



Assignment: Compare Perspectives on Positive Sport Experiences for Girls

Purpose: Critically examine what experts say about creating positive sport environments for girls and combine those ideas with your learning from Coaching HER® Modules 1–3. Reflect on your own developing coaching/teaching practices and identify actions you can take to create more inclusive, equitable, and empowering sport spaces.

Step 1: Choose two articles from the provided reading list. Read and highlight key recommendations or themes about how to create positive experiences for girls in sport.

Step 2: Connect the articles to Coaching HER® Modules 1–3

As you compare the articles, reflect on what you've learned in Coaching HER®. Consider these guiding questions:

- How do the authors' ideas connect with common perceptions about coaching girls?
- Where do you see Difference vs. Similarity Perspectives in the articles?
- How do gender stereotypes and biases show up in the authors' points?
- Do the readings expand or challenge what you learned in the modules?

Step 4: Personal Reflection

Write a 2–3 page reflection paper. Use the following prompts to guide your writing:

1. What coaching/teaching practices stood out to you as most important for creating positive sport environments?

2. How does word choice (encouragement, labels, everyday language) affect girls' experiences?
3. What stereotypes or biases should you be especially mindful of disrupting in your own coaching/teaching?
4. What specific action(s) will you commit to implementing in your coaching/teaching approach?

Articles/Reports/Literature:

[Why a female athlete should be your next leader](#)

[Sport, Stereotypes and Stolen Dreams: Why girls still feel they don't belong in sport](#)

[Leaning Out: Teen Girls and Leadership Biases](#)

[Preventing Gender Bias](#)

[Essentially Different or Equally the Same: Uncovering Sport Coach Discourses About Coaching Girls](#)

[Women in Sports the Ugly Paradox](#)

[Gender Equity: Women Empowerment in Sports and Science](#)

Chapter 1: [Understanding Girls in and Through Physical Activity: Assets, Identities, Barriers and Disparities](#). In The 2018 Tucker Center Research Report Developing Physically Active Girls: An Evidence-based Multidisciplinary Approach (pp. 1-33)

[The Girls in Motion Playbook](#)

[Coaching Through a Gender Lense](#)