

Influence of Strength Training on the Self-Efficacy of Sports Performance: National Collegiate Athletic Association Student-Athletes Experience of a Strength Training Program

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Abstract : The aim of this pilot study was to explore an NCAA Division 1 female volleyball players' experience of a strength and conditioning program and the result this has on self-efficacy of sport skill performance. This phenomenological study comprised of 10 college aged participants that have strength training program experience. Data was collected using semi-structured interviews and a reflective journal; the transcribed interviews were analyzed using qualitative content analysis. From the analysis, four themes emerged: performance enhancement, injury prevention, motivational experience, and learning experience. From the players' perspective, care needs to be taken to explain the purpose of an exercise and the benefit it will have for a play performance. Other factors that play an important role in a strength training program are team motivation, individual goal setting, bonding, and communication with the strength coach, as all these items appear to be fundamentals of coaching.

Keywords : self-efficacy, skill performance, sports performance, strength training

Conference Title : ICSPSEG 2023 : International Conference on Sport Performance, Self Efficacy and Goals

Conference Location : Boston, United States

Conference Dates : April 17-18, 2023