

Project proposal

<i>Project title</i>	<input type="text" value="Exploring increases in sport parent expertise alongside athletic development"/>
<i>First Supervisor</i>	Dr <input type="text" value="Elizabeth Pummell"/>
<i>Second Supervisor</i>	<input type="text" value="James Brouner"/>
<i>School</i>	<input type="text" value="Life Sciences"/>
<i>Other member of supervisory team (no more than three KU supervisors in total)</i>	<input type="text" value="Laura Martinelli"/>
<i>Specific requirements beyond 2:1 degree</i>	<input type="text" value="Undergraduate or postgraduate degree in sport science, sport psychology, psychology or related discipline."/>

Project summary (max 4,000 characters)

Increasing research evidence points to the critical role parents play in a young athlete's transition through sport (e.g. Pummell, Harwood & Lavallee, 2008). With optimal support children develop life skills, self-esteem, and a physically active lifestyle through sport. Without this many young athletes drop out, or fail to progress. Negative parental behaviour has also been associated with outcomes such as increased anxiety amongst young athletes (e.g. Bois, Lalanne, & Delforge, 2009). Despite the importance of the role of parents in sport our understanding of the development of the expertise which enables them to provide the best support is lacking (Harwood & Knight, 2015). Given that the role of the parent is significant and continues throughout the stages of athletic development, as much attention should be paid to this as has been devoted to coach expertise (e.g. Côté & Gilbert, 2009).

Using a combination of qualitative and quantitative research methods, this programme of research will therefore aim to draw upon the coaching expertise literature, with the objective to analyse parents' experiences of coping with and supporting junior athletic career transition, and the adaptation required of parents through this process. The project will ultimately aim to develop a research foundation on which to develop and test an intervention to build sport parent expertise.