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Kinesiology (KINE) 1530 Women in Sport (3 Units) CSU

Advisory: Eligibility for English 1000 and Reading 1000 strongly recommended.

Hours and Units Calculations:

48 hours Lecture. 96 Outside-of-class Hours (144 Total Student Learning Hours) 3 Units

Catalog Description: This course examines the chronological history, analysis and interpretation of people, events, and issues that affect women in sports in past and present society. Physiological, sociological, and psychological aspects of female athletes as related to sports will be covered. Students will gain an understanding of the significant impact women have had on the sports world and how their significance will determine the future of women in sports. Topics will include: the history of women in sport, structural constraints facing women in sport, race and ethnicity, health benefits and risks for women in participating in sport, the role of the media, the sporting body, Title IX, and career opportunities for women.

Type of Class/Course: Degree Credit

Text: Staurowsky, Ellen J., *Women and Sport: Continuing a Journey of Liberation and Celebration*, Human Kinetics, 2016.

Additional Materials: None

Course Objectives:

By the end of the course, a successful student will be able to:

1. Demonstrate an understanding of the Title IX legislation as it relates to girls and women in sports,
2. Develop an understanding of the history and impact of women in sports,
3. Critically analyze the physiological, sociological, and psychological issues of women in sports,
4. Critically analyze how social construction influences the role of women in sports,
5. Develop ideas about the possible future for women in sports as related to career opportunities.

Course Scope and Content:

Unit I: Women's Sport Through the Lens of History

- A. History of Title IX
- B. Growth in athletic programs since Title IX

C. Women's sport in the 21<sup>st</sup> Century

Unit II: The Benefits and Risks of Participating in Sport and Physical Activity

- A. Physical health benefits of female sport participation
- B. Female athletes, mental toughness and depression
- C. Female Athlete Triad: Disordered Eating, Amenorrhea and bone health
- D. Physiology of the female athlete
- E. Training implications for female athletes

Unit III: Experience of Female Athletes

- A. Female Athletes of Color
- B. Gender identity
- C. Women's sport and aging
- D. Women with disabilities in sport
- E. Women, sport, and sexual violence

Unit IV: Women in the Sport Industry

- A. Challenges for women in sports media
- B. Female leaders in corporate sport
- C. Female leaders in high school and college sport workplaces
- D. Merchandising and marketing of female athletes

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

- 1. Studying
- 2. Answering questions
- 3. Required reading
- 4. Written work
- 5. Observing or participating in an activity related to the course content

Methods of Instruction:

- 1. Lecture
- 2. Class discussion
- 3. Audio-Visual Aids
- 4. Use of the texts online study guide and supplemental material
- 5. Assigned reading from text
- 6. Discussion and presentations with professionals in the field

Methods of Evaluation:

- 1. Exams and quizzes
- 2. Development of a sport comparison paper based on the observations made while attending a women's and men's sporting event.
- 3. Homework assignments
- 4. Research Projects

Supplemental Data:

TOP Code:	127000: Kinesiology
SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO

Eligible for Pass/No Pass:	NO
Taft College General Education:	NONE
Disciplines:	Kinesiology OR Health Education, OR Physical Education