

SPORTS TRAINING, EXPOSURE, BEHAVIOR AND COMPETENCE
OF COACHES: INPUT TO COACHING
ENHANCEMENT PROGRAM

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Abstract

This study was a quantitative research which utilized survey correlational study. This focused on the sport trainings, exposure, behavior and competence of coaches in the city of Iloilo. A researcher's made questionnaire was used to gather data which was subjected for a validation among the panel members of the research committee. The descriptive statistics that were used in the study are the percentage, mean and standard deviation. However, for inferential statistic Pearson r was used. The alpha level of significance was set at 0.05. The main purpose of this investigation was to assess sports training, exposure, behavior and competence of the coaches in Iloilo City. The major findings of the study are: In general, coaches' trainings were seldom attended. The result revealed that the coaches were seldom exposed to various competitions. As an entire group, the study revealed that the coaches' behavior was very satisfactory. When it was grouped

according to behavior towards his players, the result revealed very satisfactory, when grouped according to behavior towards co-coaches it also showed very satisfactory and when group according to behavior toward sports a result of very satisfactory was revealed. However, when it was grouped according to personal behavior the result showed outstanding. The result revealed that the coaches got score of moderately competent. The result of the study revealed that there was no significant relationship existed in the coaches' trainings and exposure. In terms of training and behavior the result showed that there was no significant relations existed. The result also revealed that there was no significant relationship existed between training and competence. On the other hand, the result of the study also revealed that the exposure and behavior had no significant relationship. The study also revealed that there was no significant relationship existed between exposure and competence. However, the result also showed that there was significant relationship existed between behavior and competence.