

# Sports Coaching in Baguio City and Benguet

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**Abstract:** The present study aimed to assess and evaluate the state of sports coaching in Baguio City and Benguet during the school year 2022-2023. A total enumeration approach was employed, with a sample size of fifty (50) coaches serving as the respondents. The descriptive survey method was chosen by the researcher due to its ability to gather factual information and provide a thorough and precise interpretation. The survey questionnaire served as the primary instrument for collecting data from the participants, and the data obtained were analyzed using descriptive statistics, specifically the weighted mean. The results of the study indicate that coaches prioritize the implementation of coaching practices aimed at enhancing player awareness and engagement in their respective sports. These practices are consistently and extensively employed by coaches before, during, and after competitions.

**Keywords:** Sports, coaching, descriptive survey, awareness of player, sports engagement.

## 1. Introduction

Sports coaching is an intricate, dynamic process that calls for knowledge of many different facets of both physical training and psychological principles. It affects athletes' performance, motivation, and overall well-being, playing a key part in their growth (Côté and Gilbert, 2009). This essay will examine the subtleties of sports coaching, focusing on its efficacy, methods, and effects on the psychological and physical development of the athletes. players' personal and social growth, as well as the development of their attitudes, values, and actions, are all important aspects of coaching that go beyond simply instructing players (Lyle, 2002). Coaches are important players in the sports sector who have the power to positively influence athletes' experiences, which may have an effect on their long-term participation in sports and even their future professional paths (Cushion, Armour, and Jones, 2003). Coaching effectively necessitates the integration of information from several disciplines such as biomechanics, physiology, psychology, and pedagogy (Abraham, Collins, and Martindale, 2006). Furthermore, a holistic approach to athlete development is essential to guarantee that the athlete's well-being is prioritized over performance enhancement (Fraser-Thomas, Côté, and Deakin, 2005).

Sports coaching has grown as a critical component in the advancement of sports and the general development of Filipino

athletes in the Philippines. It is a vital driving factor that influences both individual performance and the expansion of sports on a national scale (Campos, 2017). This research paper investigates the varied character of sports coaching in the Philippine environment, with an emphasis on its impact on athlete development, popular coaching styles and practices, and current difficulties and opportunities. Moreover, sports coaching in the Philippines has been heavily influenced by the country's distinct cultural and social dynamics, with a focus on communal relationships, perseverance, and a shared goal for greatness (Mendoza, 2016). Coaches are viewed as mentors who greatly help the personal and social development of players in this environment (Magno, 2008). Furthermore, despite growing acknowledgement of the importance of efficient coaching on sports performance, the Philippines continues to suffer from a lack of professionally qualified and licensed coaches (Gomez, 2021). As a result, a more comprehensive understanding of the existing status of sports coaching, its limits, and prospective paths for growth is required. Traditional sports and games have a specific cultural value in the Cordillera region and are an intrinsic part of community gatherings, rituals, and festivals (Canave-Dioquino et al., 2018). Coaches in this field are responsible not only for athletes' physical development, but also for the transmission of local culture, community values, and social relationships through athletics (Datuin et al., 2014). This dual position may have an impact on the coaching style, technique, and strategy used in this region (Bautista et al., 2017). Professionalization and modernization of sports coaching in the Cordillera region, on the other hand, are laden with difficulties, frequently resulting from a collision between traditional traditions and new training methodologies (Datuin et al., 2014). Inadequate resources, a lack of coach training, and the need for infrastructure development must also be addressed (Urbiztondo et al., 2020). The sports coaching scene in Baguio City, particularly in the context of endurance sports like long-distance running and boxing, has contributed significantly to the city's reputation as a training haven for elite athletes (Perez, 2019). Coaches play a critical role in harnessing the city's natural advantages and translating them into athletic performance (Santos, 2020). However, despite these natural advantages and the evident passion for sports, Baguio City still grapples with issues related to adequate facilities,

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professionally trained coaches, and access to advanced training methodologies (Acosta, 2021). These challenges necessitate an in-depth exploration of the current state of sports coaching in Baguio City and Benguet and the formulation of strategies for improvement. The study aimed to determine the sports coaching in Baguio City and Benguet, the results of which will be used as guide for sports engagement and coaching effectiveness. Specifically, it sought to find answer to the question:

1. What is the level of coaching practices of the coaches for the players to develop awareness and to better engage in their sports as to:
  - a) before the competition
  - b) during the competition
  - c) after the competition?

## 2. Review of Related Literature

Sports coaching is a broad discipline that includes aspects of athlete development, performance enhancement, and psychological well-being. This literature review delves into significant themes in sports coaching research, such as coaching efficacy, coaching styles, athlete-coach interactions, and the effects of coaching on athlete development.

Coaching efficacy is a critical field of research in sports coaching. Côté and Gilbert (2009) offered an integrative definition of coaching efficacy that emphasizes the value of coaches' expertise, knowledge, and capacity to foster good learning environments. The study stressed the importance of competent coaching in the development of athlete skill, motivation, and personal growth. Moreover, coaching efficacy is a critical field of research in sports coaching. Côté and Gilbert (2009) offered an integrative definition of coaching efficacy that emphasizes the value of coaches' expertise, knowledge, and capacity to foster good learning environments. The study stressed the importance of competent coaching in the development of athlete skill, motivation, and personal growth. In addition, the athlete-coach relationship is an important component in sports coaching research, as it has important consequences for athlete development and performance. According to Jowett and Poczwadowski (2007), there are two sorts of athlete-coach interactions: working alliances and interpersonal ties. The working alliance is a collaborative collaboration between coach and athlete that emphasizes task-oriented exchanges, whereas the interpersonal relationship focuses on the emotional bond and social support that exists between coach and athlete. Also, research has shown that coaching plays a pivotal role in athlete development across various domains. For example, the coach's support and guidance are crucial in fostering athletes' psychosocial development, such as building self-confidence and promoting a positive self-identity (Smith *et al.*, 2007). Additionally, coaching interventions that focus on goal setting, feedback, and motivation have been found to enhance athletes' performance and achievement (Weinberg and Gould, 2018).

## 3. Methodology

### A. Research Design

The descriptive research design, namely the quantitative descriptive research method supplemented by a survey questionnaire, was used in this study. Calmorin & Calmorin (2007) define it as the approach of describing an existing phenomenon. This method assisted the researcher in systematically describing coaching performance in Baguio City and Benguet, which are reported factually and accurately as they occurred throughout the study period. The descriptive technique was utilized to characterize the phenomena further by establishing the relationship that exists between factors that were detected on the assessment of the coaching performance of former and current sports coaches in Baguio City and Benguet.

### B. Locale and Population

The respondents of the study were a total enumeration of fifty (50) public and private colleges and universities in the City of Baguio and the Province of Benguet. They are former and present full-time coaches. All were chosen using purposive sampling technique and of legal age.

### C. Data Gathering Instrument

The primary instrument employed for data collection in this study is the questionnaire. The development of the questionnaire involved an extensive review of relevant literature. The researcher ensured that the items included in the questionnaire were designed to address the specific research questions of the study.

### D. Statistical Treatments

Average Weighted Mean will be used, the researcher used this formula since the questions are based on the rating scale criteria, the formula is as follows:

$$W_M(X) = \frac{\sum f_x}{\sum n}$$

## 4. Results

### A. Level of coaching practices of coaches for the players to develop awareness and to better engage in their sports before the competition

It can be inferred that coaches employ various tools to facilitate the development of athletes' personalized routines and strategies aimed at enhancing their mental preparedness for competition. The importance of proper conditioning, both physical and mental, cannot be overstated for athletes. Prior to engaging in competitive activities, it is imperative to engage in discussions pertaining to mental preparedness. According to Bloom (2000), mental readiness prior to competition can be enhanced and modified during the pre-competition phase. According to Keith Manos, a member of the Ohio Wrestling Coaches, it is imperative for coaches to provide a comprehensive explanation of the unique objectives associated with each competition. In the absence of a clearly defined

purpose or objective for a competition, athletes may experience a sense of aimlessness, akin to running on a treadmill, expending effort and perspiration but making no progress towards a specific goal. According to Cassidy (2013), mental preparation for athletes involves the crucial aspect of reducing tension and implementing strategies such as goal setting, thought management, and emotional control. These skills can be acquired through practical exercises that are integrated into the athlete's daily practice routines.

### *B. Level of coaching practices of coaches for the players to develop awareness and to better engage in their sports during the competition*

The study examined the level of coaching practices implemented to enhance player awareness and engagement during sports competitions. The findings revealed an average weighted mean of 4.88, indicating a high level of coaching practice during competitions. According to the findings of this study, coaching practices can be ranked based on their level of implementation. The coaching practices that were found to be highly practiced include promoting personal and social development by assigning individual responsibilities to each player, acknowledging and praising players for their good performance, fostering teamwork through support and encouragement, and providing a clear analysis of the opponent's strategies against the team. These practices received a weighted mean score of 4.90, indicating a very high level of implementation. According to the findings of this study, the coaching practice that ranked second in terms of frequency is providing immediate assistance in the event of an untoward incident. This practice received a weighted mean of 4.86, indicating that it is highly practiced. The third-ranked factor in this study is the ability to communicate instructions clearly and in a relevant manner. The weighted mean score of 4.80 suggests that this factor is highly practiced and demonstrates a high level of proficiency. The findings suggest that the coaches demonstrate a strong understanding of the significance of contextual factors and social interactions in coaching, as evidenced by their recognition of the challenges related to context and knowledge within the coaching practice. According to Douglas (2016), it is important for athletes and coaches to acquire the necessary skills to effectively implement tools that can aid in the development of refocusing strategies. These strategies are particularly useful when faced with difficult and unforeseen circumstances that may arise during athletic performances. This concept demonstrates that when individuals leverage each other's skills and knowledge, they have the ability to generate practical and valuable solutions. Hence, this phenomenon contributes to the collective collaboration of individuals, the assumption of specific roles, the generation and adoption of accurate responses, and the efficient processing of information.

### *C. Level of coaching practices of coaches for the players to develop awareness and to better engage in their sports after the competition*

The findings suggest that coaches engage in post-competition analysis as a means of facilitating athletes' learning

from their competitive experiences. Every competition offers participants, including players and coaches, an invaluable opportunity to gain deeper insights into various aspects of their own abilities, their adversaries, the intricacies of the game, and even the broader lessons that can be applied to life. In a study conducted by Gulbin and Weissensteiner (2013), it was found that dedicating time to acquiring valuable insights from both successful and unsuccessful competitions is a crucial habit for both players and coaches. To optimize their performance, athletes are advised to engage in a continuous cycle consisting of several key stages: performing, reflecting, analyzing, applying, practicing, and then returning to the initial stage of performing. This cyclical process allows athletes to consistently enhance their skills and abilities. The primary focus of utmost importance lies in ensuring that athletes acquire the necessary skills to effectively implement the lessons learned. This enables them to consistently achieve positive outcomes while simultaneously reducing the occurrence of unfavorable results.

## 5. Conclusion

The implementation of coaching practices prior to, following, and during competitive events is widely observed. The implementation of these coaching practices has been linked to positive outcomes such as improved performance, enhanced motivation, and personal growth for athletes. Effective coaching practices foster athlete development by addressing technical skills, psychological factors, and the athlete-coach relationship.

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