



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

This guide is designed to help Educational Champions of Coaching HER®—university professors, instructors, and teacher educators—successfully integrate Coaching HER® modules, study guides, and assignments into their courses.

It includes instructions for accessing the platform, selecting and assigning content, and creating meaningful learning experiences around body confident coaching, menstrual health, and inclusive sport environments.

Getting Started: Logging in & Accessing Materials

Step 1: Log in to Coaching HER®

- Visit www.coachingher.com/educational-champions-start
- Enter your Name, Email, Name of your Academic Institution, and the Name of your Class who will use Coaching Her®
- Submit your information to be granted access to resources

Step 2: Access the Educational Champions Folder

Discover available materials

- Get started - user guides for educators and students
- Foundational Course
- Menstrual Health Course
- Body Confident Coaching Course

Within each course folder, you will find:

- Study guides for each module
- Two assignments per module
- Key terms and flashcards
- Vocabulary-building activities

Begin Assigning Coaching HER® Content

Choose Courses/Modules

- Assign all courses to create a complete Coaching HER® experience, or
- Select specific modules that align with your course outcomes and schedule.

Each module includes a Study Guide organized into four learning sections:

- Reflection (Before Learning) – prompts to activate prior knowledge.
- Review – comprehension and synthesis questions.
- Discover – guided inquiry and deeper exploration.
- Take Action – practical application to future coaching and teaching practice.

Options:

- Distribute study guides as student learning tools (digital or print).
- Assign all questions and give to students as a full learning guide.
- Allow for student choice by having students select the questions that resonate most.
- Use the “Take Action” section for applied projects or class discussion.
- Assign study guides as pre-class preparation, then use class time for dialogue, simulation, or applied activity.

Assignments in Modules

Each module contains two thoughtfully designed assignments that help students:

- Make Meaning – Connect new knowledge to their own experiences as athletes, teachers, or coaches.
- Think Ahead – Visualize implementation in their future coaching/teaching practice.
- Foster Growth – Identify personal and professional takeaways that will shape their approach to coaching/teaching girls and women.

Assignments can be:

- Used individually as assessments or discussion starters.
- Combined into a larger portfolio or reflective capstone.
- Adapted for written, presentation, or creative formats.
- Assigned individually or as a set to deepen reflection and application.

Vocabulary

Each module includes important vocabulary related to the content. Included Vocabulary Tools:

- Flashcards (digital or printable) for concept review
- Activity List to create engaging vocabulary practice
- Key Terms List for quizzes, discussions, or reflection prompts

Flexibility & Customization

The Coaching HER curriculum is designed to be modular and adaptable.

- Teach all courses in sequence for a comprehensive experience, or
- Pick and choose the courses or modules, study guides, or activities that best fit your course structure and learning outcomes.

Implementation Options:

- Full Integration: Use all three courses across a semester.
- Partial Integration: Select 2–3 courses or individual modules for focused learning.
- Embedded Approach: Infuse key themes (body confidence, inclusion, menstrual health) throughout existing coursework.

Recommended Workflow

1. Login and Access Materials via the Educational Champions folder.
2. Review available courses (Foundational, Menstrual Health, Body Confident Coaching).
3. Select study guides, assignments, and vocabulary activities to align with your syllabus.
4. Assign courses and/or modules along with materials of your choice (study guides, vocabulary, assignments) to students.
5. Facilitate learning through discussion, reflection, and applied practice.
6. Encourage reflection and application through assignments and class dialogue.

Confirming Student Activity

Students will log in and complete assigned courses or modules. When a module is completed, each student will receive an email congratulating them on the completion. To verify assignment completion, you may ask your students to forward completion emails to you.



Hello

Congratulations on completing FM5: Recognizing Girls' Identities from Coaching HER. Click on the link below to head to your account on Coaching HER to view your details.

[Go to Coaching HER](#)