



## SPECIALIZATION IN SPORTS – CHOICE OR OBLIGATION

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### ABSTRACT

One of the present tendencies for improvement the quality of sports-education in Republic of Bulgaria is related to the qualification of the trainers. Preparation of the athletes is tightly connected to the knowledge of the staff (specialists) and efficiency conducting in the educational process. The goal of the present study is to analyze the opinion of post-graduate students about their education in “The center of post-graduate studies” at NSA “V. Levski”, specialty “basketball coach”. The study was done in June 2020. The major method of this study has been an questionnaire with 19 questions, which aim to improve the whole process in the education of the candidates as organization, content and knowledge. As a main reason of taking this postgraduate education for basketball coach, the students point the need of qualification to be able to practice coaching job, which is related to the law in Republic of Bulgaria related to the coaches that they need to be register at the Ministry of Youth and Sports with a sports diploma and in connection with that to be licensed by the Bulgarian Basketball Federation.

**Key words:** qualification, realization, motives

### INTRODUCTION

The staff ensuring the functioning and management of the sport’s system, are crucial for its handling of increased competitiveness in the modern sport. The absence of normative documents and qualification levels guaranteeing the social status of the coaching profession is the reason for leaving or changing professional orientation from large number of highly qualified coaches. In the created environment is missing control of the trainers’ qualification and level of education, as well as training and competitive activities for their improvement. Big number of training activities are conducted by less qualified and non-competency freely employed people, who had been practiced the sports as athlete but never took education as a coach (1).

The low-quality of the training process requires implementation of a qualification

requirements of the coaching profession. These required are setting different coaching levels according to the educational degree, professional experience and staff authority. Also, the requirements include keeping a register (data base), periodic attestation of the coaches and measures to ensure their qualification and status is up to date (2).

The multi-year preparation in basketball is released by coaches and methodists with required qualification and knowledge of practicing the coaching job (3).

Bulgarian Federation Basketball according to the law – ordinance #1 of 04.02.2019 for the coaching staff, issued by the Minister of Youth and Sport define on paper the “Coach Status”, approved by the Management Board of BF Basketball from 26.08.2020. It describes the types of licenses and the procedure for acquiring it. The types of licenses are: license G – basketball instructor license receives each coach listed in the Register of Coaching Staff of MMS as a “basketball instructor”; License E - assistant basketball coach; Licenses D, C, B and A - basketball coach, for which educational qualification is required, corresponding to the

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job description of the "coach" in Ordinance No 1 "specialty basketball" and coaching experience (4).

## METHODOLOGY

The goal of this study is to collect information and to analyze the post graduate students' opinion about their education in the "Center of post-graduation qualification" at NSA "V. Levski" in speciality – basketball coach.

To reach the goal we have to resolve the following tasks:

1. To create an online questionnaire.
2. The post-graduate students to answer the questionnaire.
3. Processing and analyzing data.
4. Summarizing information and giving recommendations.

The main method of our study is questionnaire, which includes 19 questions through which we aim to collect information and improve the organization, content and the process of post-graduate education. The study was conducted in June 2020. 17 post-graduate students with basketball specialization took a part in this study. The participants in the post-graduate course for basketball coaches are as it follows:

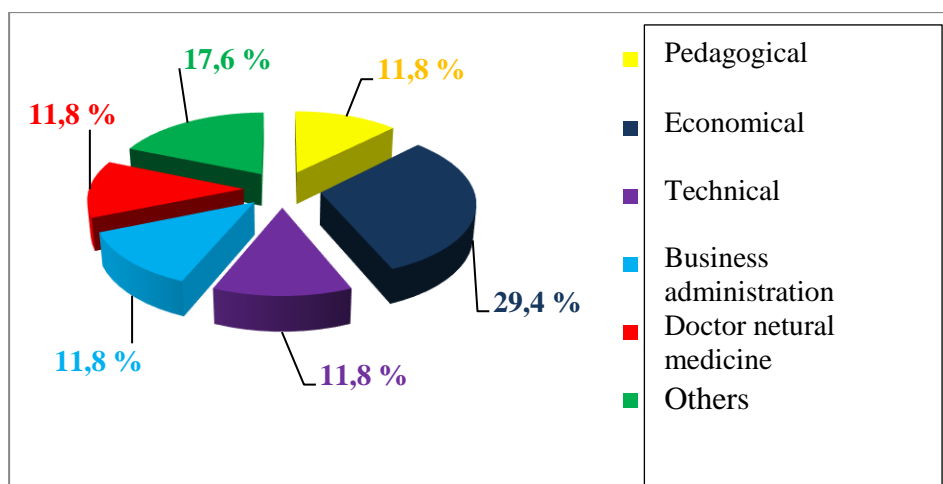
total number 18 people, divided by gender are - 12 males and 6 females.

## RESULTS

The students in the course for basketball coaches are representatives of four age groups. The first age group (35.3 %) is between 25-30 years. The second group is at the age between 41-50 years (29.4 %), The third age group is between 31-40 years (23.5 %). And the fourth group is at the age between 21-24 years (11.8%). Their experience as basketball players is between 5-10 years - 27.8 %. With experience between 11-15 years are 27.8 %. Other 22.2 % have experience as a player over 20 years. And 16.7 % of the students' experience is between 16-20 years.

Some of the participants already have experience as a coach (next question). Most of them (70.6 %) have up to 5 years. Other 17.6 % of the students have no coaching experience.

On **Figure 1** are shown the main higher degree which the participants have in this course. 29.4 % of the participants have higher economic education, 11.8 % have higher pedagogical, technical, business administration, and doctor nature medicine education. 17.6 % out of the participants have other education.



**Figure 1.** What is your specialty by diploma from high school or post-graduation?

On the question "do you work in a sports club?" 82.4 % have answered positive, and other 17.6 % have given negative answer. These results are showing that bigger number of participants already have orientated to the sports field and they need diploma to continue working in this field.

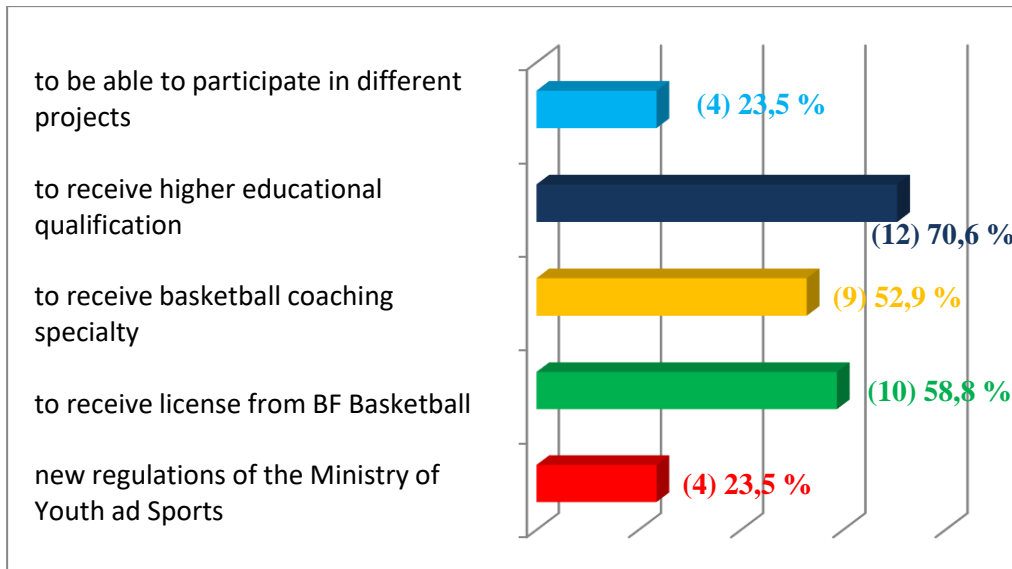
Next question is regarding the job position which they have. More than the half of the

participants (52.9 %) have answered that they are coaches in the club they work for. Other 11.8 % have answered that they work as an assistant coach, manager or chief body.

On **Figure 2** are shown the answers of the question "What have motivated you to take a part in this post-graduate education course for basketball coach?" (on this question participants have given more than one answer).

Most of the participants (70.6 %) have been motivated by receiving higher qualification. Other 58.8 % of them have been motivated by the license which they will receive from BF Basketball. 52.9 % of the participants have been motivated by the qualification which they will

receive – basketball coach. And only 23.5 % of students are taking part in the course because of the new regulation from the Ministry of Youth and Sport, as well as possibility to participate after graduation in different sports projects.



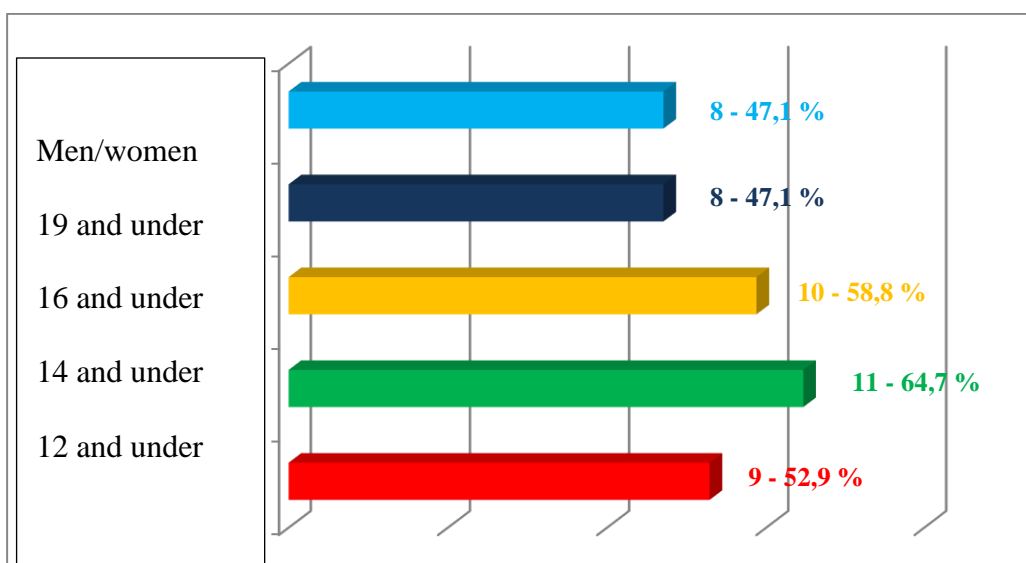
**Figure 2.** What does motivate you to sign in this post-graduate course for basketball coach?

All of the participants believe that they will be able to practise the coaching job after completing the course for basketball coach. On the question which gender group do you prefer to coach – male or female? 70.6 % of the students answered that they prefer to work with male athletes, other 11.8 % prefer to work with youth athletes and only 2-3 students has given answer that will work with female athletes, which is quite not enough.

64.7 % of the participants would like to work with 12-14 years old athletes; 58.8 % prefer to work with 14-16 years old athletes, 52.2 % with children under 12 years and 47.1 % would like to work with 16 years old and over basketball athletes. This is showing that the students are ready and willing to work with all age groups, which is good.

According to the next question “What is the age group in which you prefer to work?” (Figure 3)

On the question “Are you satisfy with teachers approach in the course? Bigger percent 94.1 are positive and only 5.9 % mostly satisfy. This is good testimonial for the quality of the lecturers.



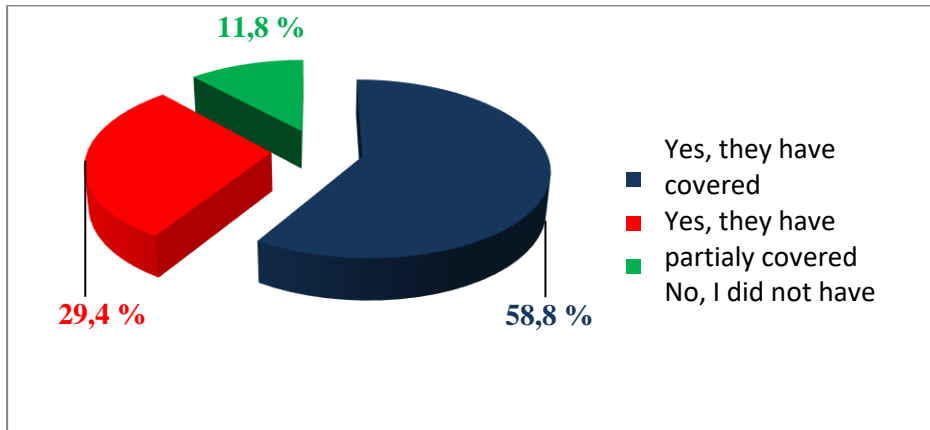
**Figure 3.** Which age group do you prefer to work with?

All classes are taken in weekends, approximately every other participant or 58.8 % of all students do not have a problem with this fact. Other 35.3 % meet a little problem with weekends classes but they manage that.

Next question is about the frequency of the weekend classes. 47.1 % of the students prefer

these classes to be every other weekend, 35.3 % prefer the classes to be once in a month and 11.8 % have no opinion.

76,5 % of the students are satisfied with facility where the classes are taken. Other 23.5 % are mostly satisfied.

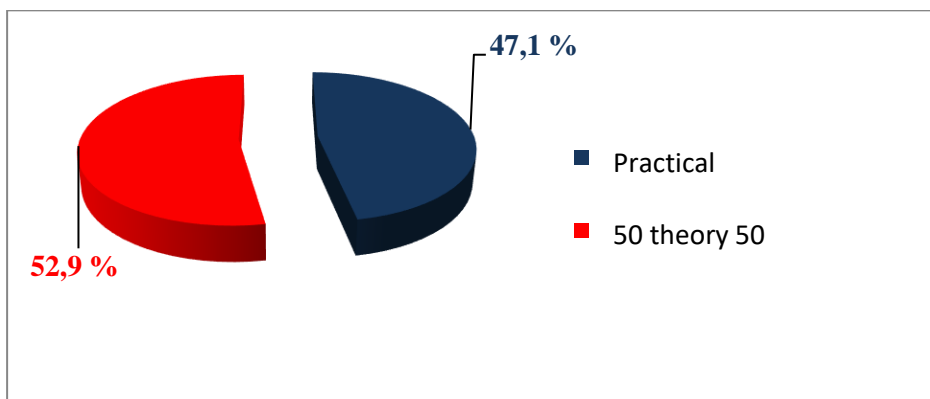


**Figure 4.** Have you had any expectation from the course and have they been covered?

From the figure we could see that 58.8 % from the students have covered their expectations about the course. 29.4 % of the students have partially covered their expectations. And 11.8 % of the students have no expectations.

On the question “How do you evaluate your education in the basketball speciality?”, 94.1 % of the participants are giving positive mark and 5.9 % are giving good mark.

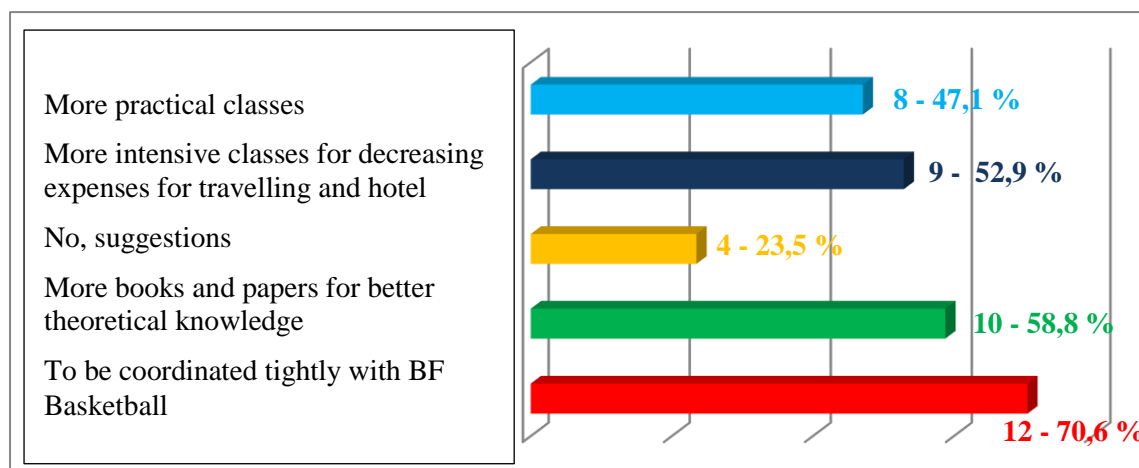
On **Figure 5** are presented opinion of the students about the question how do you prefer the classes to be taken – theoretical or practical? 52.9 % of the students think that theoretical classes has to be equal to the practical once. 47.1 % of the students prefer to have only practical classes. We think that the practical classes could be more than theoretical but only practice is not good because the coaches need to know theory as well.



**Figure 5.** What kind of classes do you prefer to have more – theoretical or practical?

The last question is: “Do you have suggestions for improving the education process of the coaches? 70.6 % of the participants have advised the education process to be in a tight connection with BF Basketball, in this communication to be exchanged knowledge and experience. 58.8 % of the participants are suggesting to have more books and resources

for the theoretical part of the education. 52.9 % are suggesting for more intensity in the classes with which to be shorten the class days presents with which to be decreased the expenses of traveling and hotels. Other 47,1 % want to be increased the practical classes, while 23.5 % have no suggestions.



**Figure 6.** What suggestion will you give to be improved the education process in basketball coaching speciality?

### CONCLUSION

1. The participants in the basketball coaching course have sign in to improve their qualification and receive more knowledge higher license and not mainly because of the new regulation for the coaching job from the Ministry of Youth and Sports.
2. More of the participants want to work with youth athletes, but there is no big interest of working with female athletes.
3. The weekend classes are good option for the participants, but they will be better if they are with higher intensity.

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