

## National Coaching Certification Program (NCCP) Research in Canada

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### NCCP Impact and Perceptions on Value

Based on what we currently know, coaches see the value in continuing NCCP education, are satisfied with NCCP modules, and report NCCP content being used in their coaching activities. The following NCCP modules have been specifically examined: Coaching and Leading Effectively, Psychology of Performance, Managing Conflict, Developing Athletic Abilities, Make Ethical Decisions.

For NCCP Managing Conflicts and NCCP Developing Athletic Abilities, coaches whose coaching practice had changed were involved in an important reflective process during one or both modules. Some coaches did make explicit what was previously implicit, without making substantial changes to understanding. Several other coaches did not feel comfortable in implementing their planned changes in practice. These coaches lacked the comfort level or confidence necessary to apply the planned changes.

For coaches who participated in Coaching and Leading Effectively, Psychology of Performance and Managing Conflict, the four factors that prevented change were (a) time constraints, (b) lack of understanding a new concept, (c) wrong time in the season to introduce a new concept, and (d) knowledge that was incongruous with the coaching context. For Make Ethical Decisions, all of the participants felt they were capable of making ethical decisions in sport after completing the module, and 73% reported that they had changed their thinking about ethical decision-making.

Gender based research has shown that women claim to doubt their abilities to be a coach and that NCCP coach education helps them enjoy coaching and provides them with confidence. However, retaining women in coaching is a challenge, especially those transitioning from recreational to competitive sport.

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