



Lead the way with Coaching HER®. Empower coaches and educators to lead with awareness, intention, and inclusivity.

About Coaching HER®

Coaching HER® courses are free, research-based, tested resources designed to help current and future coaches and leaders create safe, inclusive, and gender-responsive sport environments. Built to address the unique needs of girls in sport, Coaching HER® equips educators, coaches, coach developers and students to lead with intention and impact—ensuring more girls enter into and stay engaged, empowered, and active.

Integrating Coaching HER® into Academic Programs

Incorporating Coaching HER® into your curriculum allows faculty, departments, programs and institutions to:

- Prepare future coaches and sport leaders to meet the evolving needs of athletes.
- Promote equity and inclusion in coaching practices.
- Integrating Coaching HER® into the curriculum models gender-responsive pedagogy
- Ground students in evidence-based strategies that increase retention and engagement among girls and women in sport.
- Create a pipeline of leaders who can shape the future of athletics through culturally responsive, athlete-centered approaches.
- Understand how gender influences athlete development helps coaches learn to adapt their coaching styles to better serve all athletes.
- Provides an exemplar resource of a successful academic-industry partnership.
- Produce highly sought-after graduates: Employers are increasingly seeking professionals with expertise in inclusive coaching practices.

Flexible Integration Options

Coaching HER® courses are built to flexibly support diverse academic formats and learning styles. Entire courses or individual modules can be integrated in ways that best align with curriculum and program goals. Common implementation options include:

Use Coaching HER® to enhance courses in:

- Coaching Education & Coaching Theory
- Coach Development
- Kinesiology
- Gender & Sport Studies
- Health & Physical Education
- Leadership in Athletics
- Psychology of Coaching
- Public Health
- Sport Management
- Athletic Training
- Pre-Allied Health (PT, OT, MD)
- Introduction to Kinesiology
- Introduction to Sport Management

Designed Learning

Reflective prompts, knowledge checks, real-world examples and case studies embedded in Coaching HER® encourage personal and professional growth helps students process material, develop awareness and stimulate critical thinking

Coaching HER® can be utilized in many ways including:

- Undergraduate or graduate coaching or sport management programs
- Teacher preparation & kinesiology courses
- Professional development workshops
- Coaching practicums and internships
- Flipped Learning Day(s)-Assign Coaching HER® courses for independent learning prior to class, then use in-class time for group discussions, scenario challenges, or leadership labs.

Become an Educational Champion!

It's free and The Coaching HER® team provides Educational Champions with:

- Instructor onboarding resources
- Educational Champions folder with discussion guides and learning activities
- Contact Alicia Pelton, Program Director at apelton@umn.edu

Together, we can create sport environments where girls thrive and stay in the game.

**Be *HER* Reason
to Stay in Sport**

