

# Reflection on the holistic orientation in Youth sports Coach Education

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Youth sports in Korea has been dull due to the indifference to sport and excessive achievement-oriented education of school based-sports. Above all, it is not difficult to understand that the absence of a coherent goal for youth sports has brought about the depression of school based-sport. In order to overcome this situation, there should be efforts to practice pursuing holistic sports-oriented youth sports with ideal goals. Holistic sports-oriented youth sports has a goal to practice sound sport culture by harmoniously developing intelligence, emotion, virtue, physical ability with acquiring sports skill and perspectives. When coaching philosophy is based on holistic sports and parents' understanding and cooperation are accompanied, holistic sports-oriented youth sports could be practiced. The coaching philosophy of a coach is influenced by personal experience and coach education. Therefore, this paper aimed to reconsider current coach education to practice holistic sports-oriented youth sports. This study dealt with the problems of Korean coach education and their roles focused on school based-sport. Data was analyzed with information collected from a variety of document, internet and field work. Like a teacher in school, a youth sports coach directly or

indirectly has a great influence on adolescents. Especially, coach's inappropriate behaviors like beating, violent language, a harsh protest to a referee, using irregular techniques and teaching fouls affect adolescents in a negative way. A coach of youth sports is not only a person who develops adolescents' sport skill. He or she is a guide who enables adolescents to acquire proper sport skill and culture and also an educator who help them grow up with intelligence, upright mind, and beautiful heart. A coach as an educator should concentrate on the educational efforts to build exemplary personality as well as to acquire scientific expertise regarding sport. However, there are some coaches who just take care of the outside of sport such as, improving records, winning, skillful techniques, but are not interested in inside like, the value of sport, sport culture, and sport spirit. They just believe that their role is to coach sport and that's all. Under these circumstances of coach education, there would be three kinds of reflection about current coach education. First, general coach education is devoid of the cognizance of holistic sports. Actually, since people, who teach or learn sport, have their goals to acquire techniques and improve their performance, coach education just merely handles with functional aspects. Second, there is no consideration of a coach as an educator. People consider a coach as a person who teaches sport, which means that proper requirements for an educator are excluded in coach education. Third, a coach doesn't have an opportunity to develop themselves. Coach education consists of the course of certificates and it cannot provide them with in-service

education courses. As it mentioned above, Korean coach education inclines to theoretical education, believing in scientific knowledge. In addition, there are no consistent efforts to develop coaches' ability after obtaining certificate. Through this reflection, coach education should establish the ideal of holistic sports and reconsider the roles of coaches in order to offer coaches in-service education opportunities for improving their expertise.