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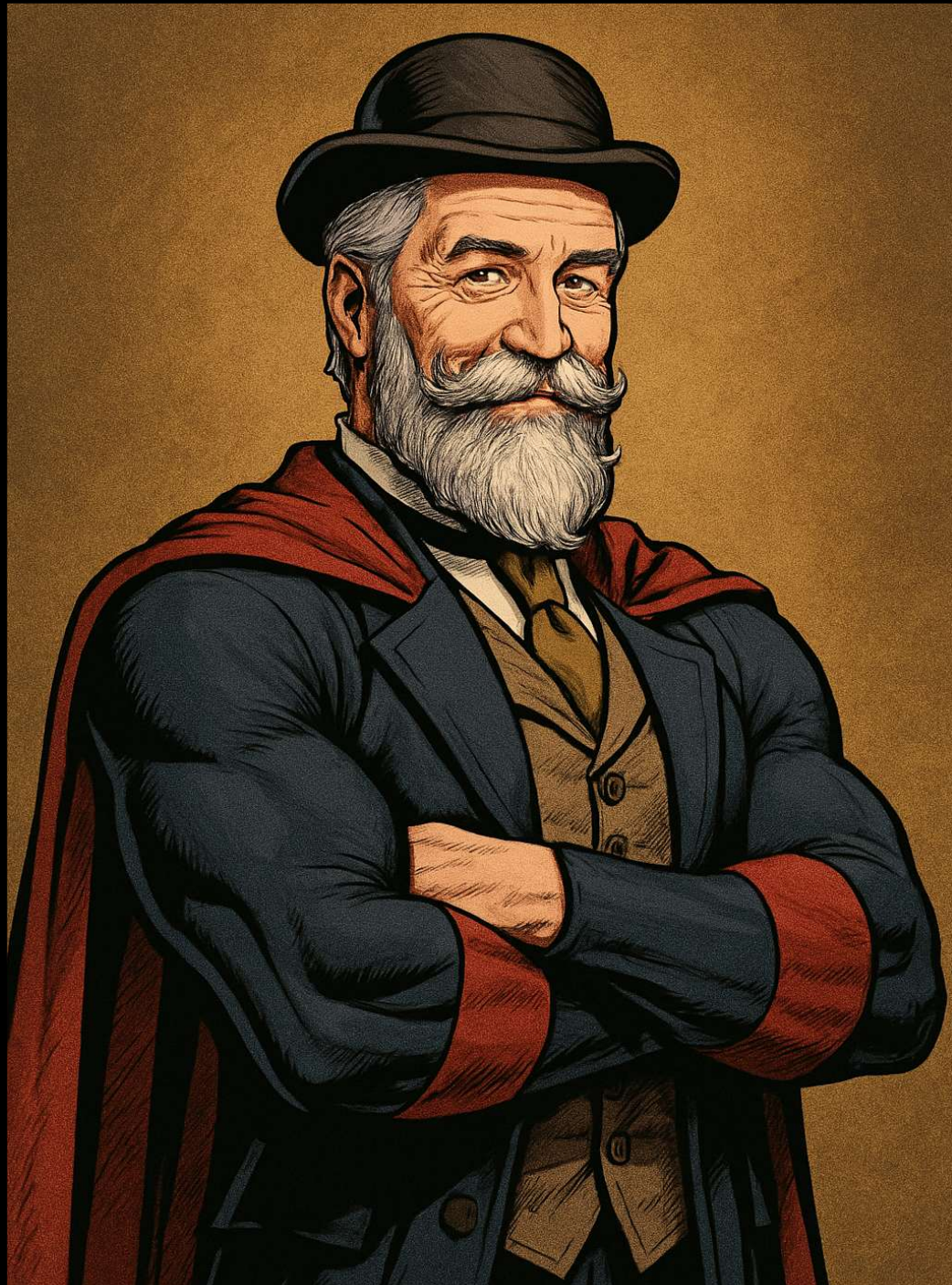Coach
Edu
Hero

PROMPTS

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🪧 Title Prompts

Create a clear and attractive title for a basic coach training course aimed at beginners and those with no prior experience. The title should convey the idea of education, development, and professionalization within the sport [insert your sport].

Write three title options for an introductory course that prepares new coaches to work ethically, safely, and effectively in the sport [insert your sport]. The title should be short, direct, and easy to understand.

Create a title for an online basic-level course that equips individuals interested in becoming coaches in the sport [insert your sport]. The title should communicate seriousness while also motivating the audience to participate.

🔐 Safeguarding in Sports

Prompt 1 – General overview of safeguarding
Conduct a literature review on safeguarding in sports, focusing on scientific articles published in the last 10 years, preferably from indexed journals (such as PubMed, Scopus, or Web of Science) with relevant impact factors. Look for studies addressing athlete protection, prevention of physical, psychological, or sexual abuse, and safety policies in the sports environment. Include systematic reviews and meta-analyses, if available, to strengthen the theoretical foundation. Include references at the end.

Prompt 2 – Safeguarding policies and programs
Carry out a scientific literature review on safeguarding policies and programs in sports, based on articles published in the last 10 years from reliable databases such as PubMed, Scopus, or Web of Science. The review should address strategies implemented by federations, clubs, and sports organizations to prevent abuse and protect athletes, especially children and adolescents. Also search for comparative studies across different countries or contexts. Prioritize peer-reviewed articles and meta-analyses. Include references at the end.

Prompt 3 – Athletes' and coaches' perceptions
Develop a scientific literature review exploring the perceptions of athletes and coaches about safeguarding in sports. Use indexed articles with relevant impact factors, published in the last 10 years. The review should examine how athletes and coaches understand, experience, and apply protection and safety practices in the sports environment. Give preference to qualitative studies, field research, and systematic reviews. Include references at the end.

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🚫 Anti-Doping in Sports

Prompt 1 – Anti-doping policies and challenges
Write a literature review on the topic of anti-doping in sports, using scientific articles published in the last 10 years from indexed journals with appropriate impact factors. The review should cover the effectiveness of anti-doping policies, ethical and legal challenges, health impacts on athletes, and prevention strategies. Give preference to peer-reviewed studies and meta-analyses whenever possible. Include references at the end.

Prompt 2 – Perceptions of athletes and coaches
Conduct a scientific literature review exploring the perceptions, attitudes, and knowledge of athletes and coaches regarding anti-doping in sports. Use articles published in the last 10 years from indexed journals with relevant impact factors. The review should discuss how these groups understand anti-doping rules, the ethical dilemmas involved, and the factors influencing behavior related to the use of prohibited substances. Prioritize qualitative studies, field research, and systematic reviews. Include references at the end.

Prompt 3 – Education and doping prevention
Develop a literature review on educational programs and doping prevention strategies in sports, based on scientific articles published in the last 10 years from indexed databases such as PubMed, Scopus, or Web of Science. The review should analyze the effectiveness of campaigns, training programs, and educational materials aimed at athletes, coaches, and support staff. Look for evidence of behavioral change, long-term impact, and internationally recognized best practices. Include systematic reviews, meta-analyses, and references at the end.

⚖️ Ethics in Sports

Prompt 1 – Ethical principles in sports
Write a literature review on the foundational ethical principles in sports. Use scientific articles published in the last 10 years from indexed journals with relevant impact factors. The review should cover topics such as fair play, integrity, justice, respect for rules, and the role of ethics in athlete and coach development. Include systematic reviews, meta-analyses, and references at the end.

Prompt 2 – Ethical dilemmas of coaches and athletes
Conduct a literature review on the ethical dilemmas faced by coaches and athletes in the sports context. Use articles published in the last 10 years from databases such as PubMed, Scopus, or Web of Science. The review may address topics like pressure for results, conflicts of interest, ethical decision-making during competitions, and the influence of the sports environment on moral choices. Include references at the end.

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Prompt 3 – Ethics as part of sports education
Develop a literature review exploring ethics as an essential part of sports education for both athletes and coaches. Search for indexed scientific articles published in the last 10 years that analyze how ethical values are taught, applied, and assessed in sports practice. Prioritize empirical studies, systematic reviews, and meta-analyses. Include references at the end.

🏫 Role of the Coach in Sports

Prompt 1 – Coach roles and responsibilities
Write a literature review on the roles and responsibilities of coaches in the sports context. Use scientific articles published in the last 10 years from indexed journals with relevant impact factors. The review should address the coach's role in technical, tactical, physical, and emotional development of athletes, as well as their position as leaders, educators, and ethical role models. Include systematic reviews, meta-analyses, and references at the end.

Prompt 2 – Coach-athlete relationship and performance
Develop a literature review on the coach-athlete relationship and its impact on sports performance. Use indexed articles published in the last 10 years that investigate how communication, emotional connection, trust, and leadership style influence athlete motivation, well-being, and performance outcomes. Give preference to empirical studies and systematic reviews. Include references at the end.

Prompt 3 – Coach education and professional development
Conduct a scientific literature review on coach education and professional development in sports. The review should include articles published in the last 10 years from indexed journals, addressing topics such as training processes, continuing education, practical experiences, use of technology, and critical reflection in coach development. Prioritize systematic reviews, meta-analyses, and high-quality studies. Include references at the end.

📊 Course Monitoring KPIs

1. Enrollment and Engagement KPIs

• Enrollment Rate: Track the number of registered participants against the target.

• Completion Rate: Measure the percentage of participants who complete the course versus those who start it.

2. Learning and Proficiency KPIs

• Test Scores: Average scores on post-module tests or final certification exams.

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• Skill Improvement: Pre and post-assessment results to gauge the improvement in knowledge and skills.

3. Financial KPIs

• Cost Per Participant: Total cost of the program divided by the number of participants.

4. Operational Efficiency KPIs

• Participant Feedback: Average feedback rating for course content, materials, and instruction.

Tables

KPI	Description	Value	Target	Status
Enrollment Rate	Track the number of registered participants against the target.			
Completion Rate	Measure the percentage of participants who complete the course versus those who start it.			

2. Learning and Proficiency KPIs

KPI	Description	Pre-Assessment	Post-Assessment	Improvement (%)	Status
Test Scores	Average scores on post-module tests or final certification exams.				
Skill Improvement	Pre and post-assessment results to gauge the improvement in knowledge and skills.				

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3. Financial KPIs

KPI	Description	Total Cost	Participants	Cost per Participant	Status
Cost Per Participant	Total cost of the program divided by the number of participants.				

4. Operational Efficiency KPIs

KPI	Description	Average Rating	Target Rating	Status
Participant Feedback	Average feedback rating for course content, materials, and instruction.			

📝 Sample Feedback Survey

Don't know how to create a survey? Use this prompt:

"Create 10 questions to evaluate the average feedback rating for course content, materials, and instruction. Suggest 3 free online tools to build the survey and explain how to set up each one to collect the results."

Survey example – Score from 1 to 5 (best score)

1. Course Content: What is your level of satisfaction with the quality of the content presented in the course?

2. E-learning Platform: How do you rate the ease of use of the e-learning platform?

3. Clarity of Materials: Were the educational materials (texts, videos, narrations) clear and easy to understand?

4. Course Organization: How do you evaluate the structure and overall organization of the course?

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5. Content Relevance: Is the content covered relevant to your training as a coach?

6. Course Load: How do you assess the course workload in relation to the content presented?

7. Interactivity: What is your level of satisfaction with the practical activities and interaction proposed in the course?

8. Practical Applicability: Did the course provide knowledge that you feel you can apply in practice?

9. Communication: How do you evaluate the communication and guidance provided by the course team?

10. Overall Experience: What is your overall satisfaction with the course?

11. Any general feedback about the course?