

Enhancing coaches' confidence in confronting athletes who are suspected of doping

Project summary

The use of banned substances and practices is a significant issue in most levels of sport. One of the more common ways to deal with this issue is through coaches. However, there are several factors that limit the effectiveness of current coaching interventions with respect to doping. Typical interventions focus on enhancing the knowledge base of coaches. However, coaching education has recently shifted from knowledge-based curriculum to competency-based programs. Furthermore, research shows that coaches may not lack in doping-relevant knowledge, but that they do lack confidence (or efficacy) in their abilities to confront athletes whom they suspect of doping.

This research program will focus on this "doping confrontation confidence". Theory and research in sport science, as well as pedagogy in coach education, support that this would be a tremendously influential attribute of the coach in the battle against doping. Specifically, there are two objectives to this research. First, we will develop a valid and reliable measure of coaches' doping confrontation confidence. Second, we will design and implement an intervention that will enhance this confrontation confidence.