

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

Portugal

Coach development system

Coach education qualifications are part of a qualification framework based on learning outcomes. All sports federations must provide a framework that links athlete development to coach grades (levels). There are four coach education grades, where higher grades correspond to coaching higher performing athletes. This development is noticeable in the form of increased complexity of the coaching content as well as in the number of hours required to complete each grade. Although the coach education system varies depending on the practitioner context (sport, developmental stage of athletes), the coach education framework reflects a linear and hierarchal organization of coaching levels assuming a sequence from entry stages to high performance. This association between coach education and athlete's competition level places inexperienced coaches in the early stages of athlete development (Resende & Sequeira & Sarmento, 2016).

There are four pathways to professional certification:

1. Technical and vocational training (promoted by institutions certified by the National Sports Institute).
2. Academic training (Sports Sciences and Physical Education, Master and PhD Levels).
3. Recognition of competences (e.g., Ex-athletes).
4. Recognition of certifications obtained abroad.

In a cycle of years certified coaches should engage in several formal programs to keep their licenses. These include educational institutes, sports federations, and sports associations regularly promoting conferences, workshops, and clinics for coaches.

Requirements to coach

Since 2008, access to and provision of sports coaching activity was limited to coaches who earned a coach certificate. The national government now regulates access to education and training, curriculum, the level of teachers, monitoring, funding and licensing. The government also delivers financial support to education providers, clubs, and participants based on direct costs of coach education and the number of participants.

Original report written by: Shaikh, M., dos Santos, Y.Y.S., Rodrigue, F., Ciampolini, V., Culver, D.M, Larissa, R., Galatti, L.R., Seguin, C., Brasil, V.Z., Nash, C., Milistetd, M., He, C. & Fournier, K. (2020).

Summary written by: Shaikh, M. & Culver. D.M. (2020). School of Human Kinetics, University of Ottawa.
