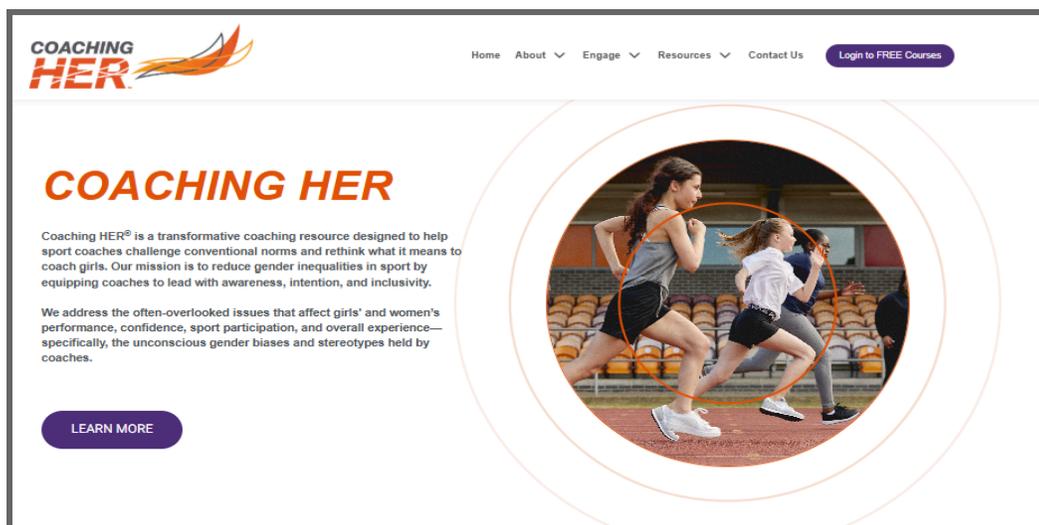


Student User Guide

You're about to begin a learning journey designed to help you create more inclusive, empowering, and equitable environments for girls and women in sport. Each module blends research, real-world examples, and reflection activities to strengthen your coaching practice and leadership. As you move through the courses, keep an open mind, challenge assumptions, and think about how you can apply what you learn to make a lasting impact on your athletes and teams.

Getting Started: Logging In & Registration

1. Navigate to www.coachingher.com and click the purple “Login in to FREE courses” from the menu at the top of the page.



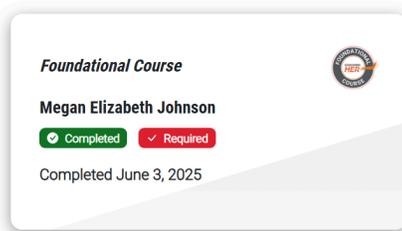
2. When registering, in order to receive credit, you must:
 - a. Enter **your university email address**
 - b. Check **“This is a requirement for a class I am taking”**
3. Complete registration and select courses.

Selecting & Completing Courses

Select a module to start learning and completing modules according to your class assignment. Modules can be taken in any order and can be stopped and started at any time.



You must complete your assigned modules as indicated in your class assignment. In order for an entire course to be marked complete in Coaching HER® you must complete all modules in that course. You will need to screen shot your course completion to share with your instructor.



Description	In the Coaching HER® Foundational Course, coaches gain practical, research-informed strategies to better support girls in sport through 6 modules. They'll explore what makes coaching girls unique — including how gendered experiences, confidence, motivation, and connection impact participation and performance — and walk away with tools to create more responsive, engaging, and lasting sport environments.
Status	Completed
Enroll Date	May 21, 2025
Completed Date	June 3, 2025
Required	Yes