Qualitative analysis of the interactive decisions of three coaches involved in a “Start to run” session

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Introduction
Physical activity in Europe
- % of active people (5×30 minutes of moderate PA or 3×20 minutes of vigorous PA)

Introduction
Actions against sedentariness
- In 92’, the European Council proposed a PE-Sport charter emphasizing the key position of PA in the society
- The 96’s Report of the Surgeon General (US): First strong emphasis about the need of a fight against low level of PA
- Since that time, WHO underlines many times the priority to provide PA promotion all over the world

Introduction
Adoption of an active lifestyle
- Modifying a behaviour is a dynamic process
- Several steps in a spiral evolution
  - Procharska et al. (1994)
  - Sallis et Hovel (1990)

Introduction
Adoption of an active lifestyle
- Increasing number of projects aiming to encourage people to start (again) PA
  - Walking, biking, swimming ...
  - Most traditional activity: running
  - Need of support: associations proposing progressive programs
  - ‘Start to run’ ‘Je cours pour ma forme’
Start to run
- 10 weeks
- 1 to 3 sessions/week
- 5 or 10km
- Club
- Coach

Factors that influence the success of such projects
- Scanlan et al. (1993)
  - Pleasure, personal involvement, social support, expected benefits
- Teaching process?

Goals of the study
- To identify the characteristics of the coaches’ intervention
- To analyze participants’ opinions about it

Methods
- Qualitative design - 3 sites
  - 3 groups in different communities of the Liège’s area (Wallonia, Belgium)

Data collected before
- Interview (coaches)
- Questionnaire (participants)
- During - 2nd, 5th and 8th weeks
- Observation + interviews (coaches)
- Questionnaires (participants)
- At the end of the 10 weeks
- Interview (coaches)
- Questionnaire (participants)
- 12 weeks after the program
- Questionnaire (participants)

Results
- Characteristics
  - Tendinitis
  - Dyspnea
  - Calves’ pain
  - Lack of time
  - Lack of motivation

Scanlan et al. (1993)
Pleasure, personal involvement, social support, expected benefits
Teaching process?

Factors that influence the success of such projects
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Results

- Characteristics of the intervention (synthesis from 3 points of view)

<table>
<thead>
<tr>
<th>Positive aspects</th>
<th>Negative aspects</th>
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<tbody>
<tr>
<td>Site 1</td>
<td></td>
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<tr>
<td>Many encouragements</td>
<td>Clarity of the explanations</td>
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<tr>
<td>Varied feedback</td>
<td>Voice not loud enough</td>
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<td></td>
<td>Attention to all sub-groups</td>
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<tr>
<td>Site 2</td>
<td></td>
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<tr>
<td>Experience and competence</td>
<td>Too often at the front</td>
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<td>Good voice</td>
<td>Do not take care of all</td>
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<td></td>
<td>Ease</td>
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<tr>
<td>Site 3</td>
<td></td>
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<tr>
<td>Technical corrections</td>
<td>Lack of group control</td>
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<tr>
<td>Cheerfulness</td>
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Results

- Characteristics of the intervention (ideal coach)
  - Ease - 'Coach is calm and explain clearly things to do or not to do'
  - Voice - 'Coach with stronger voice are better respected'
  - Experience - 'Being coached by an experienced people provides confidence'
  - Cheerfulness - 'Coach is very available and interested by us'
  - Providing feedback - 'Participants appreciate to be informed (CI sent feedback by email)'
  - Attention to all groups - 'Best and worst participants are expecting to be considered'
  - Motivation and dynamism - 'Participants need to be supported by an example'

Results

- Difficulties of the participants (coaches' opinions)

- Conclusion
  - Globally, all coaches respected an adequate teaching approach
  - They were interested by the reflective process linked to our study
  - Confirming subjective personal opinions
  - Emphasizing some weaknesses (need to collect participants' opinions)
  - Modifying some behaviors during the programme (following the interviews)

Conclusion

- Need to analyze other sites with less experienced coaches
- Providing more attention to injuries prevention
  - Medical examination
  - Equipment requirements
  - Warning in relation to overweight
  - Developing heart rate control
  - Preparing specific warm up for latecomers

Thank you for your attention
Références


