**Professiographic analysis of activities: Coach**

A professiographic analysis is based on an expert assessment of all the requirements and demands necessary for the efficient performance of a specific profession. The theoretical foundation of professiographic analysis includes:

• List of functional activities carried out as part of the work process

• Psychological requirements

• Physical fitness and performance requirements

In terms of professiography, the crucial factor is the sport the coach is dedicated to. There will be different demands on coaches working on the competitive level and coaches working in the leisure sport area. The professiographic analysis will emphasize different elements for coaches of team sports, individual sports and fitness coaches.

*The list of activities* carried out by coaches specializing in leisure sport is very similar to the activities of PE teachers as described above. The cornerstone of leisure sport is having fun and enjoying oneself, relaxing and learning and, unlike PE as a school subject, leisure sport is purely voluntary. The coach’s activities will change depending on the type of activity (sport), age, number and performance level of the clients (group differentiation) and other conditions.

Coaches working on the competitive sport level with strong emphasis on winning and results, we can identify the following professional activities:

• organization and management of the training process

• analysis and careful planning

• athlete forming and progress

• management tasks

*Requirements on psychological disposition:*

Leisure sport coaches often have to face a difficult job working with highly differentiated groups (clients of different ages, different levels of performance). On the other hand, the constant pressure and need to achieve palpable results puts very high psychological demands on competitive sport coaches.

*The coach’s own physical fitness and performance* is a requirement mostly in the leisure sport area where a coach’s authority often derives from how he or she looks and, in the eyes of the client, the coach serves as inspiration and an example of what the client would like to achieve.