Abstract
This paper explores my 'sense making' of the strength and conditioning (S&C) culture at Reading Recreational Centre (RRC: a pseudonym) through an ethnographic framework. It examines the coaches' actions and interactions between different subcultures and the consequential athlete reactions. The ethnographic framework used allowed data collection over a prolonged period. It also permitted an interpretation period which generated a deeper understanding of the given subcultures. The data is represented in narratives. These invite the reader to interpret them using a Bourdieusian perspective. The findings of this study conclude that one's capital within the field can consequently influence habitus and consequently affect the effectiveness of interaction and performance. When coaches and athletes values match, it could be said to have a positive outcome. Key Words: Sub-cultures, Strength and Conditioning, Ethnography, Capital
Chapter 2 (Sports Development) explores these developments in the sports coaching system in the context of the broader sport policy influences in the United Kingdom. Dependence on coach Characteristics Strengths Weaknesses. Coach dependence. No decision-making responsibility. The coach-participant relationship is at the core of the practice of sports coaching, and in order to ensure a positive coaching environment, the coach must be proficient at establishing and maintaining these, sometimes multiple, relationships. Therefore, to think that it is the coach who is solely responsible and in control of what takes place in the coaching environment ignores the importance of the relationship dynamic that is present in all coaching contexts.