

## THE IMPACT OF THE PRE-PANDEMIC ERA ON COACHING AND TEACHING: A STUDY ON ICT ADOPTION

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Article Info	Abstract
<p><b>Received:</b> 18/02/2025  <b>Revised:</b> 26/02/2025  <b>Accepted:</b> 05/03/2025</p> <p><b>Keywords:</b> Covid, ICT, Coaching, Teaching,</p>	<p>The COVID-19 pandemic has significantly affected the education and sports sectors, necessitating a rapid shift to Information and Communication Technology (ICT)-based coaching and teaching methods. This research analyzes survey responses from educators and coaches, highlighting the challenges and opportunities associated with ICT adoption. The findings reveal increased ICT usage, the digital divide, and the evolving nature of professional development.</p>

### INTRODUCTION:

The COVID-19 pandemic forced educational institutions and sports training programs to adopt alternative methods of instruction. This study examines the impact of the pandemic on coaching and teaching, with a particular focus on ICT adoption.

#### Methodology

This research is based on responses from a questionnaire titled "CHALLENGES IN SPORTS AND PHYSICAL EDUCATION ACTIVITIES OF HIGHER EDUCATION INSTITUTES AND USE OF ICT AMONG PHYSICAL EDUCATION PERSONNEL DURING COVID-19". The analysis includes descriptive statistics, correlation analysis, and qualitative insights derived from open-ended responses.

#### Key Findings

**Disruption of Traditional Practices** Survey responses indicate that most educators and coaches faced difficulties in conducting their usual training and teaching activities due to

lockdown restrictions. A significant number of respondents (over 80%) reported disruptions.

**Increased ICT Adoption.** A majority of respondents turned to ICT tools such as: Social media (e.g., WhatsApp, Facebook) Video conferencing platforms (e.g., Zoom, Google Meet) Learning management systems. These tools facilitated remote learning and coaching despite challenges.

**Challenges and Opportunities** Challenges identified in the responses include:

Difficulty monitoring students' progress remotely, Poor network connectivity Digital divide issues, with some students lacking access to technology

Opportunities include:

Enhanced flexibility in learning and training Increased accessibility to global educational resources

**Professional Development** Survey data reveals an increase in professional development activities conducted via ICT. More than 70% of

respondents engaged in online learning programs and webinars during the pandemic.

**Recommendations** Based on the findings, the following recommendations are proposed:

**Support ICT Adoption:** Provide training and resources for educators and coaches to utilise digital tools effectively.

**Address the Digital Divide:** Ensure equitable access to ICT resources to prevent disparities in education and training.

**Promote Blended Learning:** Encourage a hybrid model that integrates traditional methods with digital innovations.

**Foster Innovation:** Support research and development of new ICT applications tailored to coaching and education.

## CONCLUSIONS:

The pandemic has accelerated the adoption of ICT in coaching and teaching, leading to significant changes in these fields. Addressing the challenges associated with ICT adoption will be crucial in shaping the future of education and sports training.

### Future Research Directions

- Long-term impact of ICT adoption in coaching and education
- Effectiveness of various ICT tools in different learning environments
- Impact of ICT-based learning on academic and athletic performance
- Ethical and social implications of increased ICT usage in education

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