



Assignment: Applying the Body Confident Coaching Checklist

Purpose

Coaches play a critical role in shaping how athletes think and feel about their bodies. Every word, policy, and behavior can either build or break body confidence.

This assignment challenges you as a future coach to engage with the [Body Confident Coaching Checklist](#) (page 6) and explore how its principles can be applied in real coaching environments. You'll reflect on what body confident coaching looks like, identify areas of growth, and create realistic action steps for your future practice.

Learning Goals

- Understand key principles of body-confident coaching.
- Critically evaluate coaching practices and environments through a body image lens.
- Develop actionable strategies to promote body confidence and inclusion on your future teams.

Assignment

Step 1: Review the Body Confident Checklist

Read the Body Confident Coaching Checklist provided by your instructor. The checklist may include items such as:

- Using language that emphasizes strength, skill, and effort rather than appearance.
- Setting team norms that discourage body talk and comparison.
- Creating inclusive uniform options and training environments.

- Modeling self-confidence and body respect as a coach.
- Building athlete-centered communication and feedback systems.

Take notes on which items you already practice or value, and which you want to learn more about or improve.

Step 2: Analyze a Coaching Environment

Choose one of the following approaches:

1. **Coach Observation:** Observe a current or past coach (live or video) and assess how well they demonstrate body-confident practices using the Body Confident Coaching Checklist.
2. **Team/Program Review:** Evaluate an existing team or program culture you are familiar with against the checklist.
3. **Self-Assessment:** Imagine yourself in a coaching role and complete the checklist as if evaluating your own current habits and attitudes.

Identify at least three strengths and three growth areas based on your analysis.

Step 3: Reflect and Apply

- What surprised or challenged you while using the Body Confident Coaching Checklist?
- Which checklist items do you believe are most important for creating a healthy team culture and why?
- What barriers might coaches face in implementing body confident practices?
- How can you personally commit to promoting body confidence in your future coaching?

Finish by outlining two to three realistic action steps you plan to take to integrate body-confident coaching principles into your work.

Format Options:

- Written reflection
- Visual infographic or digital poster summarizing your analysis and action plan

Guiding Questions:

- How does a coach's behavior influence athletes' body image and confidence?
- What does "body confident coaching" look and sound like in daily practice?
- How can you address appearance-based pressure, comparison, or comments in your coaching setting?
- What steps can coaches take to build inclusive team cultures where every athlete feels respected and valued?