

WILLIAM PATERSON UNIVERSITY  
COLLEGE OF HUMANITIES AND SOCIAL SCIENCES  
DEPARTMENT OF WOMEN'S STUDIES

1. TITLE OF THE COURSE AND COURSE NUMBER: Women, Sport, and Culture, WS 207
2. NUMBER OF CREDITS: Three semester credits
3. DESCRIPTION OF THE COURSE: This course will explore the role of women in sport from historical, philosophical, physiological, and psycho-social perspectives. Trends, patterns, issues, and future perspectives will be woven into the fabric of this course in order to understand the sport experience as parallel to women's role in society.
4. COURSE PREREQUISITES: None
5. COURSE OBJECTIVES/STUDENT LEARNING OUTCOMES:  
Upon completion of this course, students will be able to:
  - a. Identify and explain the influence of at least five specific factors on the socialization process for female athletes that will be evaluated through a written exam.
  - b. Identify at least four historical female athletes and explain how they paved the way for girls and women in contemporary sport that will be evaluated through a written exam.
  - c. Explain how physical and social psychological myths have limited girls' and women's participation in competitive sport that will be evaluated through a written exam.
  - d. Explain how Title IX of the Educational Amendments Act of 1972 has changed the structure of school sports for girls and women that will be evaluated through a written exam.
  - e. Identify and explain at least five specific physiological concepts that are relevant to female athletes that will be evaluated through a written exam.
  - f. Discuss at least five ways in which psychological theory can be applied to the female athlete that will be evaluated through a written exam.
  - g. Discuss the media coverage of female athletes in terms of number of articles, number and type of photographs, and type of adjectives used to describe female athletes that will be evaluated through a written exam.
  - h. Locate and use information related to Title IX that will be evaluated in a group debate.
  - i. Clearly express self when participating in a group debate on the merits of Title IX.

- j. Clearly express self in written form when analyzing equity and discrimination related to female athletes that will be evaluated through issue papers.

6. TOPICAL OUTLINE OF THE COURSE CONTENT:

- a. Gender Issues
  - 1. On being female and athletic
  - 2. Shattering stereotypes
  - 3. Sports and gender: The myth of equality
- b. Historical Perspectives
  - 1. Foremothers: Heroines paving the way
  - 2. Noncompetitive era: A generation of playdays
  - 3. The legendary Babe Didrikson Zaharias
  - 4. The AIAW years
- c. Government and Policy
  - 1. NAAF to NCAA
  - 2. Title IX and its aftermath
  - 3. Are we winning yet?
- d. Physiological Perspectives
  - 1. Myths and realities of anatomy and physiology
  - 2. Understanding basic nutrition
  - 3. Steroid use and abuse
  - 4. The female athlete triad
- e. Institutionalization of Women's Sports
  - 1. Media portrayal of female athletes
  - 2. Feminist ideologies relevant to sport
  - 3. Homophobia in sport
  - 4. The Olympic movement
  - 5. The minority experience in sport
- f. Psycho-Social Perspectives
  - 1. Perceived barriers to success in sport
  - 2. Competition, drive, and elite performance
  - 3. The coach's role: Where are the women?
  - 4. Gender relations and cultural considerations

7. GUIDELINES/SUGGESTIONS FOR TEACHING METHODS AND STUDENT LEARNING ACTIVITIES:

Lecture and discussion, in-class group work, guest speakers, debates, videotapes, issue papers, and group presentations.

8. GUIDELINES/SUGGESTIONS FOR METHODS OF STUDENT ASSESSMENT (STUDENT LEARNING OBJECTIVE OUTCOMES):

Two exams with multiple choice and essay questions.

Group debate on the merits of Title IX.

Issue papers consisting of a review and reaction to a newspaper or magazine article on women in sport.

Class participation.

9. SUGGESTED READINGS, TEXTS, OBJECTS OF STUDY:

Cohen, G. (2001). Women in sport: Issues and controversies (2<sup>nd</sup> ed.). Oxon Hill: AAHPERD Publications.

Smith, L. (Ed.). Nike Is a Goddess: The History of Women in Sports, Atlantic Monthly Press

Taggart, L. Women Who Win: Female Athletes on Being the Best, Seal Press

Women's Studies Quarterly Journal, Volume 33, Nos. 1&2 (2005), Feminist Press.

Films:

*Babe Didrickson: American athlete*

*Bend it like Beckham*

*Playing unfair: Media images of the female athlete.*

Women's Sports Foundation. (2004). *It takes a team! Making sports safe for lesbian, gay, bisexual, and transgender athletes and coaches.*

10. BIBLIOGRAPHY OF SUPPORTIVE TEXTS AND OTHER MATERIALS:

Bandy, S. J., & Darden, A. (1999). Crossing boundaries: An international anthology of women's experiences in sport. Champaign, IL: Human Kinetics.

Brownell, K., Rodin, J., & Wilmore, J. (1992). Eating, body weight, and performance in athletes. Philadelphia: Lea & Febiger.

Cahn, S. (1994). Coming on strong: Gender and sexuality in twentieth-century women's sport. New York: The Free Press.

Cohen, G. (Ed.) (1993). Women in sport: Issues and controversies. Newbury Park, CA: Sage Publications.

Daddario, G. (1998). Women's sports and spectacle: Gendered television coverage and the Olympic Games. Westport, CT: Praeger.

Festle, M. J. (1996). Playing nice: Politics and apologies in women's sports. New York: Columbia University Press.

Griffin, P. (1998). Strong women, deep closets: Lesbians and homophobia in sport. Champaign, IL: Human Kinetics.

Hall, M. A. (1996). Feminism and sporting bodies. Champaign, IL: Human Kinetics.

McDonoughm Eileen and Laura Pappano. *Playing with the boys: Why separate is not equal in sports*.

Nelson, M. B. (1994). The stronger women get, the more men love football: Sexism and the American culture of sports. New York: Harcourt Brace & Co.

Oglesby, C. (Ed.) (1998). Encyclopedia of women and sport in America. Phoenix: Oryx Press.

Pieroth, D. (1996). Their day in the sun: Women of the 1932 Olympics. Seattle: University of Washington Press.

Rappoport, K. and B. Wilner. (2000). Girls rule! The glory and spirit of women in sports. Kansas City: Andrews McMeel Publishing.

Smith, L. (Ed.) (1998). Nike is a goddess: The history of women in sports. New York: The Atlantic Monthly Press.

Suggs, W. (2005). A place on the team: The triumph and tragedy of Title IX. Princeton: Princeton University Press.

Zimmerman, J. and G. Reavill. (1998). Raising our athletic daughters: How sports can build self-esteem and save girls' lives. New York: Doubleday.

*Wounded by School: Recapturing the Joy of learning* by Kristen Olson, Sara Lawrence-Lightfoot, Teachers College press

11. PREPARER'S NAME AND DATE: Drs. Virginia Overdorf and Kathy Gill, April 1996.

12. ORIGINAL DEPARTMENTAL APPROVAL DATE: 1997

13. REVISER'S NAME AND DATE: Dr. Arlene Holpp Scala: July 2009.

14. DEPARTMENTAL REVISION APPROVAL DATE: September 2009.

