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RESEARCH ARTICLE

COACHING COMPETENCE OF PUBLIC SCHOOL TEACHERS: AN INPUT TO STUDENT-ATHLETE PERFORMANCE

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Abstract

Coaches have been recognized as important influencers and direct purveyors due to school sports developmental mandate to foster quality relationships that set the stage for quality athletic performance of students. Here, coaches have lots of responsibilities, liabilities, and duties to advocate and hold up for developing their sportsmen and confirming needed suggestions to certainly correspond to one imperative concern (Jacob, Couture, Lamarche, Provencher, Morissette, Valois, Goulet, & Drapeau, 2019). Consistent and uniform improvement and in additional to consistent achieving and winning are allusions of athlete compensation and repayment, which as a result put into organizational and team effectiveness (Simon, 2020). Therefore, this descriptive and comprehensive study was conducted to investigate the coaching competence of public school teachers as input to student-athlete performance. A sample of 100 student-athletes (male = 51; female = 49) from different public junior high school in Nagcarlan, Laguna participated in this research. The research focused on the responses given by student-athletes about the coaching competence of their sports coaches and their own athletic performance in terms of the highest level of competition they have reached, number of athletic awards they have received, and rate of winning records (%). Along with the problems of this research on the coaching competence of teachers, the student-athletes was also examined and based on the data gathered and computed, the study found out that most of the student-athletes are fourteen to fifteen years old and there are about equal number of female and male of them in this research. Majority of the student-athletes that competed in different athletic meets are grade ten students. Secondly, among the nine sports participated and competed, volleyball was the first leading sport followed by sepak takraw and basketball as the third leading sport. Based on the overall statistical analysis, the coaching competence of public junior high school teachers is very high. It was also found out that some of the student-athletes have reached only district-based competitions while few of them have reached inter-division and higher athletic meets. Looking at the number of athletic awards received by the students, it was shown that majority received one to five athletic awards in their overall sports participation.

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Speaking of participation, among the number of sports competitions participated, the rate of win of student-athletes is high resulted to a high performance in overall in terms of rate of win. The overall relationship between the teachers' coaching competence and students' athletic performance showed a significant correlation. Looking forward to the findings of this study, coordinators and school-sports program developers should widen sports and extend training programs or experiences relative to other unfamiliar sports in order to offer more opportunities to students who want to excel and develop themselves for different field of sports. Additionally, the coaches should continue their training programs or regime and develop further enhancement that will consistently benefits the success and performance of their subordinates or athletes. Also, the researcher would like to extend his great concern for future researchers to conduct a study not just on the athletic but also on the academic performance of student-athletes to see balance results both as a student and athlete.

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Introduction:-

Long before the history of sports, it has many functions in life basically for entertainment and physical fitness. Today, sports are being popularized not just for entertainment, physical fitness or whatsoever, but for socialization, mental and physical development, recreational, teamwork, confidence, health, respect for the rules, and most especially, sportsmanship or the capability to accept one's defeat or failures to engage disciplinarily to personal good and development throughout sports competitions. In our generation, there are different sports competitions worldwide vary in locality and nationality. Since there is a low or high level of sports competition, the benefits and the must-win is universal in nature. Winning sports competitions is the major and top priority of all sports teams and individual players today. According to Anne Josephson (2015), achieving successful tournaments or competitions in different forms pushes every individual athletes to pass on their greatest energy to prosper personal or conjoint goals, instills players to take their own risks, build self-esteem for good, demonstrate commitment, and in a more extensive point of view, it elevates the status of a sports team, it can educate, model and attract, it can improve sports team morale and increase loyalty to what the individual or team is or who are fighting for. One thing for sure that makes athletes perform better is because of the great help of their fellow coaches. Coaching has been one of the major issues or concerns before and until now in producing efficient and excellent athletes in different areas of sports.

According to the "International Sports Coaching Framework" developed by the International Council for Coaching Excellence (2013), coaches have the unique, critical roles and countless responsibilities in encouraging sports involvement and performance enhancement of athletes and their teams. Quality, active, and highly competent coaches are wisely and significantly needed by athletes. In spite of all the benefits of participating and winning different sports competitions, the majority of sports athletes today are students. That's why physical education and sports have emerged with different educational curriculums circulating worldwide. Here, a teacher becomes a coach and a student becomes an athlete as they work hand-in-hand to play, enjoy, and win sports competitions in the name of their school or institution. As the coach and athlete work together, they, in fact, are capable of influencing and prompting one another as the coach motivates and enhance student's athletic performance but also encourages excellent academic performance in harmony. Students as athletes should not just focus on their athletic performance, but also on their academic performance with the help of their teacher-coaches.

Objectives of the Study:-

This study holistically aimed and focused in determining and analyzing the coaching competence of public school teachers in Nagcarlan, Laguna as input to students' athletic performance. This study further aimed to find out separately the coaching competence of public school teachers and the athletic performance of students in terms of their highest level of competition reached, number of athletic awards received, and winning rate among the over number of sports participation in different levels. Furthermore, the study conceptualized if the coaching competence of teacher can significantly or positively influence the athletic performance of students.

Literature Review:-

Coaches should have a strong accountability to identify the vision or targets they are looking for to achieve it together with the athletes. Additionally, coaches should also have some progressions of clearer wisdom on the reason for getting these goals or vision of the team introduced through their morale, beliefs, and thinking and even their collaboration with athletes. The enduring benefit and comfort of the children as athletes should continuously lead the others for future success (Bercial-Lara, 2017). Simply saying, since athletes' performance and winning success must be carefully planned and individualized, coaches must have their planned and well-organized programs, training goals and objectives, setting visions and mind set about the team, depending on the weights of the sport and apiece specific athlete's concentration (CAC, 2016). In coaching, successful performance of athletes was defined as winning competitions and it is believed that coaching is very hectic job stressor of our physical and mental fatigue. However, coaching will never be effective in some point if we don't take challenges and improvements like training programs and others. Here, coaches have many responsibilities and liabilities to advocate and hold up for developing their sportsmen and confirming needed suggestions to certainly correspond to one imperative concern (Jacob, Couture, Lamarche, Provencher, Morissette, Valois, Goulet, & Drapeau, 2019). Apparently, physical qualities and aspects including flexibility, speed, strength, agility, and endurance have a very important and critical control and influence on athletic knowledge and expertise. Long hard works and directed trainings are also critical and significant backers and hope-givers to top performance level. Others even opinioned that environmental issues or aspects such as convenience inside gymnasiums, socioeconomic positions, livelihood and family care, and value and excellence of sports coaching programs endorse enhanced sports athletic performance. At leading or top levels of sports, majority athletes share countless native skills or aptitude but all assign great psychological control. Majority of these fundamental instruments may include mental or emotional factors such as self-assurance, keenness, fierceness, and willpower (Echemendia, et al, 2019). Sports environment should be considered in the discussion about the effectiveness of coaching approaches to athletes' performance over time. In sports science, one thing to understand for contributing to the success of the students' athletic performance is that "athletic abilities must not be reflected in separation of contextual limits or controls to biological and ecological dynamics. In the middle of the age or side by side of competitions, coaches are in essence and above all held responsible for directing the sport natural setting, and as an outgoing, it indeed show central affair on the rise of sports athletes (Lefebvre, J. S., Martin, L. J., Cote, J., & Cowburn, I., 2019). Including others, this subject assumes that a vital or important requisite and indispensable things of capable and skillful sports expertise is to give a ride to, and turn upon the prospects for engagement proposed and delivered by the situation, patterns and conditions of conduct and behavior develop and combined through unending connections and contacts among limitations at the performance altitude of the athletes, errands and most particularly environment (Ruud, Hartigh, Niessen, Frencken, & Meijer, 2018). Outlooks of disorganization or ineffectiveness and predilection or like-mindedness to assess oneself adversely in provisions of sports hard workings and attainments are physical appearance of a lessened sagacity of accomplishments. This constituent is somewhat recounted to talents and abilities, and sports athletes who come across this observable fact habitually have a problematic point in time achieving complimentary goals, or they carry out performances beneath expectations. In building relations of different coaches to their fellow athletes and parents, coaching really contrasts and fluctuates from other profession because of its extreme amount and number of volunteers, numerous or majority are parents and grown-up sports athletes who view on instant and abrupt coaching needs. In fact, competitive sport programs for youngsters or teenagers should supply and dispense prospects, breaks, and likelihoods for sportsmen to augment, become fully and foster a wide-ranging of abilities and dexterities contained by an arrogate setting along with fitting wherewithal and endowment and prearrangement from closed-relatives and sports coaches (Santos, F., Real, N. C., Regueiras, L, Dias, C., Martinek, T. J., & Fonseca, A., 2018). For this intention, coaching is viewed as a "blended" work or job-related area. In other words, coaches don't straight away replicate and mirror their epitomes and preparations in one lone standpoint of their work. It is categorically have confidence in that coach-athlete, affiliation, relationships, and acquaintance is the quintessential medium for sports success and triumph (Contreira, Nascimento, Caruzzo, De Costa, Gaion, Melo, & Fiorese, 2019). Moen and Federici (2013) adjoined that coaches be obliged to be adept to run into the athletes using bearing, propitious, and disparity behavior and personality. According to Panfil, et al. (2015), they further put in that fabricating affairs inside the instructing, coaching, and educating world catches on to the structure of directing respectable workforces management, furthering good interactive and social relations, and come to pass as an educator. Sports coaching know how to be good-naturedly-out a social course of action as coaches and sports athletes work as a team and act in somebody's company constantly contained by a unique coaching episode that call for a multi-part array of goals, visions, objectives, dreams, claims and positive conclusions. The aftermaths achieved hang down on coaches' precedence, tactics, and conditions wrought and dealt with, and upon their largely on the whole coaching usefulness and proficiency. These impediments are such features and details to think through as reassuring and emboldening,

and look after a loose-fitting span of athletes' success and fulfilling performances surrounded by competitive and competent environment, setting, and team (Santos, F., Real, N. C., Regueiras, L., Dias, C., Martinek, T. J., & Fonseca, A. (2018). Discussing about the results, outcomes, and success, most especially in sports team of athletes, they as vigorous, selected, privileged athletes who are gratified with their fallouts and successful personal outcomes like squad performance rate, team goal line achievement, team expansion and progress, team's prime, and group amalgamation. Individual or personal as well as team or grouped performances are conceivably the utmost sought after outcomes as sportsmen expend an unrestrained and debauched expanse of point in time in training and exercising for both coaching and athletic success in very stunted phase and cycle of tournaments of limited text. It is well said that coaching is really a crucial job for people that takes place anytime and anywhere. This consciously is possible if associated and fellow coaches will proceeds the distinctive challenges genuinely. Now, referring and agreeing to the positive success of every sports athlete, the most noticeable and evident measures and indicator of performance and success in sports is winning different and numerous athletic meets or tournaments, as it redirects quality, brilliance and competence. In winning meets, it is moreover essential and imperative for watching and scrutinizing improvements, accomplishments, and advancement. Improvement in individual or personal athletic performance is a central and crucial feature of athlete contentment and liking, which point out the trailing down of success and excellence. Consistent and uniform improvement and in additional to consistent achieving and winning are allusions of athlete compensation and repayment, which as a result put into organizational and team effectiveness (Simon, 2020). Additionally, a truthful and precise appraisal of athletes' involvements and undertakings concomitant by way of performance is meaningful and suggestive for the heightening and enlargement of operational and in force individualized and personal self-ruling or bylaw and mediation program. With reverence to former factors supplementary alongside the athletic performance in sports and training, feat, burdens or densities from associates (most notable in great profile in sports) to toughen one's athletic obligations and liability impacts on the playing field performances to the same degree as the cognizance that one needs further to payback from athletic. Socialization circumstances in place of extrinsic honors being aware of prestige are furthermore expressive and prominent in inaugurating a superior and grander highlighting on top of sport... bordering the different peripheral components, the coach-athlete rapport commitment can occupy yourself a role in athletic investment, which may impact athletes to perform their given function at a better and advanced level, in adding up to work at errands that plunged ahead of that part (Nichols, et al, 2019). Based on the study aimed at coaching competence and commitment of coaches in relation to the apparent headway of sports athletes in select-few sport by Moen and Federici (2013), they apportioned the coaching expertise and competencies hierarchy that made of five dissimilar feature and component of coach commitment and know-how as renowned by local office organization. The coaching career and vocation includes initiating great and strong affiliation. This is situated as some of the magnitudes that ought to be pronounced and propagandize the sundry coaches all-inclusive to make sure lengthy-term relationship not simply with the sportsmen nonetheless also by means of other individuals to the same degree of professional coaches. Success story and tremendous outcomes concerning a coach-athlete affiliation and bond is practicable someplace they perform mutually headed for one vision, object, and goal. Athletes, in spite of this, go over and done with good and bad events and the sports coaches have a duty to be in an outlook to be responsible for problem-centered and sensitive or responsive supports (Foulds, et al, 2019). To certify efficiency, output, and helpfulness in the expanse of coaching, coaches that take place are presumed to endure such atypical correlated training programs. Specifically steering practices linked to their event of sport they remain handling. Based on the research conducted by Jones, Harris and Miles (2009), coaches' wisdom and cognition has well-known coaching undertakings and important experiences, and the surveillance of erstwhile coaches as per primary informant. Experiences are indispensable things on the way to consider around appraising and enriching one's instructing and coaching excellence or competence whilst they bring about from moment to moment their go through for individual-worth and competitor-worth. Additionally, this surely is capable of as an eye-enlightenment for all sports coaches and sportsmen to be acquainted with the principles, nature, and proficiencies of one alternative to make sure of excellence or quality, and all-encompassing exercises and attempts in the interior of the zone or ground of sport or game they be present into. In living out for sports, individual abilities and talent is well-thought-out the furthestmost noteworthy feature for confounding troubles and damages, and thus, conquering one's forthcoming potentials and capacities to be prosperous in tournaments or competitions. Student-athletes encounter and challenge a typical and average to participate, contest, and perform next to the utmost level of crude sport with educators, administrators, coaches and even athletic field and area under engorging and accruing stress to bring into being winning and leading teams and engender revenue (Nichols, et al, 2019). Coaches are enthusiastically untaken wherever and whenever, but at hand is a regime of browse through to contemplate if these sports coaches' operation are appraised constructed next to the sports athletes' performance. Furthermore, sport coaching be situated with the exceptionally renowned underlying methodology and attitude around which athletes be able to enrich, intensify, and boost higher their performance

running with nominated and competent coaches given that they call for guardianship, simplification and counseling at altogether instants whether concerning what altitude of performance in sports they fit in. Experienced coaches are sports coaches described and discerned as well-informed knowledgeable leaders or coaches not more than in ripening the performance expertise and abilities in their players or athletes then again recuperate their motivation greatness in their sports athletes (Javed, Shariff, Ahmad, & Naseer, 2018). Containing in sports or to some extent physical comings and goings in upbringing bids diverse physical comfort and benefits as well as enrichment of built composition, muscle-bone health, and social engagement; nurtures interpersonal skills, self-confidence, and self-worth; and give confidence for social dealings and communication. It is very much and decidedly recommended asking for the funding of public and private government for civilizing and prospering sport-specific instruction and training services and provisions to induce, prompt, and thrusts families and peers to mend and escalation sports partaking and athletic performance (Iyer, et al, 2019). Acquiring or assimilating of wisdom and expansion aimed at athletes come about exceptionally essential and coaches organized and collected with other sports-interconnected personnel be there normal to underwrite to the victories and triumph of launching a learner-pleasant and affable surroundings for the sports athletes. Another detail to cogitate for the elaboration and improvement of athletes, are the coaches who presently expected on the road to give vivid prospects to built-up likelihoods for reflection, opinions and promptings of competitors since sports coaches should remain athlete-centered in natural surroundings. This was recurrently termed like as one added and extra vital and indispensable skill, but sooner or later the toughest and difficult to develop. Instances included the promotion and advancement of conviction, the capacity and talent to visualize, aim, look after an optimistic attitude, and make evidence of mental toughness. As the selfsame across-the-board entailing of coaching, it is a system that trains and points to conquer self-authenticity by smoothing learning and improvement or development manners and courses of action to quicken the resource station of one more person. This system is branded by dint of it's on the go submersion of the sports coaches through prevailing forceful and lively listening (Moen & Federici, 2013). Sport coaches do illustration and enact credible and valuable or effectual role during guiding the development besides application of existence skills of their subordinates. In individual and personal sports, this encouragement may be there widespread certain in the direction on the figure and class of coach-athlete connection or communication, which are analytical to the heightening and expansion of lifetime skills. Up until now, studies are looking into the enlargement of lifetime skills ought to mainly engrossed and single-minded on team or grouped sports in school environment or settings and in the company of male athletes. Today, a framework for coaching framework in the international level worked and published by council for coaching excellence, last 2013 showed a framework on the foundation and basis of coaching, the title roles and intentions, development, besides even the wisdom, capabilities and competencies. In the exploration of the content of the framework, there are different levels of competence that distinguishes task-related competencies that coaches in different areas of sports should look forward namely, setting the vision and strategy, shape the environment, build relationships, conduct practices, and read and react to the field (International Sport Coaching Framework, 2013).

Methodology:-

This study dealt with the coaching competence of public junior high school teachers as an input to student-athlete performance, thus, a descriptive method of research was the most appropriate method used in order to gather the necessary data to answer the different problems associated in this study within a given limited time. The strategic places that were chosen to conduct the research are the different public junior high schools in Nagcarlan, Laguna including Calumpang National High School, Lowland Integrated National High School, Talangan Integrated National High School, Plaridel Integrated National High School, and Upland Integrated National High School. The researcher focused on the overall desired and conveniently sampled number of one-hundred (100) available student-athletes who have participated numerously in one or more different levels of athletic competitions from different junior high schools in Nagcarlan, Laguna. Survey questionnaires which portions are self-made and partially adopted were utilized to gather necessary and pertinent data to answer questions of this research. The said instrument comprises of subjects regarding the profile of student-athletes, their insights about their coaches' competence, and most especially their athletic performance. After the collection of data from one-hundred (100) student-athletes in different public junior high schools in Nagcarlan Laguna, the data were tallied, tabulated and analyzed using the formula for weighted mean, standard deviation, Pearson-r to examine the inferences of this research.

Results and Discussions:-

On the basis of the data gathered, the following are the results of the study with regards to the student-athletes' profile, perception on their coaches' coaching competence, and athletic performance. Results herein gave way to the

researcher to have concrete and precise findings on the input of teachers' coaching competence to the athletic performance of students.

Table 1:- Profile of Student-Athletes in Terms of Age, Sex, Grade Level, and Sports.

Profile	F	P (%)	
Age			
12-13 years old	11	11%	
14-15 years old	50	50%	
16-17 years old	39	39%	
Total	100	100%	
Sex			
Male	51	51%	
Female	49	49%	
Total	100	100%	
Grade Level			
Grade 7	8	8%	
Grade 8	18	18%	
Grade 9	13	13%	
Grade 10	61	61%	
Total	100	100%	
Sports			
			Rank
Volleyball	25	25%	1
SepakTakraw	22	22%	2
Basketball	15	15%	3
Athletics	13	13%	4
Badminton	10	10%	5
Futsal	8	8%	6
Arnis	3	3%	7
Chess	3	3%	8
Dancesport	1	1%	9
Total	100	100%	---

The table shown above presents three (3) age brackets. Based on the given scale, the age bracket 14 years old to 15 years old in the study showed the majority of fifty (50) student-athletes with a percentage of 50%, while eleven (11) or 11% only for age bracket 12 years old to 13 years old and thirty (39) or 39% among the total one-hundred (100) student-athletes were ranged in the age bracket 16 years old to 17 years old. In connection to this, Fiegly (2020) of the State University of New Jersey who published a work for sports of youngsters focused on the winning role of sports of youngsters and it discusses altered hardly whichever opinions that might be alleged in an analysis of the significance of involving and winning in youth sport. It was also discussed that victories cultivates significance or meaning for kids when they become older. Win-Loss records proceeding to the age of adolescence have minimal influence on the respect and favor that kids have for their youth sport coaches. Erstwhile to the age of 12 years, research clearly showed that 75% of the young people would request to compete for a failing team than bench-sitting on a winning team. However, sports coaches would recognize that athletes of unlike ages contradict unlikely to winning and losing. In terms of sex (gender), the research survey among males was fifty (51) with a percentage of 51% out of the total one-hundred (100) student-athletes as respondents. Athletes who are male started to take part in a primary age in regular sports were connected and linked with close relatives who were currently involved in sport (Payne, et al, 2017). On the other hand, the research survey among females was forty-nine (49) with a percentage of 49% out of the total one-hundred (100) respondents. Among the 100 student-athletes as respondents of this research, it was found that majority of the student-athletes of this research are grade 10 students comprising of sixty-one (61) student-athletes with a percentage of 61% among the total number of desired respondents of one-hundred (100).

While only eight (8) student-athletes or 8% are grade 7 were surveyed among the total number of respondents. Additionally, it was also found that eighteen (18) or 18% of the total respondents are grade 8 and thirteen (13) or 13% are grade 9 students. In the study on the involvement report card upon physical activity aimed at children and youngsters resolved that over 70% of Canadian secondary students take part in systematized sports and it turned out a supplier of various learning situations for youngsters, adding to their particular development and evidencing many inner and outer values throughout their scholastic acquaintances from one aim to the other (Barnes, J. D., et al, 2016). Particularly as observed, the sports are 1) volleyball, 2) sepaktakraw, 3) basketball, 4) athletics, 5) badminton, 6) futsal, 7) arnis, 8) chess, and 9) dancesport. Here, it also showed the top 9 sports that student-athletes participated. The no. 1 sport was volleyball with a frequency of twenty-five (25) with a percentage of 25%. It was followed by the no. 2 which is sepaktakraw with a frequency of twenty-two (22) with a percentage of 22% almost the same frequency as for the no. 1 sport which is volleyball. Furthermore, basketball ranked 3rd in the study with a frequency of fifteen (15) with a percentage of 15% among the total number of student-athletes as respondents of this study. Correspondingly, only one (1) student-athlete or 1% of the total number of student-athletes this research competes for dancesport which ranked itself in the bottom line among the sports mentioned herewith. In behalf of the previous discussion, a qualitative research about life skills by Marsollier (2019) examined that life skills enhancement have emphasized on team sports in educational settings and through male members and examined particular sports in public setting with female sports coaches and also athletes that occasioned in a lone perception of the development and application of life skills surrounded by a small investigated setting. Here, volleyball, sepaktakraw and basketball are the top three sports which are team sports that majority of the student-athletes in Nagcarlan, Laguna participated, trained and competed. This shows a probability of application of skills of the student-athletes of this research on familiar sports participated and competed based on the topic discussion on the study mentioned. In the study by Gisslén, S., & Sundström, E. (2019), they have found and discovered that 49.7% of the sports athletes they have studied participated and involved themselves in individual sports, while 50.3% participated in team sports.

Table 2:- Overall Coaching Competence of Public School Teachers in Nagcarlan, Laguna.

Coaching Competence	M	SD	Interpretation
Setting of Visions and Strategies	4.45	0.74	Very High Competence
Shaping the Environment	4.29	0.82	Very High Competence
Building Relationships	4.40	0.78	Very High Competence
Conducting Practices	4.29	0.82	Very High Competence
Reading and Reacting to the Field	4.28	0.79	Very High Competence
Grand Mean	4.34	0.79	Very High Competence
Legend:			
Point	Mean	Remarks	Interpretation
5	4.21 – 5.00	Strongly Agree	Very High Competence
4	3.41 – 4.20	Agree	High Competence
3	2.61 – 3.40	Moderately Agree	Average Competence
2	1.81 – 2.60	Disagree	Low Competence
1	1.00 – 1.80	Strongly Disagree	Very Low Competence

Table 10 shows the overall statistical analysis on the coaching competence of public school teachers it shows surprising results. Interestingly, the table shows that among the indicators to tell exactly the coaching competence of teachers including 1) setting of vision and strategies, 2) shaping the environment, 3) building relationships, 4) conducting practices, and 5) reading and reacting to the field, it was found that it has a grand mean of 4.34 with a standard deviation of 0.79 that ranges from 4.21 to 5.00, are interpreted as “Very High Competence.” Therefore, the overall level of coaching competence of public school teachers in Nagcarlan, Laguna is very high.

Table 3:- Athletic Performance of Students in Terms of the Highest Level of Competition Reached, Number of Athletic Awards Received, and Winning Rate among Sports Competitions Participated.

Athletic Performance		F	P (%)	
Highest Level of Sports Competition Reached				
Intramurals/School-Based		24	24%	
District-Based		30	30%	
Unit/Cluster-Based		23	23%	
Provincial-Based		20	20%	
Interdivision-Based & Higher		3	3%	
Total		100	100%	
Number of Athletic Awards Received				
No Award		9	9%	
1-5 Athletic Awards		66	66%	
6-10 Athletic Awards		19	19%	
11 Athletic Awards and Above		6	6%	
Total		100	100%	
Winning Rate				
Sports Competition	N	F	Rate (%)	Inter-pretation
Intramurals / School-Based	266	182	68.42%	High
District-Based	162	99	58.93%	Average
Unit/Cluster-Based	76	39	51.31%	Average
Provincial-Based	36	18	50%	Average
Interdivision-Based & Higher	3	1	33.33%	Low
Total	543	339	62.43%	High
Legend: N = Number of Participation F = Number of Win				
Win Rate		Interpretation		
80% - Above		Very High Performance		
61% - 80%		High Performance		
41% - 60%		Average Performance		
21% - 40%		Low Performance		
0% - 20%		Very Low Performance		

The table above generally shows and enumerates the different levels of sports competitions that student-athletes from different public junior high schools participating. Among these competitions are 1) intramurals/school-based, 2) district-based, 3) unit/cluster-based, 4) provincial-based, and 5) interdivision-based (One Laguna) and higher meet. Based on the statistical findings above, among the one-hundred (100) student-athletes surveyed, twenty-four (24) or 24% have only reached intramurals/school-based athletic competitions, thirty (30) or 30% have reached district-based competitions, twenty-three (23) or 23% have reached unit/cluster-based competitions, twenty (20) or 20% have reached provincial-based athletic competitions and only three (3) or 3% of 100 student-athletes have reached or competed in interdivision-based and other higher athletic meet. Generally, among the different competitions, majority of thirty (30) among the 100 student-athletes have reached district-based athletic competitions. Agreeing with the statistical analysis on the consistent lowering results of number or rate of participation in the different sports competition, a study that explores sports participation in children by Iyer, P., et al. (2019) found out that among the 101 children, eighty-six percent (86%) of youth competed in sports, 53% joined for past time, 22% competed for interschool level, 16% for district level, and only 13% for national level. Joining

into sports before some physical interests in youth put forward for physical advantages such as augmentation and improvement of physique, bone strength, and shared engagement; cultivates interpersonal talents, confidence, and competence. Experts in the paper acclaimed the look for government along with non-government subsidy for sports-specific programs and education for youth. Among the one-hundred (100) student-athletes surveyed, nine (9) or 9% of student-athletes have no athletic awards received, while, majority of sixty-six (66) or 66% of student-athletes received and obtained 1 - 5 athletic awards, nineteen (19) or 19% have received 6 – 10 athletic awards, while only six (6) or 6% among the total student-athletes surveyed received 11 athletic awards and above. In giving a detailed analysis on the data findings, majority of two-hundred-sixty-six (266) that the student-athletes have participated in intramurals/school-based competition with a one-hundred-eighty-two (182) number of wins, which results to a win rate of 68.42% that ranges from 61% - 80% and interpreted as “High Performance.” Among the other competitions stated in the table is the inter-division-based athletic competition and higher meet which has only three (3) number of participations and only one (1) number of won competition resulting to a win rate of 33.33% and interpreted as “Low Performance.” In summing the number of competitions participated and won by the student-athletes of the study, there are a total of five-hundred-forty-three (543) competitions participated overall and only three-hundred-thirty-nine (339) competitions won among the total number of competitions participated resulting to an overall win rate of 62.43% and interpreted as “High Athletic Performance” based on the data being studied and analyzed on the said variable. In relation to this, a study on the relationship and bond of coaches and athletes and the mental benefit of being an athlete by McGee and DeFreese (2019) showed as their overall findings that 46% individuals in the research have took part in sports exercises and athletic meets for a year, 13% in place of two years, 26% for three years, and 16% for four or extra years. Additionally, it was also showed that 60% of participants had been on the team for one year. 11% identified a very high in training loads, 45% identified for high, and 35% identified a moderate self-report training load.

Table 4:- Relationship between Teachers’ Coaching Competence and Students’ Athletic Performance.

Coaching Competence	r	p	Analysis
Relationship between Teachers’ Coaching Competence and Students’ Athletic Performance in Terms the Highest Level of Competition Reached			
Setting of Vision and Strategies	.245*	.014	Significant
Shaping the Environment	.275**	.005	Significant
Building Relationships	.189	.060	Not Significant
Conducting Practices	.222*	.026	Significant
Reading and Reacting to the Field	.256*	.010	Significant
** coefficient of correlation is significant at the 0.01 level (2 tailed)			
* coefficient of correlation is significant at the 0.05 level (2 tailed)			
Relationship between Teachers’ Coaching Competence and Students’ Athletic Performance in Terms of the Number of Athletic Awards Received			
Setting of Vision and Strategies	.240*	.016	Significant
Shaping the Environment	.298**	.003	Significant
Building Relationships	.249*	.013	Significant
Conducting Practices	.292**	.003	Significant
Reading and Reacting to the Field	.298**	.003	Significant
** coefficient of correlation is significant at the 0.01 level (2 tailed)			
* coefficient of correlation is significant at the 0.05 level (2 tailed)			
Relationship between Teachers’ Coaching Competence and Students’ Athletic Performance in Terms of Win Rate among the Total Number of Sports Competition Participated			
Setting of Vision and Strategies			

	.287**	.004	Significant
Shaping the Environment	.300**	.002	Significant
Building Relationships	.261**	.009	Significant
Conducting Practices	.318**	.001	Significant
Reading and Reacting to the Field	.317**	.001	Significant
** coefficient of correlation is significant at the 0.01 level (2 tailed)			
* coefficient of correlation is significant at the 0.05 level (2 tailed)			

The table above represents the overall and comprehensive analysis on the relationship between the coaching competence of public teachers and athletic performance of students. Specifically, it was found out that there is a significant correlation between the coaching competence of teachers and athletic performance of students in terms of the highest level of competition reached. However, it was also shown that there is no significant correlation between the competence of teacher in terms of building relationship and the athletic performance of students in terms of highest level of competition reached ($r=.189$, $p=.060$). Looking at the correlation strength of coaching competence of teachers in terms of setting vision and strategies ($r=.240^*$, $p=.016$), shaping the environment ($r=.298^{**}$, $p=.003$), building relationships ($r=.249^*$, $p=.013$), conducting practices ($r=.292^{**}$, $p=.003$), and reading and reacting to the field ($r=.298^{**}$, $p=.003$) to the athletic performance of students in terms of number of athletic awards received, it was generally and holistically showed a positive correlation. For looking at the teachers coaching competence in terms of setting vision and strategies ($r=.287^{**}$, $p=.004$), shaping the environment ($r=.300^{**}$, $p=.002$), building relationships ($r=.261^{**}$, $p=.009$), conducting practices ($r=.318^{**}$, $p=.001$), and reading and reacting to the field ($r=.317^{**}$, $p=.001$) and its correlation to the athletic performance of students in terms of winning rate, all computed values are week resulting a significant or positive correlation. Overall, the statistical analysis on the data showed a significant relationship between the public school teachers' coaching competence and students' athletic performance.

Conclusions & Recommendations:-

Centered on the considerable link of coaching competence of public school teachers in Nagcarlan, Laguna to the athletic performance of students, the teacher-coaches are very highly competent and the student-athletes have reached district-based competitions, capable of receiving more athletic awards, and shows high rate of winning overall outcomes. The teacher-coaches can positively influence the athletic performance of students. Based on the findings and conclusions conducted and due to low number of student-athletes who participates or competes for other sports like dance sport, chess, combat sports, futsal and others, the researcher recommend schools to widen sports and extensive training program or experiences relative to other sports in order to offer more opportunities to students who want to excel and develop themselves for different field of sports. For the coaches of different sports, they may continue their training programs or regime that consistently benefits the success and performance of their subordinates or athletes. Also, the Department of Education (DepEd), along with various public schools should allocate enough budgets to provide proper or adequate number of awards and recognitions as tangible reinforcements to make students excel and strive more in their field of sport. Considering the low win rate alone for interdivision-based and higher athletic meets, the schools are recommended to explore other sports events and may develop more competent training programs for familiar sports in order to increase or widen the opportunities for students to reach and win big number of higher athletic meets. Additionally, the researcher would like to recommend a study not just on the athletic but also on the academic performance of student-athletes to see balance results both as student and athlete for future researchers on the same field or subject.

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