



**EDUCATE. EMPOWER. INSPIRE.**

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



## STUDY GUIDE

### Foundational Module 1: Developing Girls in Sport

#### Learning Objectives:

- **Assets/Benefits girls gain from sport participation**
- **Coach/Teacher's role in girls' ability to benefit from sports**
- **Identify negative outcomes from sports and how to avoid them**

#### Reflect:

If you played sports, what benefits or assets did you gain from participating?

Did you experience any negative outcomes as a result of sport?

In both your positive and negative experiences in sport, what was the role of the coach in those experiences?

How can you increase the likelihood your athletes have a positive experience?

What are the benefits resulting from sport participation that you see in the girls you coach/teach?

#### Review:

What are some different types of assets that accrue from girls' sport participation?

Why is sport good for girls?

What is the role of the coach in asset development?

What is the result of creating a safe and enjoyable experience and environment for girls?

What are some negative outcomes of sport participation that some girls experience?

**Discover:**

How does sport participation enhance girls' physical health and fitness?

Why do girls struggle with confidence?

What psychological benefits, like self-esteem and stress relief, do girls gain from playing sports?

How does being involved in sports influence academic performance and discipline?

What social skills and relationships do girls develop through team sports?

How does participation in sports impact long-term career opportunities and leadership skills for girls?

**Take Action:**

Describe how to be intentional in improving the climate for girls.

If you heard parents or other leaders in your organization focusing more importance on boys participation and programs, how would you address the bias?

As a coach how would you avoid or reduce the likelihood of having a toxic sports parent?

Reflect on sports participation for both yourself and the girls you coach, consider the role of the coach in shaping these experiences and explore ways to ensure positive outcomes for athletes.

Choose and learn more about an ACTION item from the [Positive Model for Developing Physically Active Girls](#).