

College of San Mateo
Official Course Outline

1. COURSE ID: KINE 107 **TITLE:** Women in Sports

Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework hours

Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

Recommended Preparation:

Eligibility for ENGL 838 or ENGL 848 or ESL 400.

2. COURSE DESIGNATION:

Degree Credit

Transfer credit: CSU

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E5b. Social Science

3. COURSE DESCRIPTIONS:

Catalog Description:

A course which 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, history, and education 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.

4. STUDENT LEARNING OUTCOME(S) (SLO'S):

Upon successful completion of this course, a student will meet the following outcomes:

1. Demonstrate the ability to critically assess and evaluate the historical impact of women in sports.
2. Critically analyze the effect women in sports have had on the overall perception of women in society.
3. Describe the challenges that women involved in the sports world confront while managing the atypical social constructs of gender identity.
4. Evaluate the legacy of women's contributions to the sports world.
5. Demonstrate an appreciation of human values and achievements.

5. SPECIFIC INSTRUCTIONAL OBJECTIVES:

Upon successful completion of this course, a student will be able to:

1. Develop an understanding of the history and impact of women in athletics/sports.
2. Critical analysis of the physiological, sociological, and psychological issues of women in sports.
3. Examine the unique needs of female athletes, their stamina, and physical abilities.
4. Assess the impact of female athletes and such obstacles as pregnancy, balancing families, and their gender identify.
5. List past and present sociological and historical issues as they relate to women athletes in sports and society.
6. Determine how athletics can be a means to future educational and career opportunities through scholarships, networking, and funding for women in sports.
7. Develop ideas about the possible future for women in sports as related to career opportunities.
8. Interpret the impact of sport participation on life after sport.

6. COURSE CONTENT:

Lecture Content:

A. Historical Issues

1. Title IX
2. Prominent and influential female athletes and coaches
3. High school and college developments
4. Olympic participation
5. Professional opportunities
 - A. National
 - B. International
6. Media portrayal of women in sports
 - B. Sociological issues
 1. Balancing families, pregnancy, and athletics

2. Gender and sport
3. Economics and sport
4. Stereotypes in society regarding women and sport
5. Influence of media and advertising
6. Influence of professional sports
7. Society and its influence
 - A. Sexual harassment and abuse in sport
 - B. Transgender participation in sport
8. Culture and its influence
 - A. Social class associated with specific sports
 - B. Gender associated with specific sports
 - C. Ethnicity associated with specific sports
- C. Psychological Issues
 1. Self-esteem and athletics
 2. Physical fitness and increased health
 3. Dealing with reality - athletics as a means to education and a future career
- D. Physiological Issues
 1. Athletic competition and the illustration of the resulting physical stress on the body
 2. Self-esteem, positive body image and resulting lower levels of depression
 3. Use of drugs and alcohol
 - A. Illegal drugs
 - B. Legal drug use
 4. Life-long physiological aspects of athletic competition and training
- E. Continuing education
 1. Advantages of receiving a higher education
 2. Life after sports
- F. Women in sports careers
 1. Coaching
 2. Sports writing
 3. Media and broadcasting
 4. Promotions

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Critique
- C. Directed Study
- D. Discussion
- E. Field Trips
- F. Guest Speakers

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- Creation of a collaborative timeline of events significant to the history of women in sports.
- Research report on a specific historical event significant to the topic of women in sports.
- Creation of individual biographies for a virtual museum of the originally created timeline.

Reading Assignments:

- Selected chapters from the text book.
- Selected journal articles from department approved list specific to the topic of women in sport.
- Current events and/or websites

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Work
- C. Exams/Tests
- D. Group Projects

- E. Homework
- F. Oral Presentation
- G. Papers
- H. Portfolios
- I. Projects
- J. Quizzes
- K. Research Projects
- L. Written examination

10. **REPRESENTATIVE TEXT(S):**

Possible textbooks include:

- A. Staurowsky, E.J.. *Women and Sport: Continuing a Journey of Liberation and Celebration*, 1st ed. Illinois: Human Kinetics, 2016
- B. Riemer, Brenda, R.. *Women and Sport: Interdisciplinary Perspectives*, 14th ed. Springfield: Human Kinetics, 1994
- C. Danzinger, L., Smith, L.. *Nike is a Goddess: The History of Women in Sports*, 3rd ed. New York: Atlantic Monthly Press, 1999

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Course Originator: Nicole Borg