



The coaching science - the art of making careers in sports in India

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Abstract Sports coaching has been a very key & imperative vocational course which is becoming a popular post globalization era. Indian Youth showing interest in becoming coaches in various sporting segments. There is an increasing demand for sports colleges & academies to introduce coaching science as degrees or master degrees. Sports coaching science includes several intrinsic learning modes such as , aspects of motivational techniques of sports , coaching in cooperation and competition in sports, coaching in group and team behavior in sports , coaching in communication skills , coaching in goal setting in sports, rules & regulation of various sporting , coaching in self-confidence building among teams, coaching in enhancing performance of players , coaching in building intrinsic motivation to sports players, coaching in enhancing concentration level among teams , coaching in stress management etc, This paper looks at the possibilities of introducing sport coaching in all Indian universities along with traditional degree courses. This course enables the scientific support to studying a coach besides it develops vocationally related expertise & prepare for a career in sporting.

Key words: sports coaching , science of coaching , expanding coaching colleges.

Introduction career opportunities exist in sports related environments such as sports coaching, sports science support, sports development, health education and promotion, self-employed opportunities, personal trainers and advisors. Sports coaching indicates several theoretical & investigate the methods, principles, and decision-making responsibilities of a coach and promote critical examination of ethical issues and moral dilemmas that are inherently found within sports coaching settings. Through readings, interactive discussion and independent activities, candidates will have the opportunity to equip themselves with the knowledge and skills to better understand and apply sound principles as they relate to moral character and corresponding ethical issues. Graduates

can also continue on to postgraduate programmes such as teaching, physiotherapy, research and specialist courses relating to sports.

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A profession degree certificate in coaching science helps to develop and enhance learner's knowledge and understanding of concepts and techniques of coaching and their application to achieving important objectives in working with athletes. The course in coaching science combines sport science theory and research with the practical knowledge and methods of expert coaches in the categories of coaching education and professional practice. Principles and practical applications are presented and thoroughly explained for each of these in courses in coaching science which are considered as important dimensions of coaching.

Professional openings - There are ample openings for becoming a coach. The degrees in Sport Coaching Leadership will engage students in the areas of

1. Coaching theory,

2. Developing a sports program,
3. Coaching philosophy,
4. Goal-setting for sports promotion ,
5. Understanding the needs of athletes,
6. Recruiting, developing training programs,
7. Budgeting for sporting event management
8. Program planning for sport development
9. Forecasting sports development ,
10. Fundraising.

A master degree in Sport Coaching Leadership prepares its graduates for positions in all levels of coaching. Graduates of the program will be uniquely qualified for coaching and leadership positions as shown in this chart (2).



Coach can become a

1. personal trainer
2. personal coach
3. team coach
4. team manager
5. recruitment head

6. teaching in coaching science
7. a physical education master
8. member associate of sport squad / club / organization

As shown below in Chart-1 the sporting science opens up several possibilities in sports career the



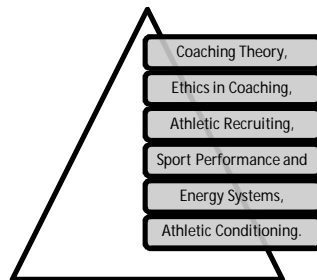
entrepreneurship in becoming a sports coach & science of coaching needs certain key & imperative knowledge about sports.

Through readings, interactive discussion and independent activities, candidates will have the opportunity to equip themselves with the knowledge and skills to better understand and apply sound principles as they relate to moral character and corresponding ethical issues. Graduates can also continue on to postgraduate programmes such as teaching, physiotherapy, research and specialist courses relating to sports.

1. Aspects of motivational techniques,
2. Cooperation and competition,

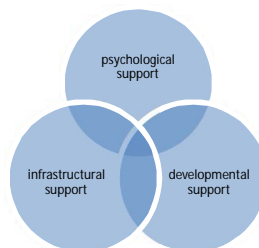
3. Group and team behavior,
4. Communication skills,
5. Goal setting, arousal regulation,
6. Self-confidence,
7. Anxiety and performance,
8. Intrinsic motivation,
9. Concentration,
10. Stress management

As shown in Chart-2 the most of the degrees in coaching science includes curriculum includes courses in Coaching Theory, Ethics in Coaching, Athletic Recruiting, Sport Performance and Energy Systems, Athletic Conditioning .



These courses are a comprehensive introduction to the coaching profession. IN western countries emphasis is placed on sport at the high school and serious club levels. Consideration is also given to coaching at other levels, such as youth, recreational,

university and intercollegiate sport programs. This curriculum helps to enhance .As shown in chart (3) coaching science helps the sport with psychological support , infrastructural support & physical support.





1. students' knowledge and understanding of concepts and techniques of coaching
2. reinforces their stimulation to achieve important objectives in sports field
3. investigate the methods, principles, and decision-making responsibilities of a coach and promote critical examination of ethical issues
4. introduction to the recognition, care and prevention of athletic injuries from a coach's perspective
5. to the psychological variables that have an effect on athletic performance and to equip them with general knowledge

Goal of the coaching science courses The primary goal of the course in coaching science is to

1. Develop and enhance students' knowledge and understanding of concepts and techniques of coaching and their application to achieving important objectives in working with athletes.
2. The course in coaching science combines sport science theory and research with the practical knowledge and methods of expert coaches in the categories of coaching education and professional practice.
3. Principles and practical applications are presented and thoroughly explained for each of these in courses in coaching science which are considered as important dimensions of coaching.

Ethics of Sports Coaching -Any course in coaching science related to ethics in sports will investigate the methods,

principles, and decision-making responsibilities of a coach and promote critical examination of ethical issues and moral dilemmas that are inherently found within sports coaching settings. Through readings, interactive discussion and independent activities, candidates will have the opportunity to equip themselves with the knowledge and skills to better understand and apply sound principles as they relate to moral character and corresponding ethical issues.

Athletic Injuries: Care and Prevention for Coaches –Any course in coaching science related to athletic injuries is designed to provide the student an introduction to the recognition, care and prevention of athletic injuries from a coach's perspective. It involves fulfilling the role of being a competent first responder to athletic injuries and illness in a variety of athletic contexts. A basic understanding of the theoretical and practical applications of sports medicine in relation to sports coaching will be developed through a series of modules examining a wide variety of common and life-threatening sports-related injuries.

Promotional coaching science – Any course in coaching science is designed to expose prospective and current coaches to the psychological variables that have an effect on athletic performance and to equip them with general knowledge sporting rules and regulations to better support athletes transitioning from club and / or high school levels to competitive collegiate athletics. Aspects of motivational techniques, cooperation and competition, group and team behavior, communication skills, goal setting, arousal regulation, self-confidence, anxiety and performance, intrinsic motivation, concentration, stress



management will be included. The policies and procedures related to ethical conduct, amateurism, recruiting, eligibility and supportive aids of athletes is needed as sports has become stressful. Coaching science should reinforce stimulation to all sports players fans followers to achieve important objectives in sports field . It should help to explore the methods, principles, and decision-making responsibilities of a coach and promote critical examination of ethical issues in sports on the field & of the field.

Conclusion – Thus Sports coaching has been a very key & imperative vocational course which is becoming a popular post globalization era. Indian Youth showing interest in becoming coaches in various sporting segments. There is an increasing demand for sports colleges & academies to introduction coaching science as degrees or master degrees. The possibilities of introducing sport coaching in all Indian universities along with traditional degree courses has several openings. These courses will make the scientific support to studying a coach Science which is needed to groom good athletes. It develops vocationally related expertise & prepares individuals for a great career in sporting. Indian sports sector is in dire need of good , stimulating coaches , who can transform the sporting lacunas to winning strategies.

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