

第129回スポーツサイエンス研究会

グローバルCOEプログラム「アクティブ・ライフを創出するスポーツ科学」

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場所 早稲田大学 所沢キャンパス 100号館5F 第一会議室

演題 Toward more Empowering Coaching™:
An introduction to the aims, methods and initial findings
stemming from the European-wide 'PAPA' Project

Nathan Smith (University of Birmingham, UK)

In this overview presentation, the background to and focus of the European Commission FP7 Health) funded PAPA project (Promoting Adolescent Physical Activity; www.projectpapa.org) will be described. The PAPA project customized for grassroots football and implemented a coach training programme (i.e., Empowering Coaching™; Duda, 2013; www.empoweringcoaching.co.uk), that pulls from achievement goal frameworks, Self Determination Theory as well as principles of behavioural change. Using mixed-methods, we rigorously evaluated the impact of the programme upon the motivational climate operating in youth football and examined relationships between empowering and disempowering coach-created climates with motivation regulations, basic need satisfaction and other outcomes (e.g., self esteem, enjoyment, anxiety, physical activity levels, intentions to dropout) reported among 7769 grassroots players (6641 males, 1020 females, (M age = 11.56, SD = 1.40) from France, Greece, Norway, Spain and UK. Coaches completed questionnaires and sub-samples were observed and/or participated in post-intervention focus groups. Preliminary findings will be highlighted with particular emphasis placed on the multi-dimensional observational instrument that was developed in the PAPA project and our results to date regarding this assessment tool.



早稲田大学 スポーツ科学学術院
Faculty of Sport Sciences, Waseda University

世話人: 正木宏明・紙上敬太
早稲田大学 スポーツ科学学術院
E-mail: k-kamijo@aoni.waseda.jp