

AN ANALYTIC STUDY OF COACHING EVALUATION PROCESS OF FEMALE DIRECTRESS SPORT

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ABSTRACT:

Physical education is the knowledge of skill and science of movement of human body, Physical education is a fundamental part of overall education course which has its goals such as development of physical, mental, moral and social wellbeing. It executes an important role in the physical activity levels of athletes. Its aim is to offer instructional actions that develop skills, technique, competence, and improve an overall health of an individual. Physical education not only accomplishes an exclusive role in education, but is also a fundamental element of sports activities. In Pakistan, physical education in the Past as well in present was not given due importance and the female Directress sports in schools and colleges of Pakistan were not sufficiently available and trained. Consequently, need was felt to appoint the female director sports and trained at least to have a basic information, and skill to manage sport activities in schools and colleges. It was also vital that as compared to other subject teachers, female Directress sports must have equivalent qualification. Globally sports revolution came and need of skilled female directress sports who can work effectively increased.

The main objective of this study is to evaluate the coaching performance of the Female Directress sports working in the government (degree) colleges of Hyderabad city (Sindh). The purpose of the study was to evaluate how the motivation of Female directress sports will make sure the optimum participation of girls athletes in sports and physical activities. To determine that evaluation will help female directress sports to assess their own potentials and deficiencies and how evaluation will facilitate to diminish the negative perception about female participation in sports by parents and society. 14 female directress sports from all nine Government Girls Degree Colleges of Hyderabad city were taken to evaluate the coaching performance of directress sports. A five point Likert scale ranging from strongly agrees to strongly disagree, was used for collecting data. The result of the study shows that the overall teaching techniques, content knowledge and class room management of female Directress sports were better and they have ability to demonstrate, teach, analyze, and correct the techniques. Female directress sports were aware about the fundamental skills of game but less aware about latest coaching techniques. Further the study reveals that coaching performances of female Directress sports were not up to the mark.

Keywords: Computer-based educational games, Public and Private Schools, Causal Comparative, Experimental method, Cognitive development

1. Introduction

Evaluation

An evaluation is a method that provides knowledge which is reasonable, reliable and effective to facilitate the incorporation of lessons learned. (OECD, 2010). Evaluation is a description of quality, worth or value, about what has been determined. Evaluation suggests decision making. If we determine about a person health that how much he is physically active to acquire adequate health benefits. (USDHHS 2008). Evaluation is a dynamic decision making process focusing on changes that have been made it involves collecting the suitable data (measurement), judging the value of these data according to some standard and making decisions based on these data (Baumgartner, 1995). Evaluation is a process for examining the coaching programs. (Peterson and Kraiger's 2004). According to (Goldstein & Ford, 2002) Evaluation means the collection of descriptive data and judgmental information which is essential for decisions making about the worth, value and development activities.

According to Peterson (2000), there are two main types of evaluation, formative evaluation and summative evaluation. For-mative

evaluation provides information on improving of a product or a process and summative evaluation provides effectiveness to decide the adoption of a product or process or also used to make personnel decisions.

Coaching

The word 'coaching' means improvement, in which a coach provides support to a learner through which they can achieve the professional aims by providing them proper training, and the learner is known as coachee. (Passmore, Jonathan, ed. (2016). Coaching is an interaction between two people one is expertise and other needs advice and guidance. Renton, Jane (2009). Coaching refers to the effective functions, contributions, and role of person who participates in advice giving position. (McDonnell (2016); Reich, Ullman, Van der Loos, & Leifer, 2008).

The role of coaching in sports is important in order to ensure quality athletes in competition. Performance coaching is aimed at enhancing an individual's performance (Whitmore, 2002). Coaching is not an easy procedure it needs the use of different strategies and behaviors to fulfill many expectations.

So sports coaches must have good knowledge, need to develop competencies or skills and high motivation in carrying out responsibilities to produce quality athletes (Fouss & Troppmann, 1981). Coaching is a versatile, multidimensional and continuous decision-making process (Bengoechea & Johnson, 2001; et all Lyle (2002).

Coach plays an important role on athlete's life as they have capacity which may positively or negatively effects athlete's sports performances. (Bruner et al., 2011). Coaches offers skill and training to athletes to develop and ensures improvement in sports. (Christensen & Ball, 2016; Dong Garbuio & Lavallo, 2016). As explained by Caplan (2003) a coach supposed to reflect back the learner's thinking, terms and inspirations to facilitate them to observe things with utmost clarity. The diverse roles of a sports coach are educator, instructor, guide, counselor, manager, motivational source, leader, and therapist. (Gould, 1987; Lyle, 2002; Collins, 1998 & Martens, 2012). (Cushion, 2010), Coaches build athletes to become skilled at and act independently (Goldschmidt et al. 2014).

Coaching is ability to provide

direction, inspiring and enhancing the expertise of the players in their particular sports. Every sport requires different coaching, as all games differ from one another. The coach gives lessons, guidelines and command to teams to develop capability and skill to perform better in sports competitions. (Lyle, 1986). Proficient coaches know the goals and advantages of sports and how to teach, demonstrate. (Dils & Ziatz, 2000; Conn & Razor, 1989; in Jody, 2002). The intention of coaching is to guide and skill through practice and technique. A coach should collaborate with the learner to assist them to accomplish goals and objectives (Bacon, 2003).

Well-planned coaching schedule can result in, improved performance, behaviors and personality development among athletes (Gilbert & Trudel, 1999). A top coach must be: impartial, unambiguous, optimistic, complimentary, encouraging and supportive. (Becker 2012).

Coaches' evaluation is a vital task of the directress sports of college as it has noteworthy effect on college environment. Duquin and Tomayko in 1985 illustrated that evaluation of coaching performance is an essential obligation of the sports directress. According to

Martens (1987) the most significant success feature of a coach, is to aid athletes to get better and improve their ability and skill.

The Female Directress sports

The Female directress sports are the individuals who have to operate as coaches and must acquire coaching ability, they have to perform double task of teaching Physical Education as a subject in the degree classes, and to organize the sports events also. (Gomal University Prospectus 2006-07). According to Hall SC in (2007) the female directress sports have got to own all necessary qualities and qualifications which other subjects tutor possess, and keep involved in range of various activities, including process of teaching and learning. Thus, as compared to the other subject teachers, women directress sports plays a leading role. (Khan et al., (2008). The teacher's must possess an ability to control the class because it is one of the quality of good teachers that they maintain classroom discipline and control the class because they don't want to give control to their students (Taylor, 1987). The educators mostly observe discipline and control of classroom by teachers so it is more essential part of learning. (Edwards, 2004).

The Female directress sports are the people who have to act as

coaches and must possess ability to coach the students, they are performing dual task they teach the Physical Education subject to students in the degree classes, at the same time they organize the sports events. (Gomal University Prospectus 2006-07). According to Hall S. C. in (2007) the female directress sports should possess all essential qualities and qualification which other subject's teachers possess, and remain involved in variety of activities, which include the teaching and learning process. So, Female directress sports will play an influential role as compared to the other subject teachers.

The task of Female directress sports is indispensable in the entire teaching and learning process. She must give precedence to coaching the fundamental skills of the specific games, so that the competitor can without difficulty improve their performance. The sportsperson might be inspired to adopt such an approach and principles related to sports, which is advantageous for them all through life. Sports participation augment the physical fitness and develop better health.

The Female Directresssports recognize the reasons of academic flaws and defiance of discipline

among students and should try to eliminate them with the help of physical activities. She should employ the rules and regulations of the specific sports that athletes. The planned program of physical activity should be organized before hand. The commendation and appreciation to built confidence in athletes, and avoid condemnation. The Female Directress sports may integrate appropriate answers and ideas in her instructions. She should avoid discriminatory remarks while evaluating performance. (www.paterson.k12.nj.us/staff/job-descriptions/pdfs/1692b... Job description Paterson Board of education) must motivate students to participate in sports activities, have a broad perspective, should be tolerant, self-confident, have the aptitude to improvise, inventive and understanding.

Methodology

Sample of study: The present study was limited to the female directress sports from all nine government girls degree colleges of Hyderabad city. (i.e 3 talkas / towns Qasimabad, Latifabad and Hyderabad City). Purposive sampling was applied and the number of subjects for study purpose from Hyderabad city degree colleges was 14.

Tools for Data Collection: Data was collected through surveys, interviews and self-administered Coaching Techniques Evaluation Questionnaire consisting of (25) Question statements.

Data analysis: After collecting data it was analyzed by SPSS (Statistical Package for Social Sciences) version 22. The descriptive statistics like measurement of central tendency and measurement of dispersion such as percentage was applied. The tools used were Self-administered Coaching Techniques Evaluation Questionnaire, supplemented through surveys discussion and interviews.

Results:

Most respondents (71.4%) strongly agreed to the statement that regular and punctual.

Mostly respondents (35.7%) neither agree nor disagreed to the statements that trained from any concerned institute and technically expertise in various games.

Majority respondents (14.2%) strongly disagreed to the statements that Utilize resources to strengthen the physical education subject. Most of subjects strongly agreed to the statement that good behavior should be quality of sports director.

Mostly subjects (35.7%) neither agreed nor disagreed to statement that well aware about latest coaching techniques.

Majority of subjects (14.2%) strongly disagreed to the statements that analyze the games by using proper techniques and well aware about latest coaching technique

Table-1
Coaching techniques evaluation
questionnaire for college female
directress sports (N=14)

Sr. No.	Statements	Percentage %	SD	PD	NA ND	PA	SA
01	Aware about the fundamental skills of games and sports.		7.14	14.2	7.14	14.2	57.1
02	Ability to demonstrate the games according to correct techniques.		7.14	7.14	14.2	21.4	50
03	Trained from any concerned institute.		7.14	14.2	35.7	14.2	28.5
04	Technically expertise in various games.		7.14	14.2	35.7	14.2	28.5
05	Competency to improve coaching techniques.		7.14	7.14	7.14	28.5	50
06	Apply a variety of techniques and strategies of sports.		7.14	14.2	28.5	21.4	28.5
07	If any injury may occur to students should handle technically.		7.14	14.2	28.3	14.2	35.7
08	Motivate the students during physical activity.		7.14	7.14	14.2	28.5	42.8
09	Should be regular and punctual.		7.14	7.14	7.14	7.14	71.4
10	Capability to teach the games easily.		7.14	14.2	7.14	28.5	42.8
11	Should use a variety of teaching methods.		14.2	7.14	21.4	21.4	35.7
12	Plan a meaningful and creative lesson.		7.14	14.2	14.2	14.2	50
13	Provide easy and clear instruction.		7.14	7.14	21.4	7.14	57.1
14	Utilize resources to strengthen the physical education subject.		14.2	14.2	14.2	14.2	42.8
15	Understand the student's knowledge, skills, abilities and talent to participate.		7.14	7.14	7.14	28.5	50
16	Assess the student's progress and provide helpful feedback.		7.14	7.14	21.4	21.4	42.8
17	Provides opportunities to re-learn the activities.		7.14	7.14	14.2	14.2	57.1
18	Facilities and necessary equipment from college.		7.14	14.2	14.2	7.14	57.1
19	Student's attendance should be observed.		7.14	7.14	14.2	21.4	50
20	Use a variety of materials appropriate to learn.		7.14	7.14	14.2	21.4	50
21	Handle disruptive situation in a professional and constructive manner.		7.14	7.14	21.4	28.5	35.7
22	Analyze the games by using proper techniques.		14.2	7.14	21.4	21.4	35.7
23	Well aware about latest coaching techniques.		14.2	7.14	28.5	7.14	42.8
24	Good behavior should be quality of sports director.		7.14	7.14	7.14	7.14	71.4
25	Manage to work under an environment where females are discouraged to participate in sports activities.		7.14	7.14	21.4	28.5	35.7

Source: Self Survey-2016-2017.

4. Conclusion

The following conclusions were drawn from the study outcome, that the female Directress sports motivate the students to participate in sports but due restric-

tion of parents, peers, society and the sophisticated environment where females are discouraged to participate in sports activities the students can't participate at national and international level. Despite of working long in the field of physical education the female directress sports have shown better performance in content knowledge, teaching skills and teaching personality but the coaching performance was not up to the standard because female directress sports were not technically sound and trained from any concerned institution. Female directress sports were less aware about latest coaching techniques. The colleges could not provide necessary sports equipment and facilities to female directress sports for conducting sports activities, on the other hand if any injury may occur to the students the female directress sports could not handle it technically because they were less aware about first aid management to girls athletes during sports activities.

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