

EFFECTIVENESS OF A BESPOKE MOVEMENT COMPETENCY WORKSHOP TO DEVELOP KNOWLEDGE, ATTITUDE AND CONFIDENCE OF GRASSROOT COACHES AND PE TEACHERS'

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Purpose

To explore the effectiveness in terms of knowledge gain, adoption and implementation following a youth injury prevention online workshop for grassroots coaches and PE teachers.

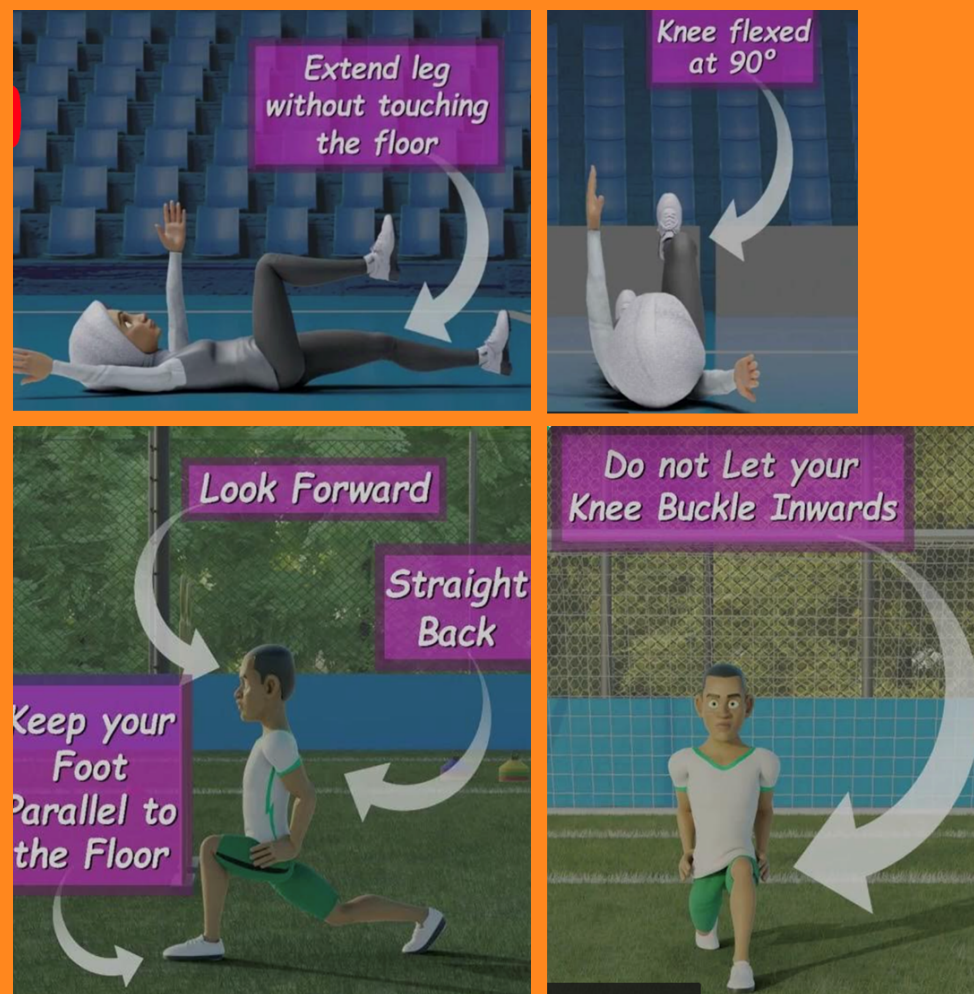


Figure 1: Images of animations created and used in workshops

Methods

56 grassroots coaches and PE teachers from across the Kingdom of Saudi Arabia completed a validated questionnaire pre and post an **online** workshop exploring:



Intervention made use of custom animations along with 2 hour online training workshop

Results

Knowledge 34



Attitude towards 25



Confidence 19



Conclusion

A custom-made 2 hours **online** workshop can increase knowledge and confidence of grassroots coaches and PE Teachers in the to deliver youth injury prevention programs.



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