

KIN 167: WOMEN IN SPORT

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2022
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Strongly Recommended:	ENGL 101.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter

Catalog Course Description

Title IX has afforded women and girls a wealth of opportunities to participate in sport and the broader society. As we move toward gender equity in sport, research has shown that these increased opportunities have had a tremendous impact on the mental, physical, social, and moral development of young girls. This course will analyze the relationship between gender and sport from multiple perspectives in addition to investigating the economic, cultural, political, social, and educational influences on women in sport and the impact that women have as active participants within a predominantly male sphere. 54 lecture hours.

Course Objectives

- Identify various sociological theories and explain how they shape our thinking about gender equity.
- Understand the significance of several historical achievements for women in sport.
- Apply course content gained to better quantify their own sport/exercise experience.

Major Course Content

1. **Gender Issues**
 - a. Gender Role Stereotypes
 - b. Women's Sports and Sexual Politics
 - c. Play and Competition: An Ideological Dilemma
2. **Historical Figures in Women's Sporting History**
 - a. Separate World, Separate Lives, Separate Sporting Models
 - b. Women's Sports From 1920-1980
 - c. The Legendary Zaharias and other women who shaped modern sport experience
 - d. The All-American Girls': Professional Leagues
3. **Government and Policy**
 - a. Title IX
 - b. High School Physical Education and Sport
 - c. Women's Physiology and Exercise
 - d. Nutrition and the Female Athlete
 - e. Eating Disorders
4. **Institutionalization of Women's Sports**

- a. The Media Industry: Representations, Images, and Issues
 - b. The Olympic Games and the Olympic Movement
 - c. Heterosexism, Homophobia, and Lesbians in Sport
 - d. Minority Women of Color: Unpacking Racial Ideology
5. **Psychological Perspectives**
 - a. Psychological and Social Challenges for Females in Sport
 - b. Coaching Collegiate Athletes
 6. **Economics of Sport**
 - a. Equity: What Price Equality?
 - b. Growth in the Women's Sport Industry: A Study in Opportunity
 - c. Legal Issues Affecting Women in Sport
 7. **Changing Times**
 - a. International Challenges for Women in Sport: The Quiet Revolution
 - b. Leaving it All on the Field: Journeys of Growth and Change for Women and Sport

Suggested Reading Other Than Required Textbook

Sports Illustrated Internet Articles

Examples of Required Writing Assignments

3 pages single spaced: Describe opportunities and challenges that exist for women (based on sex or gender expression) to participate in sport today. You may choose from the following environments: secondary, post-secondary, amateur, or professional athletic environments.

Examples of Outside Assignments

Student is to complete a 1 page single spaced analysis of the type of descriptive language used when sports commentators remark of male athletes versus female athletes in the same sport. Student should pay particular attention to and remark upon language that ties athleticism or movement to gender or descriptions that describe the person versus the athlete as the subject of discussion. Requirements: must choose a sport/level that allows both sexes to participate. Must use similar format for both reviews (e.g. using video or articles written to compare your male and female sporting event or figure).

Instruction Type(s)

Lecture, Online Education Lecture

IGETC Area 4: Social and Behavioral Sciences

4. Social and Behavioral Sciences