

# Research in Coaching and Coach Education: Categorization of the Coaching Science Contents Based on International Coaching Journals and Papers

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# Presenter's Vita

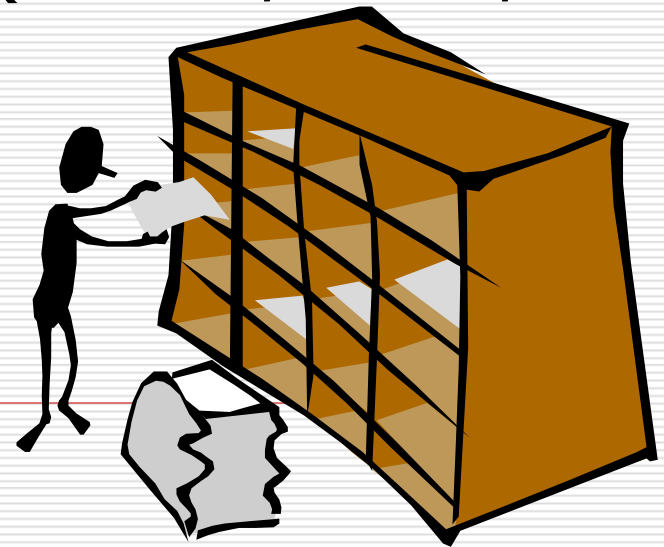
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- Professor, Hoseo University (KOREA)
  - Chair, Dept. of Soccer Coaching and  
Dept. of Baseball Coaching
  - President, the Korea Coaching  
Development Center: KCDC
  - Co-Publishers, Co-Editors of the  
International Journal of Coaching  
Science
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# The Purpose of the Study

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- To investigate the research in coaching and coach education
- To specifically categorize the contents of the coaching science (IJSSC, IJCS, & ICCE)



# The importance of coaches, coaching, and coach education

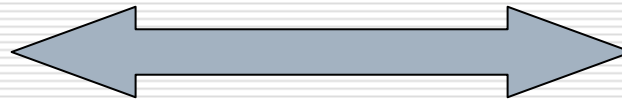
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- Play an **IMPORTANT ROLE** in the lives of athletes
- Is a **LEADER** who guides, motivates, and develops athletes to learn crucial skills, and prepare world competitions.
- Many countries **DO NOT HAVE** a formalized coach education system for coaches to lead youth sport programs or elite sport teams.

# Comparison of sport science and coaching science (Bowring, 2005)

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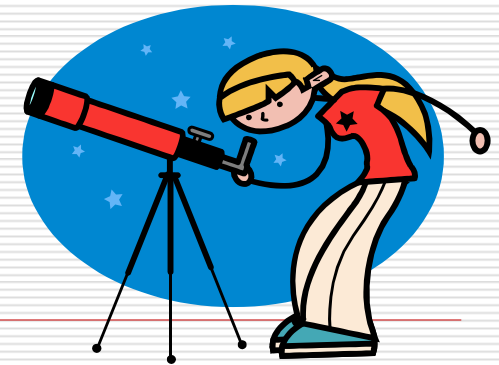
**Coaching  
Science**



**-Similarities**

**-Differences**

**Sport  
Science**



# Art/Science of Coaching

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## □ **Practice session's format**

## □ **Knowledge of**

- learning styles
- coaching models and process
- motivation theory of teams and individuals
- programme to develop physically, technically, tactically, and mentally
- preparation methods for physical demands, mental demands, acclimatisation, season, cups, tournaments
- communication methods such as 1:1 team talks, media presentations reviews, and reports

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## □ **Coaching qualifications**

# Sport Science

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## □ **Knowledge of**

- programmes to develop strength, speed, and power
- physiology and anatomy, aerobic capacity, energy systems, and recovery methods
- mental skills development
- injury management, prevention, and rehabilitation
- sports science and sports medicine

## □ Knowledge and adherence to a **diet and banned substances**

## □ Knowledge and **practical application** of technology to analyse performance and movement

## □ **Long term athletic development steps:** introduction, develop, build, optimise, and refine

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# Research limitations

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## □ methodology

- missing of logic models,
- difficulty of measuring outcomes
- lack of control in interventions.

## □ a significant **under-theorizing** in this field

- including the nature of coaches' expertise, effectiveness, development stages (Lyle, 2005, 2007)
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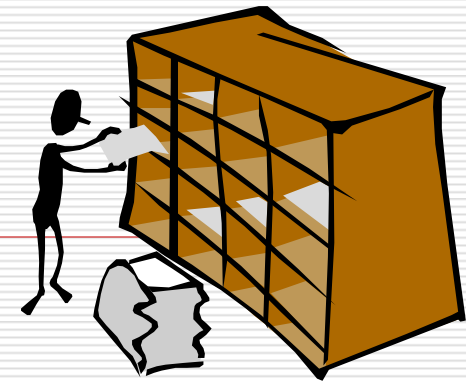
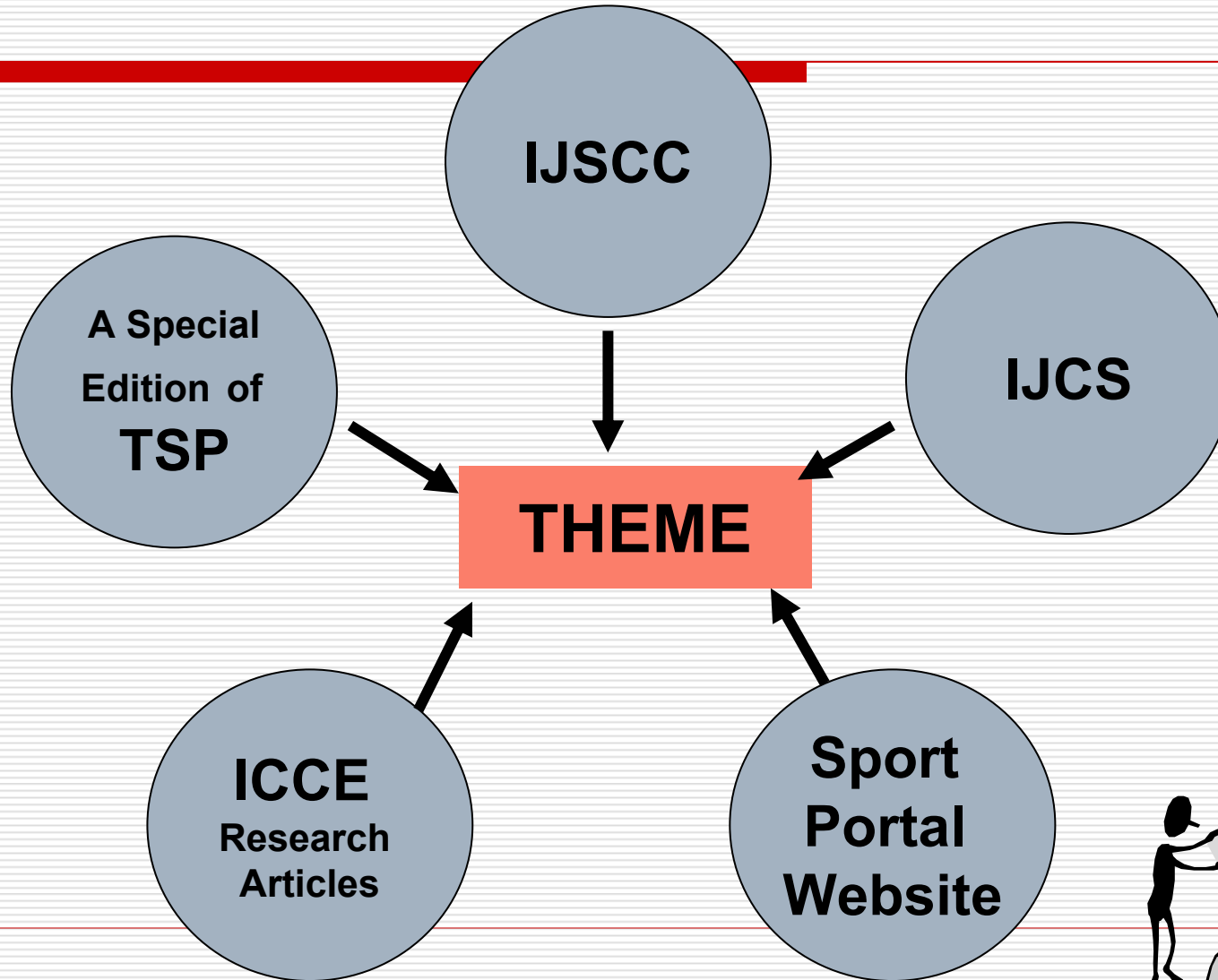
# Research limitations (Con.)

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- **experience and specific learning community support** were more influential (Abraham & Collins, 1998; Salmela, 1995).
  
- **we need**
  - strategic research program into coach education
  - empirical support for assumptions about the efficacy of coach education programs.

# Categorization of the coaching science

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# Categorized by

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- ❑ **IJSCC** (International Journal of Sport Science & Coaching)
  - ❑ **IJCS** (International Journal of Coaching Science)
  - ❑ **ICCE** (International Council for Coach Education)
  - ❑ **Sport Portal Website** has the Journal of Coaching Development published by the Korea Coaching Development Center)
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# International Journal of Sport Science & Coaching (IJSSC)

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- ❑ LEADING ARTICLE
  - ❑ COACHING INSIGHTS
  - ❑ ORIGINAL RESEARCH
  - ❑ RESEARCH NOTE
  - ❑ REVIEWS
  - ❑ CASE STUDIES
  - ❑ BOOK REVIEWS
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# International Journal of Coaching Science (IJCS)

Volume 1 (January 2007) Issue 1

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- ❑ Towards a definition of excellence in sport coaching
  - ❑ A review of the research evidence for the impact of coach education
  - ❑ The impact of perceived leadership behaviors on satisfaction, commitment, and motivation: An expansion of the multidimensional model of leadership
  - ❑ Too close for comfort?: Dependence in the dual role parent/coach-child/athlete relationship
  
  - ❑ **Research Note:** The effects of an education program on coaches' encouragement of imagery use
  - ❑ **Current issue in coaching:** The International Council for Coach Education: Connecting the world of coach education
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# International Journal of Coaching Science (IJCS)

Volume 1 (July 2007) Issue 2

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- ❑ Character development in youth sport: The perspectives of ice hockey and baseball coaches
  - ❑ How college basketball coaches advise their athletes to use imagery in practice settings
  - ❑ Relative age distribution of Welsh netball players
  - ❑ The development of technique in soccer as assessed by technical level
  - ❑ **Current issue in coaching:** The Korea Coaching Development Center (KCDC): Hoping to be a role model of coaching institutions in the world
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# ICCE Research Articles

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- Based on the contents presented in the conferences held from 1997 to present.
    1. The presentation contents of the 2007 Global Coach Conference (Aug. 30-Sept. 3, 2007, Beijing, China)
    2. The 2007 ICCE Coach Education Master Class
    3. The presentation contents of 2005 ICCE Global Coach Conference (Aug. 31, 2005, Limerick, Ireland)
    4. The presentation contents of the 2005 1st ICCE Asian Regional Coaching Conference (Feb. 25-27, 2005, Hong Kong)
    5. The presentation contents of 2002 ICCE Global Coach Conference (May 1-4, 2002, Colorado Springs, USA)
    6. The presentation contents of 1999 ICCE Global Coach Conference (Dec. 1-3, 1999, Sydney, Australia)
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# Sports Portal Website ([www.spotal.net](http://www.spotal.net))

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- ❑ Coach education systems that support open learning and distance education for coaching
  - ❑ will provide all sports-related contents for Korean first and then, all of the world
  - ❑ Operated by both The KCDC ([www.ikcdc.net](http://www.ikcdc.net)) and the Noa Technology Company.
  - ❑ Three specific sports contents, but in the future it will include fifty sports.
  - ❑ Coach network, sport professional knowledge, e-learning, sport camp, UCC, and sport club.
  - ❑ Please contact the author.
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# Tentative Categories of Coaching Science Contents

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## Coaching for Youth Athletes

- The double-goal coach: A new model in youth sports
  - Character development in youth sport
  - Youth sport as a tool to create a better world
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# Tentative Categories of Coaching Science Contents (Con.)

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## Coaching for Elite Athletes

- Preparing for Olympic Games – Australia's elite sport system
  - Scientific support for Korean national teams in Athens Olympics
  - Management skills in elite athlete development
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# Tentative Categories of Coaching Science Contents (Con.)

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## **Coaching for Athletes with Disabilities**

- Coach education and sports science for athletes with a disability**
  - Inclusion of athletes with a disability into mainstream sport, and resource development**
  - Developing sports specific disability training program**
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# Tentative Categories of Coaching Science Contents (Con.)

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**Coaching for Leaders  
& Coaches**

- Professional development for elite coaches**
  - Coach recognition**
  - Professional development for elite coaches**
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# Tentative Categories of Coaching Science Contents (Con.)

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## High Performance Coaching (Psychology)

- Coaching behavior
  - Leadership
  - Pre-competition anxiety and in-competition coping
  - Developmental paths and activities of successful coaches
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# Tentative Categories of Coaching Science Contents (Con.)

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## High Performance Coaching (Training)

- Case study: The physiology of the world record holder for the women's marathon
  - Overtraining
  - Hormonal response to resistance training
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# Tentative Categories of Coaching Science Contents (Con.)

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**Performance Analysis**

- Performance appraisal analysis for sports coaches**
  - Scientific support for national teams in Olympics**
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# Tentative Categories of Coaching Science Contents (Con.)

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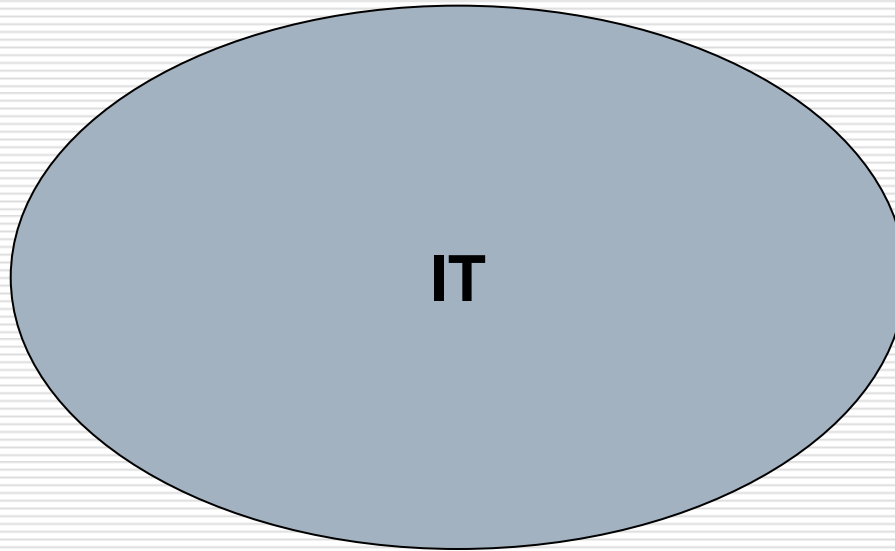


## **Skill Training and Strategies / Tactics**

- The development of technique in soccer**
  - Testing and training anticipation skills in softball fielders**
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# Tentative Categories of Coaching Science Contents (Con.)

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**-IT applications to coach education**

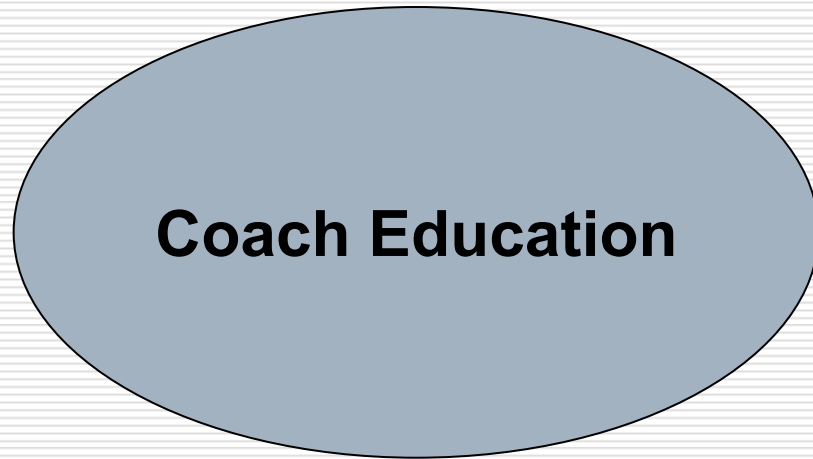
**-New technology in sport**

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**-Use of computers in coaching**

# Tentative Categories of Coaching Science Contents (Con.)

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**-Impact of coach education**

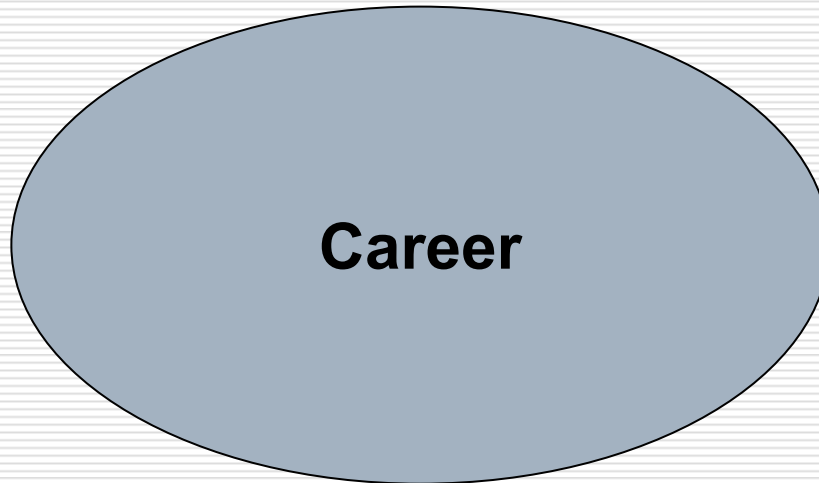
**-Distance education models/Distance learning**

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**-Directions in coach education**

# Tentative Categories of Coaching Science Contents (Con.)

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**-Coach pathways**

**-Job situation for coaches**

**-Coach career transition and  
development**

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# Tentative Categories of Coaching Science Contents (Con.)

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**Coaching Ethics &  
Philosophy**

**-Ethical aspects of coaching and coach education**

**-Leadership and philosophy in coaching**

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# Tentative Categories of Coaching Science Contents (Con.)

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**-Program (course) design**

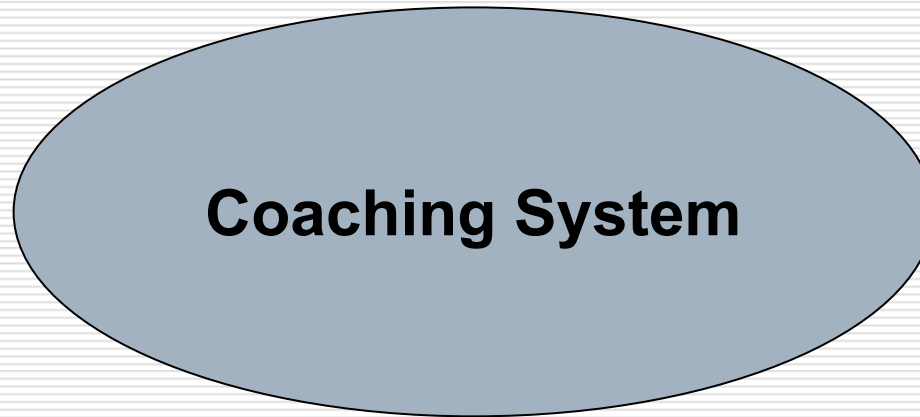
**-Coach education materials**

**-Coaching education diploma program in sports**

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# Tentative Categories of Coaching Science Contents (Con.)

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**-National system of coach classification and promotion in romania**

**-Coach development framework**

**-The structure of coach professional preparation**

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# Tentative Categories of Coaching Science Contents (Con.)

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**Social Perspective  
In Coaching**

- Socialization**
  - Gender studies and equality**
  - Coach-athlete relationship**
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# Tentative Categories of Coaching Science Contents (Con.)

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## Use of Statistics & Evaluation

- Assessment of coaches
  - A computer-based observational assessment of coaches
  - Evaluation of training for coaches
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# Tentative Categories of Coaching Science Contents (Con.)

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## Research in Coaching & Coach Education

**-A review of the research evidence  
for the impact of coach education**

**-A review of applying theory to  
practice**

**-Analysis of coaching science  
research published from 1970-2001**

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# Tentative Categories of Coaching Science Contents (Con.)

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**Coaching & Law**

**Coaching for Elders**

**Current Issue in  
Coaching**

**Rehabilitation  
for Athletes**

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# Tentative Categories of Coaching Science Contents (Con.)

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**Coaching and  
environment**

**Management  
for coaches**

**Coaching  
Female Athletes**

**Coaching and  
Nutrition**

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# Tentative Categories of Coaching Science Contents (Con.)

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**New trends  
in sports training**

**In memory of  
famous coaches**

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# Conclusions

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- By categorization of coaching science contents, we can investigate and predict the research trends of coaching science.
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**Thank you for your attention!**

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