

**COACHING  
HER™**



**EDUCATE. EMPOWER. INSPIRE.**

*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 directors 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.
- Model 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
- Provide 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.

## Use Coaching HER® to enhance courses in:

- Coaching Education & Coaching Theory
- Coach Development
- Kinesiology
- Gender & Sport Studies
- Health & Physical Education
- Leadership in Athletics
- Health Education-body image, mental health, belonging
- 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
- As standalone lessons within a unit or season
- 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](mailto:apelton@umn.edu)

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

**Be HER Reason  
to Stay in Sport**