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Experiential Faculty Fellow

Collaborative Action Research Project in Coaching

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Kinesiology



Overview

One of the essential questions of action research is to determine whether or not the core values the coach has professed is actually carried out in their professional life. When this continuity exists, research has shown that Coaches become more highly motivated in their work. (Mann, 2013).

Coaches in the study (n=9) participated in a four week summer hybrid course where they were exposed (first week) to Coaching by two Master Coaches from USA Volleyball who were skilled in the Athlete Centered Coaching Style, and then tasked with implementing their core value into their own coaching (weeks 2-4) back home for three subsequent weeks.

Quantitative Data

Student Coaches were given the Sport Motivation Scale at the beginning at the end of the four week study.

Data analysis revealed that there was a significant difference on scores for coaches on the revised Sport Motivation Scale (SMS II) as a result of the student's attempt to live out their core values in their Coaching Practice.

The average (mean) improvement on the SMS II for the coaches (n=9) in the class was a 13.56 point improvement from pre to post test on a 100 point scale. The T-Score was 3.38 with a P score of .0048.

Difference Scores Calculations

$$\begin{aligned} \text{Mean: } & 13.56 \\ \mu & = 0 \\ S^2 & = SS/df = 1158.22/(9-1) = 144.78 \\ S^2_M & = S^2/N = 144.78/9 = 16.09 \\ S_M & = \sqrt{S^2_M} = \sqrt{16.09} = 4.01 \end{aligned}$$

T-value Calculation

$$t = (M - \mu)/S_M = (13.56 - 0)/4.01 = 3.38$$

Qualitative Data

Coded Coach Reflections:

- I would like to continue my transition from a coached centered methodology to a player centered methodology
- I would like to implement more questions into my sessions to check for understanding of what I am wanting the athletes to learn.
- I want to be a leader to those I am training by participating in some of the activities I have them do during training. Players tend to respect coaches who are willing to be involved.
- Coach Hamiter's style of coaching more resembles what I would like for my athletes in the future. He has a quiet but respectable quality and he holds his players to high standards.

Discussion

Exposing TWU students to a player oriented coaching philosophy at a highly competitive level was an enlightening experience for our students. Seeing coaches who have extreme pressure to win, and yet, had a democratic coaching style was valuable. The master coaches asked leading questions of their athletes in practice in order to give them greater decision making skills, and delegated a great deal of responsibility to their athletes. Student reflections demonstrated a profound effect the experience had on our students, and clearly motivated our students for the rest of the course to more deeply respect the setting of and carrying out of core values in their own coaching.