Gender and Sports Training Course

Professional Development Training Course Outline

Category	Gender Studies	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Gender and Sports Training Course is designed to explore the critical intersection of gender, equality, and sports performance in both professional and community settings. This course emphasizes inclusive practices, gender equity, empowerment, and diversity in sports, providing participants with the knowledge and skills to challenge systemic barriers, promote equal opportunities, and foster safe, inclusive, and high-performing sports environments. Participants will gain insight into policy frameworks, gender-sensitive coaching, leadership development, and advocacy strategies that are essential for transforming sports culture globally.

Through interactive workshops, real-world case studies, and experiential learning, this course equips sports professionals, coaches, administrators, and policymakers with tools to implement gender-responsive programs. Participants will develop strategies to address discrimination, bias, and inequality, ensuring that sports become a platform for social change, empowerment, and representation. By linking theory with practice, the course promotes sustainable change, ethical leadership, and community engagement in sports organizations.

Programme Curriculum

Gender and Sports Training Course

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Course Duration

5 days

Course Objectives

By the end of this training, participants will be able to:

1. Understand the principles of gender equity in sports.
2. Identify systemic barriers to women and marginalized groups in sports.
3. Apply inclusive coaching strategies for diverse athletes.
4. Develop gender-responsive sports policies.
5. Advocate for equal pay and opportunities in professional sports.
6. Analyze gender bias in sports media and sponsorships.
7. Promote mental health and well-being for athletes of all genders.
8. Implement safe sport initiatives addressing harassment and abuse.
9. Evaluate the impact of gender mainstreaming in sports organizations.
10. Foster leadership and empowerment among women in sports.
11. Design community engagement programs to increase participation.
12. Leverage data-driven strategies to assess gender equity progress.
13. Create sustainable, inclusive, and ethical sports environments.

Target Audience

1. Sports coaches and trainers
2. Sports administrators and managers
3. Athletes and team leaders
4. Policy makers in sports institutions
5. Gender and diversity officers
6. NGO and community sports program coordinators
7. Sports journalists and media professionals
8. University and school sports educators

Course Modules

Module 1: Introduction to Gender and Sports

- Overview of gender dynamics in sports globally
- Historical barriers and milestones for women and marginalized groups
- Understanding stereotypes and discrimination in sports
- Case Study: Women’s participation in Olympic sports
- inclusivity, equity, diversity

Module 2: Gender Equity Policies in Sports

- Analysis of international gender equity frameworks (UN, IOC, FIFA)

- Developing organizational gender policies
- Monitoring and evaluation of gender initiatives
- Case Study: Title IX implementation in the USA
- Best practices for policy enforcement

Module 3: Inclusive Coaching and Leadership

- Gender-sensitive coaching techniques
- Mentorship and leadership development for women athletes
- Managing mixed-gender teams effectively
- Case Study: Female coaches in male-dominated sports
- Tools for evaluating coaching effectiveness

Module 4: Gender and Sports Participation

- Promoting grassroots and community-level engagement
- Overcoming socio-cultural barriers to participation
- Designing inclusive programs for marginalized communities
- Case Study: Grassroots football programs in Africa
- Engagement strategies for youth and adult athletes

Module 5: Media, Marketing, and Sponsorship Bias

- Representation of women and minorities in sports media
- Gender equity in sponsorship and funding opportunities
- Strategies to promote diverse role models
- Case Study: Media coverage disparities in professional football
- Ethical storytelling in sports journalism

Module 6: Athlete Health, Safety, and Well-Being

- Gender-specific physical and mental health considerations
- Anti-harassment and safe sports initiatives
- Preventing abuse and exploitation in sports
- Case Study: Safe sport policies in international federations
- Wellness programs for inclusive team management

Module 7: Advocacy, Leadership, and Empowerment

- Promoting women leaders in sports organizations
- Advocacy campaigns for gender equity
- Networking and mentorship programs
- Case Study: UN Women’s sport-for-development initiatives
- Tools for leadership assessment and growth

Module 8: Monitoring, Evaluation, and Sustainability

- Measuring gender equity outcomes in sports programs
- Data collection, analysis, and reporting
- Sustainability strategies for long-term impact
- Case Study: Gender mainstreaming in FIFA and IOC projects
- Continuous improvement frameworks for sports organizations

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com