

**WORKSHOP ON ROLE OF SCIENCE
IN MODERN COACHING**

Facilitators:

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Workshop on the Role of Science in Modern Coaching

Leadership/Change/Place of Athlete

- Coach leads (Artist/Guru)
- Constant Interaction with providers
- Spanish experience – moving away from medically driven model
- Integration of services essential
- In some programs – athlete interaction/empowerment
- Flexibility – artistic “feel” of coach

Funding:

- Sport Science integrated in budget
- Some “external” sports access services at commercial rates
- Concept of Discretionary Budget for Sport Science – Empowerment of Coach

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Process

New Zealand

- Contract out – Sports Science NZ
- Coach driven

NSWIS

- Coach driven, coach negotiates service
- Amount of Sports Science dependent upon sport priority
- Some research

UK

- £1.5 Million
- Sport Specific basis
- Need to move towards Applied Science

Pakistan

- Coach education lacks scientific base
- Utilise sports medicine to provide some science feedback

South Africa

- Biokinetics – combination of physiotherapy, sport science (including strength and conditioning)

Philippines

- Through universities – developing the process

Singapore

- Sport Science Centre providing service to all standard athletes. Includes all Sports Science components.

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1. Overview
2. Drivers
3. Key Areas
 - (i) Increasing Importance of Strength and Conditioning
 - (ii) Integrating all aspects
 - (iii) Co-located
4. Where Heading – greater specialisation