



# Status of sports coaching in secondary schools in delta state, strategies for its development

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## ABSTRACT

This study examined the status of Sport coaching in secondary schools in Delta state, and strategies for its development. The concern was on the issue of manpower development, position of physical educators, facilities and equipment in our secondary schools in the state. It was a situational report, which entailed a descriptive survey where the variables were examined in retrospect. The researcher generated 3 research questions that guided the study. The population of the study was on physical and health education teachers in government public secondary schools in Delta state. There was no sampling as all the 177 physical education teachers in 359 public government secondary schools in Delta state was sampled. Data collected were entered and analyzed using the descriptive statistics of simple percentages. The findings of the study among others were that there is lack of quality facilities and equipment in our secondary schools in Delta state. It was therefore recommended among other things that the Government, Parents teachers association, old boys/Girls should endeavor to provide sophisticated Sports facilities and equipment to secondary schools to enhance effective teaching/learning and productivity. It was concluded that since the Sporting world is in a flux, a sustainable human capital development holds a position potential for cultivating a vibrant base for outstanding Sport performances.

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## Introduction

Today, sports permeates people's lives in varying degrees as a shared experience over the years, the Sport Industry has grown phenomenally that it now ranks among the largest Industry in the world. Sports, which encompasses play, exercise, competition, recreation and entertainment has become part of the language of humans, which can effectively be harnessed with enormous socio-economic stakes.

Sports are all forms of physical activities which, through casual or organized participation, aim at expressing or improving physical fitness and mental well-being and forming social relationships or obtaining results in competition at all levels (Sport England, 2001). Sport is defined as the arrangement of physical activities for competition purposes and guided by established rules and regulations (Jeroh, 2008)). Adeniyi (1994) viewed sports as the wide varieties of planned human physical activities called games and may be recreational, competitive or therapeutic. This implies that sports goes beyond competition.

The status of sports coaching in secondary schools in Delta state, strategies for development cannot be over emphasize because "Sports involves activities having formally recorded histories and traditions stressing physical exertion through competition within limits set by explicit and formal rules governing roles and position, relationship are carried out by actors who represent or who are part of formally organized association having the aim of achieving goals tangibles or intangibles through defeating opposing groups". He further described sports as a dynamic social force in our culture and as an activity engaged in outdoor for amusement and exercise. The importance of sports in our present day society is so great. Apart from physical fitness, it gives to the participants; it helps in socialization, recreation and a means of living to some people.

## Meaning of Coaching:

Coaching – the art of teaching, training, instructing and guiding an athlete (or athletes) verbally, visually and manually by a trained specialist – is not only about helping athletes to learn sport skills, improve performance and reach their potentials, but also about recognizing, understanding and providing for other needs of the athletes or initiating and supervising their provisions. Such needs, which have already been identified by implications, include social needs, emotional needs, physical needs, physiological needs, nutritional needs, medical needs, pharmacological needs and moral – ethical needs. (Mcperson, Curtis & Loy, 1989). Coaching is a specialized area of teaching that usually involves the formal Instruction of organization Sport team members requiring qualifies assistance in order to perform skillfully for personal purposes. Teaching and coaching occur in physical education and Sport class or settings of many types-schools, colleges, universities etc.

According to Hornby (2001) coaching is the process of training somebody to play a sport to do a Job better or to improve a skill. Bucher (2001) maintained that coaching should be recognized as teaching. Nixon and Jewett (1998) see coaching as a generic category to identify person who are responsible for the instruction of institutional and associational Sport teams. According to Thompson (1993) coaching is primarily about relationship and this relationship is between individual young person and their coaches which according to Wellman (1963) is an interaction that may give rise to anything. According to Moronkola (1996) a coach is personnel that has acquired relevant training in any Sport whose role is to influence participants assist them in achieving the desire educational goals. He further stated that a coach is a trained person, who has a basic knowledge in most of the following academic areas:

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Anatomy and Physiology, Exercise Physiology, kinesiology, Biomechanics Human Psychology; Psychology of learning; through technical knowledge, teaching, coaching skills, fundamental offenses and defense strategies of specific Sport. The qualification needed is Diploma or National Certificate of Education (NCE) or a University degree in physical education is a basic qualification for a good professional coach. We may assume that most teachers and coaches are motivated by intrinsic desire to assist others in learning, performing sports, exercise and to help make these experiences pleasurable and fulfilling.

#### **The Study:**

Coaching is only one phase of physical education profession, and coaching is teaching. Because of this close relationship with physical education and the education field in general, a coach should be thoroughly qualified as a physical educator.

In a survey carried out for the purpose of this study on the status of Sports coaching in secondary schools in Delta State. To guide the study the following research questions were generated

1. What is the coaching perspective in secondary schools in Delta State?
2. What is the status of coaching in secondary schools in Delta State?
3. What is the status of Sports facilities and equipment in secondary schools in Delta State?

#### **Methodology:**

The study was a situational report in which the descriptive survey design was adopted where variable was examined in retrospect. A situational report deals with presenting a prevalent circumstance, situation or practices, an exercise described by Osuale (1987) as given phenomenon, or situation. Furthermore, this design has been used in a similar study carried out by Onohwakpor (2006).

#### **Population:**

The population for the study consisted of 177 teachers of physical education in 359 government public secondary schools in Delta State (Delta Guide 2006) in the three senatorial district of the state was use for the study.

#### **Research Instrument:**

Questionnaire was the Instrument used for data collection. The questionnaire were face validated by giving the initial draft to 3 physical and health education teachers in Ika South Local Government Area of Delta State. Their criticisms, corrections and alteration were incorporated into the final draft of the instrument that was used for data collection. Using four point likert scale type of questionnaire

#### **Data Collection:**

The Instrument was administered to the respondents by the investigator, and assisted by three (3) research assistants after undergoing training conducted by the investigator.

#### **Data Analyses:**

The simple descriptive statistics of simple percentages were employed in the analysis of data collection for the study.

Questions 1-5 of the questionnaire were used to test research question one. Table 1 shows that 40(22.6%) out of 177 respondents sampled agreed while 137(77.4%) out of 177 respondents sampled disagreed with the view that teaching and coaching is the same and one thing. On testing 2, if coaching is an aspect of teaching 167 (94.4%) out of 177 respondents agreed with the view that coaching is an aspect of teaching, while 10 (5.6%) out of 177 respondents disagreed with view that coaching is an aspect of teaching. On testing question 3, if

coaching is a profession 172 (97. %) out 177 respondents agreed that coaching is a profession while 5 (3%) out of 177 disagreed with the view that coaching is a profession. On testing question 4, if practical classes is aspect of coaching 169 (95.5%) out of 177 respondents agreed with the view that practical classes is an aspect of coaching while 8(4.5%) out of 177 respondents disagreed with the view that practical classes is an aspect of teaching. While testing question 5, if sport coaches needs regular seminar/workshop/conference 160(90.5%) out of 177 respondents agreed that coaches need regular seminar/workshop/conference while 17(9.5 %) out of 177 respondents disagreed with the points that coaches need regular seminar/workshop/conferences. There is a clear indication that coaching perspective in secondary schools in Delta State is high. Questions 6-10 was used to test research question 2. Table 11, in question 6 above 170 (96%) of 177 respondents sampled are of the opinion that there are sport teachers and not coaches in our schools while 7(4%) out of 177 respondent sampled disagreed with the view that there are sport teachers and not coaches in our schools. On the question, sport teachers can be converted as sport coaches 170 (96%) out of 177 respondents sampled agreed to the point that sport teachers can be converted as sport coaches while 7(4%) out 177 respondents sampled disagreed that sport teachers cannot be converted as sport coaches on the state government is making efforts to convert sport teachers as coaches 4(2.3%) out of 177 respondents sampled agreed that government is making efforts to convert sport teachers as coaches while 173 (97.7%) out 177 respondents sampled disagreed with the view that government is paying allowances for sport coaches in schools while 168 (94.9%) out of 177 respondents sampled disagreed with the view that government is paying allowances for sport coaches in school. On the question if sport coaches can rise to the highest rank in civil service 112(63.3%) of 177 respondents sampled held the view that sport coaches can rise to the highest rank in civil service while 65(36.7%) out of 177 respondents sampled disagreed with the view that Sport coaches can rise to the highest rank in civil service. There is a clear indication that the status of sports coaching to be high while few of the respondents held the view that government are not paying allowances to sports teachers in the state.

Questions 11-15 was used to test research question 3. Table 111 above show that 6(3.4%) of 177 respondents sampled agreed that Government is contributing positively towards the employment of sport coaches in schools while 171 (96.6%) of 177 respondents disagreed with the view that government is contributing positively towards the employment of sport coaches in schools. There is enough recreational facilities in my school 19(10.85) of 177 sampled agreed that there is enough recreational facilities in schools while 158(89.2%) of 177 disagreed with the view that there is enough recreational facilities in the schools. 66(37.3%) of the respondents held the view that the school P.T.A is contributing positively towards provision of sport equipment in my school while 111(63%) of the respondents disagreed with the view that the school P.T.A is contributing positively towards provision of sport equipment in my school . The old Boys/Girls of my school are contributing towards sport development in my school 60(33.8%) of the respondents sampled agreed with the view that the old boys/girls of my school is contributing towards sport development in my school while 117(66.2) differ in opinion. On the question if the state government is actively involved in provision of sport equipment in my school 61(34.4%) of respondents sampled agreed that the state government is actively involved in

provision of sport equipment in my school while 116(65.6%) disagreed with the point that the state government is actively involved in provision of sport equipment in my school. This shows that the status of sports facilities and equipment in secondary schools in Delta State is very low.

#### Discussion:

The study has shown that coaching perspective in secondary schools in Delta state is seen as an aspect of teaching and coaching as a profession; practical lesson is an aspect of coaching and sport coach needs regular seminar/workshop/conferences. It really takes a resourceful sport administrator who is highly competent to be able to invest and cultivate a vibrant base through human capital development for outstanding performance in sports. If coaches are not sufficiently encouraged to improve themselves through programmes of training and retraining, many of them may become unproductive and stale lacking modern and innovative techniques of coaching. The study also revealed that the statue of coaching in secondary school in Delta state is of positive equity in the state hence in the schools we have sport teachers and not coaches, sport teachers can not be converted as sport coaches and that the government is not making efforts to convert sport teachers to coaches. In same vain government is not paying allowances to sport coaches in the schools and sport coaches do not raise to the highest rank in civil service. This situation apparently gives rise to coaches' inability to manage psychosocial implications of psychosocial growing of athletes.

This study also revealed the status of sport facilities and equipment in secondary schools in Delta state that the government, P.T.A. and old Boys/Girls are not doing anything to improve on the facilities and equipments in the schools. The study showed that enough recreational facilities are not available in the secondary school in Delta State. This is collaborated by Omolawon's (2003) Adedeji (1987) who concluded that lack of qualitative and quantitative physical facilities greatly handicap

even the most proficient teacher of physical education and Sport. The colliery of this is that in the government school. P.T.A and old Boys/Girls should provide the facilities that facilitate adequate teaching and learning of schools physical and health education as a subject on the part of teachers and students.

#### Conclusion:

The Sports world is in a flux, as such, a sustainable human capital development holds a positive potential for providing a vibrant base for outstanding sport performances. It is only pertinent that sufficient attention should be paid to the status of sport coaching in secondary schools in Delta state. This definitely would equip sports teachers in the discharge their responsibilities more diligently and be committed.

#### Recommendation:

The following recommendations are suggested to improve the current status of Sport coaching in secondary schools in Delta state, strategies for development.

1. Government should pursue the policy of sponsoring Sport teachers or physical educators to coaching Institute for Sport (NIS) for coaching courses.
2. Government through scholarship schemes should sponsor sport teachers to both local and International training programmes as part of a sustainable investment in human capital development in sports.
3. Individual Sport teacher/coaches should be involve receptive and take adequate advantage of human resource development of opportunities available in secondary schools on the job skills and competence improvement to optimum performance which are facilitators of productivity in ones field of specialization
4. Government, P.T.A old boys/Girls should endeavor to provide sophisticated Sports facilities and equipments to secondary schools to enhance effective productivity.

**Table 1 Research Question 1**  
**What is the Coaching perspective in secondary schools in Delta state?**

	Item	SA	%	A	%	SD	%	D	%	TOTAL
1	Teaching and Coaching is the same and one thing	-	-	40	22.6	57	32.2	80	45.2	177
2	Coaching is an aspect of teaching	16	9	151	85.3	-	-	10	5.7	177
3	Coaching is a profession	100	56.4	72	40.6	-	-	5	3	177
4	Practical classes is an aspect of Coaching	43	24.3	126	71.2	5	2.8	3	1.7	177
5	Sport Coaches needs regular seminar/workshop/conference	90	51	70	39.5	9	5	8	4.5	177

**TABLE 11 Research Question 2**  
**What is the status of coaching in secondary schools in Delta state?**

	Item	Sa	%	A	%	SD	%	D	%	TOTAL
6	We have Sport teachers and not coaches in our schools	120	67.8	50	28.2	1	0.6	6	3.4	177
7	Sports teachers can be converted as Sport coaches.	40	22.6	130	73.4	4	2.3	3	1.7	177
8	The state government is making efforts to conerts	1	0.6	3	1.7	80	45.2	93	52.5	177
9	Government is paying allowances for Sport coaches in schools	4	2.3	5	2.8	98	55.4	70	39.5	177
10	Sport coaches can rise to the highest rank in civil service	20	11.3	92	52	60	33.9	5	2.8	177

**Table 111 Research question 3**  
**What is the status of sport facilities and equipment in secondary schools in Delta State?**

	ITEM	SA	%	A	%	SD	%	D	%	TOTAL
11	Government is contributing positively towards the employment of Sports coaches in schools.	2	1.1	4	2.3	88	49.7	83	46.9	177
12	There is enough recreational facilities in my school	4	2.3	15	8.5	76	42.9	82	46.3	177
13	The P.T.A. is contributing positively towards provision of Sport equipment in my school	18	10.2	48	27.1	61	34.5	50	28.2	177
14	The old Boys/Girls of my school is contributing towards Sport development in my school	10	5.6	50	28.2	33	18.6	84	47.6	177
15	The state government is actively involved in provision of Sport equipment in my school.	9	5	52	29.4	72	40.7	44	24.9	177

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