Female Health Coaching Course

Theme:
Voice & Visibility

Co-authored by Triathlon NZ

Female Health Coaching Course

Tri NZ have launched a Female Health coaching course, made up of 4 modules: Menstrual cycle, Happy healthy female athletes, Coaching environment considerations and Pelvic health across the lifespan.

This was first launched to Tri NZ coaches, then the wider Tri community and now it is open to the sport community as this is not triathlon specific.

https://sporttutor.nz/trinz

A course specifically designed for those that would like to learn more about female athletes and the unique requirements these athletes have. This course will be valuable for coaches, athletes, or parents, giving progressive understanding of female health and its integration with exercise.

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