KINS 10: WOMEN IN SPORTS

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2022
Units:	5
Hours:	5 lecture per week (60 total per quarter)
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area IV: Social & Behavioral Sciences
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Students will be able demonstrate knowledge of the historical significance of women in sport
- Students will gain knowledge on culturally significant events and people that affected women's sports.

Description

This course provides students with a chronological history, analysis and interpretation of people, events, and issues that affect women in sport, in past and present day society. Physiological, sociological and psychological aspects of female athletes as related to sports, history, and education will be covered. Students will gain an understanding of the significant events of women in athletics from the past to the present and how their significance will determine the future of women in sports.

Course Objectives

The student will be able to:

a. Develop an understanding of the history and impact of women in athletics/sports
b. Demonstrate critical analysis of physiological, sociological, and psychological issues of women in sports
c. Examine the unique needs of female athletes, their stamina, and physical abilities
d. Assess the impact of of female athletes and such obstacles as pregnancy, balancing families, and their gender identity
e. Develop student responsibility
f. List past and present sociological and historical issues as they relate to women athletes in sports and society
g. Determine how athletics can be means to future education and career prospects through scholarships and various funding opportunities for women athletes
h. Develop ideas about the possible future for women in sports as related to career opportunities
i. Interpret the impact of sport participation on life after sports

Course Content

a. Historical issues
    i. Title IX
    ii. Prominent and influential female athletes
    iii. High school and college developments
    iv. Olympic participation
    v. Professional opportunities
    vi. Media portrayal of women in sports
b. Sociological issues
    i. Balancing families, pregnancy, and athletics
    ii. Gender and sport
    iii. Economics and sport
    iv. Stereotypes in society in society regarding women in sport
    v. Influence of media and advertising
    vi. Influence of professional sports
    vii. Society, culture, and their influence
    viii. Culture and its influence
        1. Social class associated with specific sports
        2. Gender associated with specific sports
        3. Ethnicity associated with specific sports
c. Psychological issues
    i. Self-esteem and athletics
    ii. Physical fitness and increased health
    iii. Dealing with reality—athletics as a means to education and future career
d. Physiological issues
    i. Athletic competition and the illustration of the resulting physical stress on the body
    ii. Self-esteem, positive body image and resulting lower levels of depression
    iii. Use of drugs and alcohol
        1. Illegal drugs
        2. Legal drug use
    iv. Life-long physiological aspects of athletic competition and training
e. Continuing education
    i. Advantages of obtaining the bachelor's degree
    ii. Life after sport
f. Women in sports careers
    i. Coaching
    ii. Sports writing
    iii. Media and broadcasting
    iv. Promotions

Lab Content

Not applicable.

Special Facilities and/or Equipment

When taught via Foothill Global Access, on-going access to computer with email software and hardware; email address.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Participation in class discussions and/or other activities
Creation of a class timeline of events that are significant to the history, present and future of women in sports
Research paper based on chosen event or person from the class created timeline
Self-evaluation of each individual's perception of their experiences, past, present, and future, as related to a female athlete in society
Collaborative biographies created on each timeline event that the students choose to represent
Written exams
Final project

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture
Discussion
Cooperative learning exercises
Electronic discussions/chat

Representative Text(s) and Other Materials

Staurowsky, Ellen J.. Women and Sport. 2016.

This textbook is the most recent edition and remains a seminal text in this area of study.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

a. Reading assignments:
    i. Weekly reading assignments from text
    ii. Supplemental reading assignments from web source relevant to course material
b. Writing assignments:
    i. Weekly assignments to answer essay questions relevant to course material
    ii. Optional reports of historical females in sport

Discipline(s)

Kinesiology