

ILLUSTRATING THE DISCIPLINARY ROOTS OF THE ADULT ORIENTED SPORT COACHING SURVEY

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INTRODUCTION

Masters athletes (MAs) - adults 35 years+, actively involved in sport, and train for competition, often with a coach (Young & Callary, 2017).

The Adult Oriented Sport Coaching Survey (AOSCS; Rathwell et al., 2020) was created from research starting in 2013 that explored the psychosocial needs/preferences of coaches and MAs across 14 studies.

A 22-item self-assessment tool created for coaches' professional development composed of 5 factors:

- Considering individuality of athletes
- Respecting preferences for effort, accountability & feedback
- Imparting coaching knowledge
- Framing learning situations
- Creating personalized programming

OBJECTIVE

- Examine the literature that informed the 14 studies which provide the research foundation of the AOSCS.
- Establish the multi-disciplinary roots of the AOSCS based off that research

RESULTS

The AOSCS was created from research supported by a total of:

- 253 References
- 25 Frameworks
- 7 Disciplines
- 11 Methodologies

Most Influential Frameworks/Models:

- Andragogy in practice (Knowles et al., 2012)
- Sport commitment model (Santi, et al., 2014)
- The coaching model (Côté et al., 1995)
- Long Term Athlete Development (Balyi et al., 2013)
- 4 C's Model (Côté & Gilbert, 2009)
- 3C's+1C's (Jowett, 2007)
- Motivational model (Mageau & Vallerand, 2003)

Most Recurring Authors:

- Baker, J., Bloom, G., Chelladurai, P., Côté, J., Dionigi, R.A., Gilbert, W., Horton, S., Jarvis, P., Jowett, S., Knowles, M., Medic, N.

Conclusion

- The multi-disciplinary roots of the AOSCS demonstrate its potential for widespread use in the Masters coaching context.

