



## STUDY GUIDE

### Body Confident Coaching 2: Tackling Negative Body Image

#### Learning Objectives:

- **Understand what body image is and the potential consequences of having a negative or positive body image.**
- **Identify different concerns athletes can have about their bodies.**
- **Reflect on the influences that might be impacting your athletes' body image on and off the sports field.**

#### Reflect:

What messages about body image did you learn growing up through sports, media, or role models?

How can body image affect an athlete's confidence, motivation, or overall well-being?

What are some ways a *positive* body image can enhance performance and team culture?

What might happen when body image becomes a source of stress, comparison, or pressure for athletes?

What types of body-related worries have you seen or heard athletes express? How do these concerns show up differently among male and female athletes — or across different sports?

#### Review:

What are some of the most common signs of body image concerns?

List things you can do to create a safe environment for your athletes?

How can you be a body positive role model?

What can you do when you see negative body practices among your athletes?

How can you as a coach challenge harmful body image messages?  
How can you promote healthy body image to your athletes/students even when you may be working on your own body image concerns?

### **Discover:**

How do you think athletes form their body image?  
When have you noticed a student's/athlete's body confidence (or lack of it) affecting performance or attitude?  
How does a positive body image contribute to team culture and athlete well-being?  
What messages about body ideals are athletes exposed to through teammates, media, or coaches?  
How might your own beliefs or experiences about body image influence how you coach?  
What social media trends, athlete role models, or team traditions shape your athletes' views of their bodies?  
How could locker room talk, weigh-ins, or team photos impact an athlete's self-image?

### **Take Action:**

List 2–3 potential body concerns that might arise in your sport and how you could respond constructively.  
Review your team's language and culture. Where might appearance-based comments still show up?  
Define "body image" in your own words and share an example of how it shows up in sports.  
Role-play a conversation where an athlete expresses discomfort about their body, and practice responding with empathy and confidence.  
Reflect on your own experiences with body image as an athlete or coach and how they may influence the messages you send today.