

# QUALITY COACHING MATTERS



The coach plays an essential role in the creation and implementation of a healthy sport environment



The coach-athlete relationship plays an important role in athlete development, enjoyment, and overall sport experience



Coaching, like other complex professions, benefits from quality informed experience built upon foundational knowledge of the field



Coaching is a recognized complex profession requiring an understanding of contextually specific and appropriate knowledge, skills, and behaviors



The core knowledge disciplines which inform the profession of coaching include: pedagogy, exercisescience, nutrition, human development, sport psychology, technology, sport administration, and sport medicine



Professional standards of care and conduct exist to support and guide professionals and to protect the athletes they are responsible for



Professionalism in coaching is designated by the importance and value of the role and the established core knowledge of the job rather than financial gain