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## Being a videoconference swim coach

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## Title: Being a videoconference swim coach

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### GOAL

To show how an impediment to activity could generate a completely new activity through an instrument switch.

### THEORETICAL BACKGROUND

A work psychology intervention based on a French-specific clinical approach to activity (Clot, 1999, 2008), with major references to Lev Vygotsky's historical-cultural theory.

### METHODOLOGY AND INTERVENTION

- A swim coach had been observed in distance mode throughout the Covid-19 2021 lockdown in France. He figured out a way to stay in touch with his swimmers and "practice" through videoconferences: dry land training, swimming talks and video analysis.
- Two months of distance mode observations, video recordings and interviews.
- A visual elaboration of the clinical approach three-poles model, where the rise of a new activity from an instrument switch (from pool to videoconference software) is showed.

### ABOUT THE MODEL

In a regular swim coach activity, the three poles are: Subject (S)-Swim coach, Object (Ob)-Swim practice and Others (O)-Swimmers. Pool is the instrument (I).

In the new activity: (S')-Teacher, (Ob')-Staying in touch with swimming, (O')-Pupils. As pool became unavailable (lockdown), a new instrument is discovered: (I')-videoconference software. Some back-and-forth tensions (arrows) exist between the regular and the new activity, partly in an active form ("Going towards new activity" - Green arrows) and partly in a passive form ("Going back to regular activity" - Red arrows).

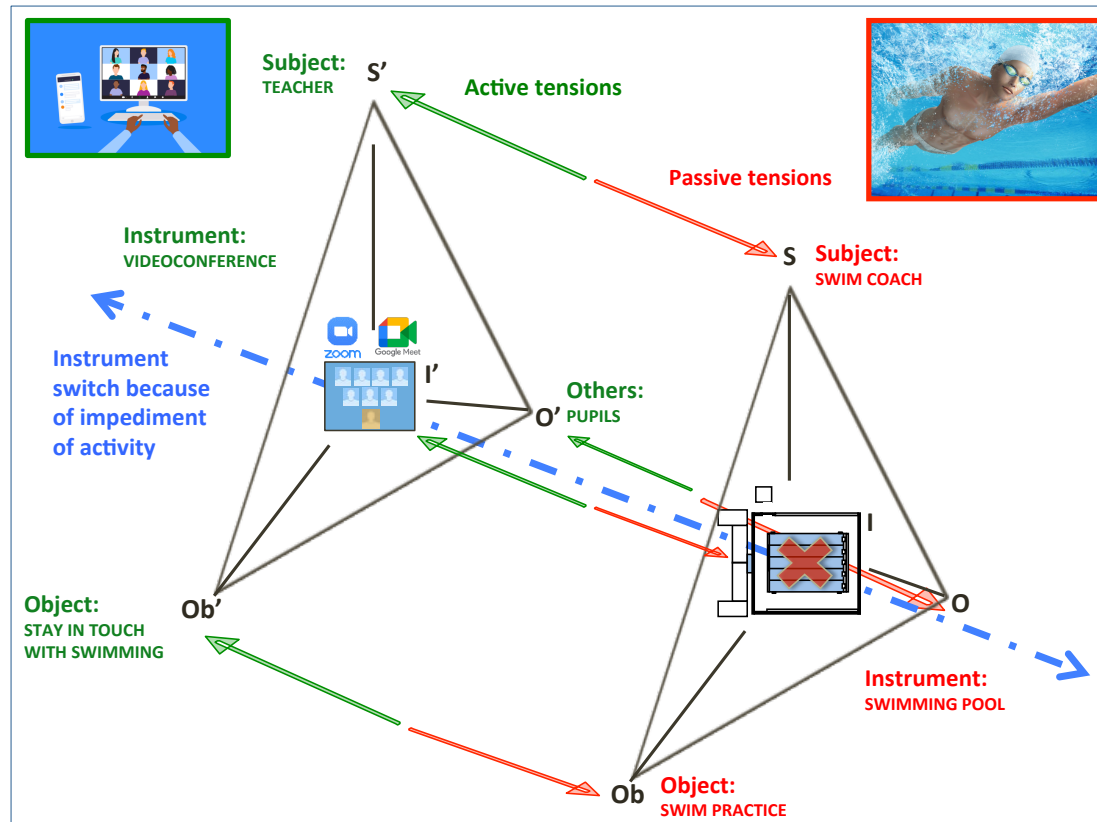
### RESULTS AND DISCUSSION

Passive form ultimately wins, as swimming practice becomes available again. Support from organizations and colleagues may be necessary in order to stabilize a new activity. There was a lack of this kind of support, as the coach was isolated and alone in this new activity.

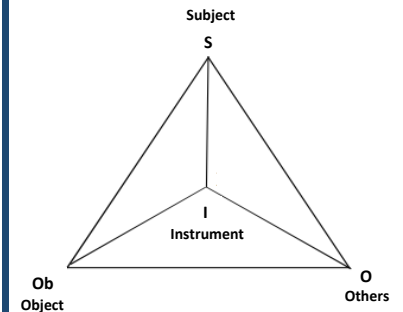
### PRACTICAL IMPLICATIONS AND VALUE

This psychological systemic approach could help understand how instruments allow professionals to find out unexpected ways to pursue their work.

# New instruments lead to new activity



## A CLINICAL APPROACH TO ACTIVITY



### Activity is made by

- A subject;
- An object;
- Other whom activities share the same object.

### Activity is always

- Directed towards someone/something;
- Mediated by instruments;
- Source of conflicts.

### KEY WORDS

Swimming – Videoconference - Instrument

### REFERENCES

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