



Mentoring in Physical Education and Sports Coaching

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Mentoring is a core element of any successful teacher education or coach education programme, with evidence suggesting that teachers and coaches who are mentored early in their careers are more likely to become effective practitioners. Physical education and sports coaching share important pedagogical, practical and cultural terrain, and mentoring has become a vital tool with which to develop confidence, self-reflection and problem-solving abilities in trainee and early career PE teachers and sports coaches. This is the first book to introduce key theory and best practice in mentoring, for mentors *and* mentees, focusing on the particular challenges and opportunities in physical education and sports coaching.

Written by a team of international experts with extensive practical experience of mentoring in PE and coaching, the book clearly explains what mentoring is, how it should work, and how an understanding of socio-cultural factors can form the foundation of good mentoring practice. The book explores practical issues in mentoring in physical education, including pre-service and newly qualified teachers, and in coach education, including mentoring in high performance sport and the role of national governing bodies. Each chapter includes real mentoring stories, practical guidance and definitions of key terms, and a 'pedagogy toolbox' brings together the most important themes and techniques for easy reference. This is a hugely useful book for all teacher and coach education degree programmes, for any practising teacher or coach involved in mentoring, and for schools, clubs, sports organisations or NGBs looking to develop mentoring schemes.

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