High Schools Coaching in Singapore

Koh Koon Teck, PhD
Assistant Head, Graduate Programmes
President, Singapore Physical Education Association
Executive Board Member, World Association for Basketball Coaches

Facts:
• Independent: 1965
• Population: 5.6 Million
• Land Area: 719km²
• No natural resources
• More than 350 schools

Content
- Singapore’s School Sports System
- High School’s Coaching
- Issues and Recommendations

Mission
To provide quality competition experience to school athletes to support character development through the pursuit of sporting excellence

Singapore’s School Sports System
Schools’ Sports Councils
- Principals of Singapore Primary Schools form the SPSSC
- Principals of Singapore Secondary Schools and Junior Colleges/Central Institutes form the SSSC

Singapore’s School Sports System
- The National School Games (NSGs) - Largest sporting platform organised for school students in Singapore
- More than 400 championship titles
- Involves more than 55,000 student athletes across schools in Singapore
- 21 SPSSC & 28 SSSC sports organised
- Spans across the first eight months of the year
- Provide a valuable platform for our students to cultivate values and develop character through sporting excellence
Singapore’s School Sports System

- High school students (between 13 to 18 years of age) must have at least one co-curricular activity (CCA), including sports.
- Students are encouraged to continue with the same CCA throughout their high school years.
- Athletes participating in competitive sports has increased from 66,000 in 2006 (31% of total school population) to 77,000 in 2007 (35% of total school population) (Koh, Wang, Erickson, & Cote, 2012).
- External coaches are employed to train schools teams athletes.

High Schools Coaching

- Teacher-coach
- External instructors (mostly hourly rate)
- Past athletes; good track records of success
- *Majority had coached (N=1787) youth participants aged between 13-18 (74%)
- Yearly-contract (GeBIZ system)

*Source: Sports Coaching Survey Report 2014

Issue - Coaching as a Career / Profession

- Low income, high expectations
- Lack of recognitions
- Unstable incomes (holidays, examinations etc.)
- Stressful – outcomes based

Issue - Coaching Qualification

- National Coaching Accreditation Programme (NCAP) Theory **Level 1(60%)
- NCAP Technical Level 1 (45%)
- Combined/Integrated (47%)

*Source: Sports Coaching Survey Report 2014
**Note:
1. Renamed as SG-Coach Programme

Issue – Competitiveness

- More than 45% of athletes reported negative experiences in sport participation, despite being very successful in their performance (Koh et al., 2012)
- Competitive coaching environment
- Holistic development of athletes

Collaborative Approach

- NROC coaches to coach in schools
- Engagement sessions with coaches
- Workshops for coaches
- Community of Practice


Koon Teck Koh (*), C. K. John Wang (*), Karl Erickson (**) and Jean Cote (**) (*Motivation in Educational Research Lab, Nanyang Technological University, Singapore, (**) Queens University, Canada.

The purpose of this study was to examine the relationship between sport experiences and psychological needs satisfaction of Singapore high school athletes who were involved in interschool competition. A total of 1250 school athletes from 22 sports participated in the study. The athletes were between 13 and 18 years old and had an average of 3 years of experience in school sport (SD=2.18). Cluster analysis was employed to identify homogenous groups based on the seven developmental experiences in sport (NROC).
Recommendations

- Coaching Qualifications (Coaching knowledge)
  - Motivation / Incentive to upgrade (e.g. qualification = coaching fees?)
  - Form and content (ground-up approach)

Recommendation - Coach Education (Formal)

- Coach Education System (Informal)
  - Workshops/Clinics (sport and non-sport specific)
  - Attachments (local and overseas)
  - Structured Mentoring Program (Koh et al., 2014)
  - Culture - Community of Practice (sport and non-sport specific)

Evaluation of Coaches' Work

- Ministry of Education/Schools:
  - Guidelines to schools
  - Communication to school's leaders
  - Greater engagements & recognitions for coaches

Thank You

Q & A

Email: koonettek.koh@nie.edu.sg