WOMEN'S STUDIES 302-3

SPECIAL TOPICS "WOMEN'S SPORTS ISSUES"

Fall Semester 1981
Downtown Course

Ann Popma

Course Outline

This special topics course will examine physiological, psychological, and sociocultural issues in women's sport and recreation. It will present a brief historical and cross-cultural overview of women in sport and then focus on the contemporary role of sportswomen in Western society. It will examine the organization, administration, legislation and politics of women in the current Canadian sports structure, consider progress that has been made in these areas, and reflect on the future direction of women in sport within this system. It will also consider contemporary topics such as the social view of women in sport, women in physical education, feminism and sport, women and the sports media, professional sport for women, coaching and training women in sport, etc. The course will include lectures, guest speakers, films, and tutorials, but will largely be of a seminar nature.

Note: Prerequisites for this course include 60 - 90 credit hours (including W.S. 100-3) OR consent of the instructor.

Topics

History of Women in Sports
The Social View of Women in Sports
Sports Legislation: The Impact and Status of Title IX in the U.S.
Women in the Canadian Sports Structure
Women as Sports Administrators
Coaching Women in Sport
Women and the "Fitness Boom"
Women's Sport for Ethnic Minorities
Overcoming Barriers to Women in Sport
Women and the Sports Media
Feminism and Sport
Financing Women's Athletics
Professional Sport for Women
The Education System and Women's Sport
Physiological Aspects of Women in Sport (basic exercise physiology, nutrition, maturational patterns, the menstrual cycle, exercise during pregnancy, training programs, standards of performance, etc.)
Biological Aspects of Women's Sport (biomechanical and psychomotor differences between men and women, including hip width, centre of gravity, reaction time, movement efficiency, etc.)
Injury and Treatment of Women in Sport

Course Evaluation

Evaluation will be based on a major project, 40%; a presentation of a seminar, 20%; and a final examination, 40%.

Required Reading


A compendium of selected articles will be available for purchase on the first night of classes.