that excites you — like cloud, cybersecurity, or data science — and become really good at it. Once you’ve built expertise, branch out to related areas.

4. Stay Curious About AI & Automation. Understanding how automation and AI are transforming industries will keep you future-ready. Learn to work with these tools, not against them.

5. Develop Communication & Collaboration Skills. Tech is no longer isolated — it’s integrated. The ability to explain technical solutions to non-technical people makes you invaluable.

6. Keep an Eye on Emerging Fields. Quantum computing, edge AI, and cybersecurity for IoT are

shaping the next decade. Staying informed can help you pivot early and wisely.

7. Network with Intention. Join local meetups, LinkedIn groups, and professional associations. Many great opportunities begin with a single conversation.

8. Seek Mentorship. Find someone who’s walked the path you want to travel. Mentorship can shorten your learning curve and open doors you didn’t know existed.

9. Leverage Platforms Like SeekJobs.ai. Global IT’s SeekJobs.ai helps bridge the gap between skills and opportunities. By creating your profile, optimizing your resume, and matching directly with hiring employers, you can move from “applicant” to “hired” faster in today’s competitive job market.

10. Believe in Your Growth. Every IT professional starts somewhere. Whether you’re re-entering the job market or aiming for a promotion, remember — your potential expands as you do.





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Career  
Growth  
Partner

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**3x faster  
job placements.**

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not hide from you.

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