Dr. Jen Welter ’00
First Female NFL Coach

Dr. Jen Welter is the first female to coach in the NFL. She served as an intern coaching linebackers for the Arizona Cardinals. Welter’s time at the Cardinals has been defined by the bond she has fostered with the players. But this is not the first time Welter was the first to do something. In February 2015, she became the first woman to coach in a men’s professional football league, when she served as linebacker and special teams coach for the Indoor Football League’s Texas Revolution. Prior to that, in January 2014, Welter became the first woman to play running back in a men’s professional football season, when she signed with the Revolution.

Welter has 18 years of experience in fitness, including her time as a professional athlete, and has provided expert advice on a wide range of topics in fitness and sports. Her background provides her with a unique insight—both as a player and academic—into the power of sport.

Her on-field experience dates back to her time on the rugby pitch at Boston College. She is a veteran of several women’s professional and semi-professional football teams and a member of the 2010 and 2013 gold medal-winning USA Team at the International Federation of American Football’s (IFAF) Women’s World Championship.

Welter graduated with a B.S. from Boston College, followed by a Master’s in Sport Psychology and PhD in Psychology from Capella University. The 37 year-old Welter is a native of Vero Beach, Florida.

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