

KIN 11 Course Outline as of Fall 2025**CATALOG INFORMATION**

Dept and Nbr: KIN 11 Title: WOMEN IN SPORTS

Full Title: Women in Sports

Last Reviewed: 11/27/2023

Units	Course Hours per Week		Nbr of Weeks		Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	17.5	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: KIN 61

Catalog Description:

Students will gain an understanding of the journey of women in sport through 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 scientific research and inquiry of the aspects of female athletes related to sports, history, and education will be covered. Students will also gain an understanding of how the significant events of women in sport from the past to the present could shape the future of women in sport.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Students will gain an understanding of the journey of women in sport through 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 scientific research and inquiry of the aspects of female athletes related to sports, history, and education will be covered. Students will also gain an understanding of how the significant events of women in sport from the past to the present could shape the future of women in sport.

(Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:	Transferable	Effective: Fall 2024	Inactive:
UC Transfer:	Transferable	Effective: Fall 2025	Inactive:

CID:

Certificate/Major Applicable:

Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Analyze the psychological, sociological, and physiological principles, methodologies, and ethics employed in social scientific research related to the issues that impact women in sports.
2. Evaluate the historical and culturally significant events and people that had the greatest influence on women's sports.

Objectives:

At the conclusion of this course, the student should be able to:

1. Analyze the history and impact of women in athletics/sports
2. Examine the physiological, sociological, and psychological issues of women in sports through social scientific research and inquiry
3. Determine the unique needs of female athletes, their stamina, and physical abilities
4. Assess the impact of gender-related experiences specific to female athletes, such as pregnancy, family/work balance, and their identity.
5. Describe past and present sociological and historical issues as they relate to women athletes in sports and society
6. Evaluate the connection of athletics with future education and career prospects through

- scholarships and various funding opportunities for female athletes
- 7. Analyze potential career opportunities for future women in sports
- 8. Interpret the impact of sport participation on life after sports

Topics and Scope:

I. Historical Issues

- A. Title IX
- B. Prominent and influential female athletes
- C. High school and college developments
- D. Olympic participation
- E. Professional opportunities
- F. Media portrayal of women in sports

II. Sociological Inquiry and Issues

- A. Principles, methodologies, values, and ethics employed in social scientific research
- B. Balancing families, pregnancy, and athletics
- C. Gender and sport
- D. Economics and sport
- E. Stereotypes in society in society regarding women in sport
- F. Influence of media and advertising
- G. Influence of professional sports
- H. Society, culture, and their influence

I. Culture and its influence

- 1. Social class associated with specific sports
- 2. Gender associated with specific sports
- 3. Ethnicity associated with specific sports

J. The concept of the Female Athlete Paradox

- K. Experiences of female athletes of color
- L. Women with disabilities in sports
- M. Women's sports and aging

III. Psychological Issues

- A. Self-esteem and athletics
- B. Physical fitness and increased health
- C. Dealing with reality—athletics as a means to education and future career

IV. Physiological Issues

- A. Athletic competition and the illustration of the resulting physical stress on the body
- B. Self-esteem, positive body image and resulting lower levels of depression
- C. Use of drugs and alcohol
 - 1. Illegal drugs
 - 2. Legal drug use
- D. Life-long physiological aspects of athletic competition and training
- E. Female athlete triad: disordered eating, amenorrhea, and bone health
- F. Female athletes and injuries

V. Continuing Education

- A. Advantages of obtaining the bachelor's degree
- B. Life after sport
- C. Educational attainment and sport participation

VI. Women in Sports Careers

- A. Coaching
- B. Sports writing
- C. Media and broadcasting
- D. Promotions

E. History of women in sports careers

Assignment:

1. Read textbook assignments
2. Evaluate current articles in the field of Kinesiology and related fields
3. Written assignment of observation or interview of practicing professionals in different careers
4. Class project with term paper
5. Research paper(s)
6. Quizzes and/or exams

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written assignment of observation or interview; class project; research paper(s), article evaluation

Writing
30 - 40%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations
0 - 0%

Exams: All forms of formal testing, other than skill performance exams.

Quizzes and/or exams

Exams
40 - 60%

Other: Includes any assessment tools that do not logically fit into the above categories.

Participation

Other Category
10 - 20%

Representative Textbooks and Materials:

Money, Power, Respect: How Women in Sports Are Shaping the Future of Feminism.
MacKenzie, Macaela. Seal Press. 2023

Women and Sport. Staurowsky, Ellen. Human Kinetics. 2016 (classic)

Instructor prepared materials