Title: Insights into the training of athletics coaches in Kenya.

ABSTRACT

Introduction

As the coaching of athletics becomes more complex due to the scientific and technological components involved, the need for adequate and thorough training of coaches is imperative. The fact that athletic is highly competitive makes it necessary for coaches to be exposed to all the necessary content and be skilled to enable them to guide their athletes most effectively. However, several local studies in Kenya (Kubai, 1992 Muriithi, 1997) have blamed Kenya's unimpressive performance in sprints and field events on coaches and their quality of coaching. It is in the light of this that this study was conducted to assess the training of athletics coaches in Kenya. The study focused on levels of training, content, examinations and competence of instructors and frequency of pre-service and in-service courses for coaches.

Methods

A survey research design was used. A randomly selected sample of 101(75%) athletics coaches, 23(75%) government sports officers and 105(75%) Athletics Kenya officials, all drawn from the provincial and national offices provided the required data. Both descriptive and inferential statistics were used to analyze the data.

Results, Discussion and Conclusions

The largest proportion of the coaches had been trained through the IAAF certification programme and had attained the lowest level of training, the level I. Coaching Theory and Practice received most attention in the content covered but Psychology of Sport received least coverage. The course instructors were rated as competent. Pre-service and in-service courses were infrequent. Arising from these results, the need for a centralized National Academy to conduct comprehensive and regular coaching courses is recommended.