

Barriers and Supports for Female Coaches: An Evidence-based Ecological Model

Julia K. Dutove, MA & Nicole M. LaVoi, PhD

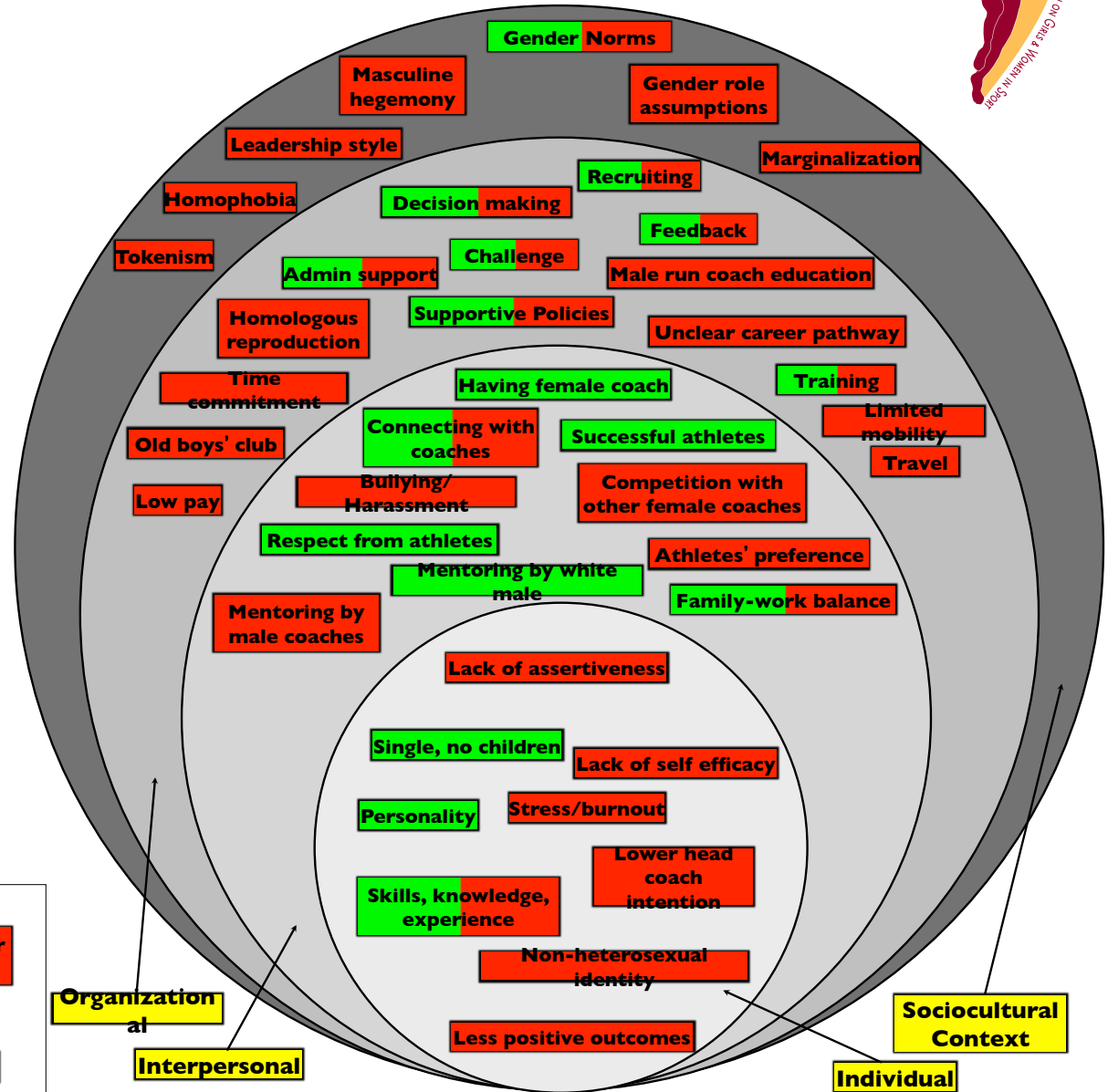
Tucker Center for Research on Girls & Women in Sport, University of Minnesota



Abstract

While the number of girls and women participating in sport has increased significantly in the past 30 years, the proportion of female coaches has decreased in both the United States (Acosta & Carpenter, 2010) and Canada (Demers, 2009). Researchers around the globe have examined various aspects, experiences and outcomes of female coaches at all levels, and have identified a set of complex, multidimensional barriers and supports which occur at different proximities to a coach.

Using Bronfenbrenner's (1977) social ecological model, the barriers and supports can be organized according to this proximity—from the individual to sociocultural factors. To illustrate and summarize a complex and large body of research, which may help to facilitate identifying gaps and propose strategies and policies to increase the number of female coaches, we are introducing an evidence-based ecological model of barriers and supports for female coaches.



References

- Acosta, R.V. & Carpenter, L.J. (2010). *Women in intercollegiate sport: A longitudinal, national study thirty three year update*. Retrieved from www.acostacarpenter.org
- Bronfenbrenner, U. (1977). Toward an experimental ecology of human development. *American Psychologist*, 32, 513-531.
- Demers, G. (2009). "We are coaches": Program tackles the under-representation of female coaches. *Canadian Journal for Women in Coaching*, 9(2).