


# Training and leadership profile in adapted sport coaches and the implication in athletes with intellectual disabilities

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## ABSTRACT

The coach role has been widely studied, and it has become a ruling factor in achievement of more knowledge, and by improving their competence. However, most studies are related to regular sports, making it essential to develop the same process in adapted sports. The present study aims to create a project that intends to establish a coaching profile in the field of Adapted Sport through the perspectives of coaches and athletes with Intellectual Disability (ID). Quantitative methods will be used as resource. We will question coaches through questionnaires for the mentoring profile (CPQ; SCDS; SCLS; SCPS) whereas for the leadership profile we will use the Sports Leadership Scale (ELD). As for the athletes they will be questioned through: BRSQ; BPNSS; SWLS and PANAS and Leadership Scale for Sports - LSS - Perception Version and Preferences). The results obtained in the described process, will serve to develop out the construction of a profile of training and performance for the coaches in the area of adapted sport. **Keywords:** Adapted Sport; Adapted sport coach and athletes with intellectual disabilities.

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## **INTRODUCTION**

Studies developed in this field have become important in the dissemination of knowledge, especially on the necessary knowledge that coaches must obtain to effectively apply in their job (Cushion, Armour & Jones, 2003). In the case of coaches who intervene in the area of Adapted Sport, this knowledge is also essential, but it is vital to consider contextual aspects such as: accessibility of facilities, suitability of means of transport, assembly and handling of material, among others. These premises are crucial for the coach to adapt the training process and program, according to the degree of functionality of his/her athletes (MacDonald, Beck, Erickson & Cotê, 2015). One of the obstacles to the evolution and progression of adapted sport is related to the lack of knowledge and lack of specific training from the professionals that intervene with this population (Moran & Block, 2010; Robertson, Bucks, Skinner, Allison, & Dunlop, 2011).

## **MATERIAL AND METHODS**

The main goal of the project is to assess the profile and leadership style of the adapted sports coaches working with ID athletes. In addition to the mentioned aspects, it is essential to understand the extent to which previous assumptions influence the degree of self-determination (satisfaction of basic psychological needs and motivation) and subjective well-being (satisfaction with life and positive and negative affects) of these athletes.

### ***Participants***

It is expected the group to be consisted of 50 coaches (Special Olympics Portugal members and teachers of boccia sport school) and approximately 100 athletes.

### ***Measures***

For this project to be develop, we pretend to use the following methods:

To the coach's profile evaluation we chose the Coach Profile Questionnaire (CPQ); Sport Coach Decision Style (SCDS); Sport Coach Learning Style (SCLS); Sport Coach Planning Style (SCPS) and to the leadership profile we used the Leadership Scale for Sports (LSS- Auto perception version). For the athletes the questionnaires applied will be: Leadership Scale For Sports (LSS- Perception and Preferences Version), the Behavioural Regulation in Sport Questionnaire (BRSQ); Basic Psychological Needs in Exercise Scale (BPNES); Satisfaction With Life Scale (SWLS) and the Positive and Negative Affects Scale (PANAS).

### ***Procedures***

In order to inquire the athletes, in addition to the investigator, we will use licensed professionals specialized in adapted sports, to carry out the application of the questionnaire. These applicators will be subjected to training, in order to understand the contents of the questionnaires and the forms of adaptation for their application. Prior to the application on the large sample, some tests will be performed in order to correct and change possible gaps. Applicants will read the questionnaire statements to the respondents, who will answer through a pictographic scale developed for this purpose.

As for coaches, the procedure of collecting data will be done through questionnaires directly handed out by the investigator.

## **Analysis**

The data analysis process will be carried out in three phases: 1 - Inferential analysis made with comparisons, in order to analyse the relationship between the trainer and the sportsman and also to characterize the sample through parametric or non-parametric tests; 2- to make correlations, being again essential to evaluate the characteristics of the sample, and thus the use of parametric or non-parametric parameters will be essential; 3 - to understand which variables are predictors of others, we will use the simple linear regression test.

## **RESULTS**

With the results we intend to analyse both the profile of leadership and coaches of Adapted Sport that work with athletes with ID, evaluate the degree of self-determination and subjective well-being of athletes and understand how the coach profile and the leadership profile relates with the self-determination values and subjective well-being of athletes.

## **DISCUSSION**

The coach is responsible for optimizing and maximizing the potential of the team and/or the athlete, which requires constant decision-making on several of aspects and factors (Cushion et al., 2003). Based on this premise the results discussion will be evaluated according to the training profile, self-perception of the leadership profile and athletes' perception, analysis and preferences in relation to the coach's leadership styles. We also intend to verify if would exist: relationship between the variables of the leadership profile of the coach and athletes' perceptions and preferences of the leadership styles; if there is a relationship between the coach's profile and the variables of self-determination and well-being of the athletes and also analyse which variables of the coach's profile are strong predictors of self-determination and subjective well-being of the athletes.

## **CONCLUSIONS**

This project in the field of Adapted Sport aims to draw a training profile for Coaches, who work with athletes with ID. This profile will help to improve training models for specific coaching courses and for better schooling of adapted sports technicians. Besides this conclusive aspect of the work, the research will also be concerned on allowing athletes with Intellectual Disability to have an opinion and express themselves.

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