

Developing Reflective Practice

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Abstract

Background and Purpose

Reflective Practice is hailed as a keystone of a profession, allowing the bridging between theory and practice. It is widely referenced on both coach education programs, and in in sports coaching literature. The aim of the study was to explore which methods of reflective practice have been demonstrated to effectively develop practitioner's skills.

What was done?

A systematic review of the current (published within the last 10 years) academic literature was undertaken. The key inclusion criteria were:

- That the study focused on active sports coaches
- That there was a number of participants larger than 1 in any studies
- The study actively measured the effectiveness of the intervention

Key findings

It was found that by actively engaging with reflective practice in any form increased the participants abilities to effectively reflect. The follow on study for this is currently looking at how we provide structure to coaches to enhance their reflective practice in an individual way.

Points of interest for coaches

- Reflective practice is a skill that we can support the development of.
- There are limited resources currently to support us as coaches to do so.
- Different people like to reflect in different ways.

Conclusion

Reflective practice has been widely hailed as highly important. As coaches we can view it as something that we can become more skillful with. There is currently a lack of evidence as to how to develop reflective practice within a sports coaching, and more specifically an adventure sports coaching field.

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