## **RESEARCH** INSIGHTS



# A Scoping Review of Literature on Sport Coach Education Programs: An International Perspective

### Brazil

#### Coach development system

- 1. Bachelor's degree in physical education:
  - 3,200 hours of courses.
  - Programs focus mostly on sport-specific content such as teaching technical and tactical skills (e.g., in swimming, soccer, volleyball).
- 2. Certification programs:
  - For continuing training, coaches have the opportunity to engage in certification programs offered by sports federations and the Brazilian Olympic Committee (BOC).
  - 12 sport federations offer certification programs regularly: Track and field, badminton, canoeing, soccer, wrestling, rugby, diving, tennis, table tennis, triathlon, volleyball, and beach volleyball.
  - Each federation includes up to five certification levels.
  - Course lengths vary from 40 to 850 hours.
  - Each certification level is still designed in a traditional view in which levels are defined according to the competitive context in which coaches will be intervening (e.g., Level 1, under-14 years of age; Level 2, under-18 years of age).
  - Course content is focused on specific sports knowledge (techniques, tactics, physical preparation, training methods).
- 3. Brazilian Coaches' Academy (BCA).
  - BCA was created by the BOC
  - Supports high-performance coach development.
  - Two modules: Development athletes and Performance athletes.

The modules require around 400 hours to complete and are organized into different courses, similar to a bachelor's degree.

#### Requirements to coach

Bachelor's degree in physical education required to be eligible for any professional license to work in any sport context (exceptions are soccer and martial arts).

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