

Observing Need Supportive Instructor Behavior. Development of a reliable and valid Observational System for Video Data

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ABSTRACT

There is little research on specific need supportive instructor behaviors in the field of health related exercise. Subject to this presentation will be the development of an observational system to analyze instructor behavior from a self-determination theory perspective (Deci & Ryan, 2002). Instrument development to establish reliability and validity of the new instrument we followed a five-stage process as suggested by Brewer and Jones (2002). Instructor behaviors were operationalized within the dimensions of autonomy, competence and relatedness support after a comprehensive literature review. Codes are quantified in terms of frequency and time periods. An observer training was conducted based on n=8 videos of different exercise classes. The training was considered complete when interrater reliability was satisfactory. In order to check whether the instrument is able to distinguish between different instructors, two observers independently coded further sequences of the data described above. An expert panel rated the relevance of all categories and their occurrence in real exercise settings. (5) Interrater and intrarater reliability. ICC and Cohen's kappa were calculated during and after observer training as well as after the analysis of the whole material. The process of development as well as the applicability of different indicators of accordance and reliability will be discussed. The observing system can be used to assess instructor behaviors that are relevant to create a need supportive environment in health related exercise classes.