

Conference Paper

The Lived Experiences of the Coaches of Various Sports Event in Polytechnic University of the Philippines

Silvia C. Ambag and Rhene A. Camarador

Polytechnic University of the Philippines

Abstract

This study is an analysis of experiences of various sports coaches in Polytechnic University of the Philippines. The researchers identify how effective coaches' experiences in producing quality, competitive and high calibrated athletes. Moreover, the study identifies the different coaching philosophies, strategies and achievements towards effectivity and excellence as a coach.

The exploratory method of research was used in the study. It involved the use of Semi-structured interview and interview questionnaire in gathering the needed responses. Also, purposive sampling was utilized to select coaches who provided the pertinent information for the study.

Based on the findings, the following conclusions were drawn: PUP Coaches are considered effective coaches by the means of their knowledge and learning gained from their master's degree and the experience and exposure gained from their athletic career. PUP Coaches are not just coaches; they are also educators and homegrown professors in the College of Human Kinetics in Polytechnic University of Philippines, specifically in their mastery and field of sports.

Keywords: Lived Experiences, Coaches, Sports Event, Polytechnic University of The Philippines

1. Introduction

Physical education has many aspects that include sports. Sports are under physical education's curricula, wherein it requires physical effort and played by team members called athletes. Athletes are skilled individuals who showed abilities, talents and passion in games or competitions. They are well trained and teach by professional educators called coaches. On the other hand, a coach is the one who does teaching, instructing, coaching, mentoring and facilitating. Overall, coaches' contributions are the keys to athletes' success. A coach is a teacher and a teacher is above all communicator.

Corresponding Author:

Silvia C. Ambag
scambag@pup.edu.ph

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He or she chooses the best players that have the full potential, commitment and knowledge to play the sports. Furthermore, the coach is the one who leads the team and sets its training program and motivational plan. A coach's major responsibility is to build a sense of competitiveness, improvement, achievement and recognition. In addition, the main goal of a coach is the success of each athlete. Success does not always mean winning, but instead experiencing losing, hardships and challenges that will turn out a lesson to strive more and give the best potentials of the athletes. In an article from Manila Bulletin entitled, 1st Pinoy Master Certified Life, Business Coach Bats for Professionalism¹ (2014), the International Coaches Federation (ICF) Philippines stated that, "the number of aspiring coaches and professional coaches has been consistently increased in our country". This shows that, Philippines is now empowering in terms of coaching. Filipino coaches have the innate talent, experience, learning, values and flexibility in their field of sports.

Based on PUP CHK Highlights and Achievements, PUP Coaches have been actively participating in the different National Sports Associations, International Athletic Associations and International Coaches Association. They served different International and National Athletic Competitions. Also, PUP coaches are known for their outstanding performances in State Colleges and Universities Athletic Association (SCUAA) competitions. There are 29 coaches in Polytechnic University of the Philippines: seven (7) female coaches and twenty-two (22) male coaches. Also, there are 17 different kinds of sports in PUP those are: arnis, athletics, badminton, beach volleyball, baseball, basketball, chess, dance sports, football, karatedo, lawn tennis, sepak takraw, softball, swimming, table tennis, taekwondo and volleyball. The Philippine Sports Commission (PSC) is a top government sports body that is created through Republic Act No. 6847 or "The Philippine Sports Commission Act" in 1990². It serves as the "sole policy-making and coordinating body of all amateur sports development programs and institutions in the Philippines". Its primary function is "to provide the leadership, formulate the policies and set the priorities and directions of all national sports promotion and development, particularly giving emphasis on grassroots participation". To pursue with this study, the researchers conducted interviews and behavioral observations among selected PUP head coaches and experts from sports industry to authenticate coaches' effective coaching. Semi-structured questions were asked to the informants and key informants to have an elaborative conversation based on the topics given. Questions are formulated based on the researchers' curiosity and interest, likewise, the study's objectives and statement of the problem. Theoretical Framework The researcher chose

a theory, particularly the Effective Coaching Model to help them conceptualize the study:

2. Theoretical Framework

Effective Coaching Model (2011), according to Andrew Bennie and Donna O'Connor³, is a model which states that: "The three overarching concepts of the model are The Coach, Coaching Skills and The Environment. Each concept interacts continuously to produce effective coaching in which players learn and develop. It is imperative to note that while the three concepts are subdivided into eight categories of effective coaching all the features identified are contingent on each other." "The Coach: There are two categories (Personal Coach Characteristics and Coach Philosophy) in the concept referred to as The Coach. The coach's personal characteristics, technical/tactical knowledge and philosophy provide a background to their beliefs. These emphasize the personal coach qualities, knowledge and approach to coaching which dictate how a coach directs their team. The coach's personal characteristics, knowledge and philosophy have a significant impact on the coach's perceived effectiveness because if the coach's beliefs and personal make-up do not resonate with the players' preferences, the players are likely to lose respect for the coach and render him ineffective."

3. Methodology

The qualitative research method was used in the study. According to Mora (2010) qualitative research is "by definition exploratory and it is used when we don't know what to expect, to define the problem or develop an approach to the problem. Furthermore, it is also used to go deeper into issues of interest and explore nuances related to the problem at hand".

Moreover, this method supports the validity of the study to understand and seek the coaches' experience as an athlete and how it affects their effectiveness in coaching. The researchers conducted a Focused Group Discussion (FGD) with the PUP coaches. FGD or focused group discussion is a free-flowing discussion of similar backgrounds or experiences of a specific topic or interest. It is where the informants reviewed first the screening questionnaires and checked whether they are qualified in the criteria given by the researchers. The researchers then selected a moderator, assistant moderator and a recorder from the team, in conducting an interview. The study used exploratory method to cover a more profound understanding of the informants. The researchers

used this method to conduct a comprehensive analysis of the informants' experience as an athlete that would help in their effectiveness in coaching.

4. Results and Discussions

The results of the study are based on the gathered responses from the respondents. The researchers tailored the outcomes through means of statement of the problem and objectives of the study.

1. In the statement of problem of: How effective does the experience of a PUP coach as a player affects in coaching athletes? It resulted that for PUP Coaches, "Experience is the best teacher". Thus, experience is very important, vital and essential to become an effective coach. If a coach had a previous experience as an athlete, he or she understands the pressure, emotions and attitude of an athlete in every trainings and games. In addition, experienced-coaches are an advantage because he or she knows very well the proper execution and demonstration of the drills and the skills that needs to be improved. This will therefore result to producing excellent and well-discipline athletes.
2. While in objective 1, to identify the effectiveness in coaching of the PUP Coaches; PUP Coaches' effectiveness are brought by their good communication skills and flexibility in the resources given. Communication is one of the leadership strategies that PUP coaches possess. As a matter of fact, communicating properly to the athletes takes a deep understanding of athlete's circumstances in the team and even in their personal lives. Also, PUP Coaches give direct and clear set of instructions during trainings to properly execute the skills and drills. They provide the needed materials to easily understand the commands and guidelines. This will definitely result to a harmonious relationship and strengthen trust among the members of the team to obtain the individual and group goals. While budget, facilities and equipment are very important to PUP coaches. This will help the athletes and the team to properly train, perform and prepare for the leagues, competition and games they will be joining. To have a proper schedule and sufficient budget, facilities and equipment will result to a better performance of the athletes. When adversity came among PUP coaches in terms of budget, facilities and equipment they use, their only solution is creativity and resourcefulness to fulfill the needs of the team and athletes.

3. Furthermore, in objective 2, to determine coaches' effectiveness through the help of the athletic career; athletic career of PUP Coaches is their roots to become effective and competitive coaches. PUP Coaches are also PUP athletes; their athletic careers brought lots of experiences inside and outside the court. PUP Coaches gained hardships, challenges and accomplishments in their athletic career that led them to become a competitive and high calibrated athlete. And through that the philosophies of PUP Coaches are "athlete first before anything else".

This means that PUP coaches are athlete-centered coaches. Lastly, the PUP coaches' philosophy is to always have a proper and continuous training that enables an athlete to perform well, achieve best plays, contribute with great strength in the games, develop their athletic career, and master the skills they have acquired in their specific field of sports. Regardless of the years of coaching, a PUP coach doesn't stop from learning. They are growing excellently to have the best outcomes and developments of the team and to each athlete.

4. Lastly, in objective 3 to know the factors in pursuing coaching after being an athlete; PUP Coaches' roots as an athlete led them to become a coach. They pursued coaching through their willingness to share knowledge and skills, to expand more of their capabilities in playing their specific field of sports and lastly, they are motivated by the talent, passion, enthusiasm and learning given by their former coaches. Through these, achievements done by PUP coaches are the excellent performances of the athletes during competitions. Win or lose, coaches are fulfilled when they see athlete's best performance, having the heart of a true blooded Maroon. Also, one of their achievements is to recognize and appreciate once an athlete is already considered as alumni and the athlete is performing well in different competitions. Through champion titles, ranks and awards, this brought achievements to PUP Coaches that leads honor and recognition in the school. Aside from that, athletes receive several awards. PUP Coaches are excellent homegrown coaches who compete locally and internationally. This proves that PUP coaches are effective through the exposure they get from competitions and in their athletic and coaching careers. And lastly, through the sports industries, they help PUP coaches and coaches all over the country to pursue learning even if they are on their specific field of sports. The Sports Industry in the Philippines like Philippine Sports Commission (PSC) and Philippine Olympic Committee (POC) are providing and supporting coaches of PUP and other coaches through their programs like trainings, seminars and sports clinic that help the

coaches to become more competent and high-calibrated who will be well-known locally and internationally.

5. Recommendations

The following recommendations were critically drawn after several analyses of the conclusions:

1. The Sports Administration must support the quarterly trainings and seminars of the athletes such as Red Cross basic life support training, court conditioning, flexibility conditioning, stability conditioning seminar etc. for all PUP coaches to further enhance their coaching skills, strategies and knowledge.
2. The Sports Administration must secure trainings and programs for the coaches to continuously keep and gain more knowledge and skills that eventually will help them with their coaching careers.
3. The researchers strongly recommend that the University shall allocate more funds to support the sports equipment and facilities used by athletes or varsity. This will help boost their confidence and performance in different sports competitions or games.
4. PUP Coaches must continuously maintain, and as much as possible improve their coaching techniques and strategies and add some technology trends that will help lessen the work of coaches during trainings that will result to having more time in other activities and to generate productive trainings through the use of modern equipment such as feeding ball machines and other sports equipment.
5. Application of Selective Leadership Style (Authoritarian-Democratic Laissez Faire style) and strategies to have best quality of coaching, to be more competent and to maintain better relationships with athletes.
6. PUP coaches and other coaches are required to take the National Coaching Courses (in different fields of sports) in order to gain more knowledge, updates and experience in sports.
7. The researchers also recommend coaches to attend job-related conferences, workshops and programs outside the school to motivate and lift up spirits in their coaching career such as Sport Management Council of the Philippines Inc. and Asian Association for Sport Management that promotes excellence in sports management and innovation in the field of sports.

Author's Note

Dr. Silvia C. Ambag is the Director of Extension Management Office and concurrent Chief, Center for Research Support Center under the Office of Vice President for Research, Extension and Development. She is also a full-time faculty of the College of Education, and subject specialist of Master in Educational Management of the Open University.

Correspondence concerning this research should be addressed to Silvia C. Ambag

Contact: scambag@pup.edu.ph / via_sc@yahoo.com

Prof. Rhene A. Camarador is currently the faculty of College of Human Kinetics of Polytechnic University of the Philippines

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- [3] Bennie, Andrew et. Al, 2011 Effective Coaching Model