

## **Analysis of the profiles of Kenya's top athletics coaches: Implications for the development of athletics in the country**

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### **Abstract**

Coaches are central in the technical development of athletes. In addition to guiding athletes towards achievement of optimum performance, they serve as role models, counselors and teachers. In view of this, it is important that coaches are well educated, professionally trained and possess acceptable and admirable personal attributes. It is against this background that the present study set out to establish the profiles of Kenya's top athletes in the country. Out of total participation of 134 provincial and national athletics coaches, a sample of 101 (75%) coaches was randomly selected and used in the study. A questionnaire was used to gather data on the demographic details of the coaches. The results indicated that a majority of the coaches 79 (78.22%) were males and were married and had children. A larger proportion of the coaches, 42(41.59%) were aged between 40 and 49 than the least, 3(2.97%) who were under 29 years of age. The largest proportion of the coaches, 50.5% possessed ordinary level (form I to IV) education. The largest fraction of the coaches had coaching experience ranging from 11-20 years and most of them, 86 (85.15%) had other regular employment apart from coaching. Most of the coaches, 56 (55.45%) were certified by the International Association of Athletics Federations, and a large proportion of them coached middle and long distance races. Arising from these results, a recommendation was made to train more female and younger coaches in all areas of athletics. The need of fulltime coaches and the establishment of a national institute or academy to train local coaches was also emphasized.