Are Coaches Prepared and Successful in Meeting the National Coaching Standards?

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Abstract

Coaches play an extremely valuable role in a profession that offers the opportunity to help develop young people. The purpose of this study, which assessed the state of coaching education, was two-fold: 1) to determine coaching education knowledge and skills in meeting the National Coaching Standards, and 2) to determine the application of effective coaching principles in meeting the National Coaching Standards. An e-mail containing a website link for an online survey was sent to all athletic directors in Kansas middle and high schools asking them to forward the website link to all coaches they worked with. A total of 1,414 surveys were returned. The current state of coaching education assessment listed the national coaching standards developed by NASPE and used a Likert scale to ask how prepared and successful the coaches are in meeting the standard. Results of the survey indicated that coaches feel highly prepared and successful in the following coaching standard topics: teaching positive behavior (Standard 2), demonstrating ethical conduct (Standard 4), environmental conditions (Standard 7), positive learning environments (Standard 19), and skills of the sport (standard 27). Coaches indicated that they felt least prepared and least successful in the following standards: coordinated health care program (Standard 10), psychological implications (Standard 11), conditioning based on exercise physiology (Standard 12), teaching proper nutrition (Standard 13), conditioning to return to play after injury (Standard 15), mental skill training (Standard 24), managing human resources (Standard 32), managing fiscal resources (Standard 33) and emergency action plans (Standard 34). Findings from the study can be used to direct coaching education in the areas coaches feel they are less prepared and less successful.