

KEY READINGS

Ongoing Learning for Elite Sport Leaders

THE READING

Lafreniere, M. A., Jowett, S., Vallerand, R. J., Donahue, E. G., & Lorimer, R. (2008). Passion in Sport: On the quality of the coach-athlete relationship. *Journal of Sport and Exercise Psychology*, 30 (5), 541 - 560.

WHAT IS THE POINT?

Understanding the role of passion in the quality of coach-athlete relationships

HOW WAS THE INFORMATION OBTAINED?

There were a total of two studies. The first included 157 British college athletes (81 males, 76 females) engaged in popular team sports (hockey, rugby, and netball). Both athletes and coaches completed questionnaires assessing their level of passion. The second study included 106 French-Canadian coaches (95 males, 9 females, and 2 unspecified) engaged in one of several sports (e.g., gymnastics, basketball, football). The coaches' passion was measured with a passion scale indicating high and low levels of passion.

WHY IS IT RELEVANT?

- High passion positively predicted the quality of the coach-athlete relationship.
- The quality of the coach-athlete relationship positively predicted coaches' subjective well-being. Future research directions are discussed in light of the dualistic model of ***passion***.