

# Creation, implementation, and evaluation of a values-based training program for sport coaches and physical education teachers in Singapore

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## Abstract

The purpose of the study was to create, implement, and evaluate a values-based training program for sport coaches and physical education teachers in Singapore. Four sport coaches with two to eight years of coaching experience ( $M = 5.0$ ,  $SD = 1.4$ ) and four physical education teachers with two to nine years of teaching experience ( $M = 5.25$ ,  $SD = 3.3$ ) took part in three 2-h training workshops focusing on the teaching of values to athletes and students. Following the workshops, the participants took part in an individual interview to document their perspectives of the values-based training program. Results of the thematic analysis revealed many benefits of the values-based training program, including

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