



Course Number/Title: Sports Psychology: Gender Issues

Term/Year: 2017

Credit Hours: 2

Department: Psychology

Prerequisite: None

Required Text: Coakley, J. *Sports in Society*
11th edition, New York: McGraw Hill, 2015.

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CCC MISSION

Challenge students to adapt to a diverse society. *Create* opportunities for student growth. *Connect* student learning with professional experiences.

RATIONALE

The purpose of this course is to introduce students to the psychosocial concepts and principles of gender as it pertains to the experience and participation in sport and exercise.

COURSE DESCRIPTION

Sport Psychology – Gender Issues examines the psychosocial aspect of participating in sport and/or exercise, particularly as it pertains to girls and women as well as gays and lesbians. Covering fundamental topics such as common definitions, the role of sport in society and the lives of females, socialization of females into sport and exercise, how women are portrayed in as athletes, current events and social influences on the participation by gays and lesbians, body image, developmental issues, parenting issues and psychophysiological aspects of exercise for women.

COURSE REQUIREMENTS/TIMELINE

This is a self-paced course that may be completed at any time during the designated Late Fall dates and times. It is suggested that students break up the work and studying for this course over the course of at least 3 days and allow enough time to complete project assignments, writing assignments, reading, and film study.

Media evaluation – students will need access to a library, bookstore or other store with a large magazine selection or access to the internet to visit the web sites of various health and fitness magazines.

Video clip study – students will need internet access and the ability to search and view videos on YouTube.

Film review final project – students will need internet access and a computer as well as an iTunes account or access to Amazon Instant to rent or purchase an electronic download of the movie “Strong.” iTunes accounts are free with the rental amount around \$4.00. Amazon instant allows a free 30 day trial period, at the end of which a student may opt out to avoid paying a fee. The rental fee associated with Amazon Instant is also around \$4. No free download or streaming is available for this film.

COURSE LEARNING OBJECTIVES

The learning objectives and competencies detailed below meet or exceed the learning outcomes and competencies specified by the Kansas Core Competency Project for this course, as sanctioned by the Kansas Board of Regents.

COURSE OBJECTIVES

1. Define and describe the role of sport and exercise in society and specifically in the lives of girls, women, LGBT athletes
2. Explain historical foundations of women in sports.
3. Evaluate research pertaining to the way girls are raised with regard to societal messages as to the appropriateness of participation and gender role expectations.
4. Evaluate and critique media images and information concerning body image, societal expectations, “cosmetic” fitness, and the way female athletes are portrayed.
5. Discuss current trends in society with regard to the participation of girls, women, and LGBT athletes in sport and exercise.
6. Explain mental and physical health implications for girls and women in sport and exercise.

COURSE COMPETENCIES

1. Create a list of the positive aspects of sport and exercise participation for physical health, mental health, and in society, indicating when and if it is appropriate to deny access of these aspects to other (and, if so, whom and why).
2. Review and reflect on research concerning the way girls are raised and socialized into sport and exercise.
3. Explain and discuss the way boys are raised versus how girls are typically raised to view physical challenge and the importance of sport and exercise.
4. How does gender play a role in American society with regard to access to sport, encouragement, the experience, societal expectations, and attitudes about the appropriateness of sports participation, if at all?
5. Describe and explain how female athletes are portrayed, by the media, in our society.
6. Explain the perception of sexiness as it pertains to the image of female athletes in the media.
7. Evaluate media information concerning health topics versus the “appearance” of health, defining the term “cosmetic fitness,” and discriminating product advertisement and story content in major health and fitness publications.
8. Discuss current events as they pertain to gay males and lesbians participating in sports, with particular attention to social attitude and the role of sports as a way of enforcing gender roles.
9. Describe the way sports may encourage the emergence of eating disorders among athletes.
10. Evaluate trends that exist with regard to gender and the coaching profession in American society.
11. Explain the psychosocial benefits of sport and exercise participation in American society, especially as it pertains to young girls and their trait development.
12. Describe how new trends in sport participation may encourage participation by girls and women.

ASSIGNMENT AND TEST POLICY: When you first view your class, look over class requirements, assignments, and other class content to ensure that you wish to remain in the class. If you decide to drop the class, do NOT post in Canvas at all, as that counts as attendance per college policy, and you would be charged a portion of tuition for dropping after attending/posting.

No late work will be accepted. Only in the case of extreme circumstances may late work be accepted and only with a prior agreement with this instructor. Student are allowed and encouraged to collaborate with other students who may be enrolled in this course on matters and questions contained within the homework assignments.

Assignment Policy: No late work will be accepted. Only in the case of extreme circumstances may late work be accepted and only with a prior agreement with this instructor. Student are allowed and encouraged to collaborate with other students who may be enrolled in this course on matters and questions contained within the homework assignments.

Test Policy: The final film review is considered the final. Students are allowed and encouraged to discuss issues and answers as well as collaborate with fellow students while completing this portion of the course.

Attendance Policy: This is a self-paced online course. You may turn in your material for grading at any point in the designated class dates and times. Attendance is critical for a student wishing to pass this course.

NETIQUETTE POLICY: This is a professional educational environment, and your emails should reflect that. Consequently, you should remember to type your first and last name at the close of every email so I know who I am replying to.

When posting on the Discussion Board in your online class, you should:

- Make posts that are on topic and within the scope of the course material
- Take your posts seriously and review and edit your posts before sending
- Be as brief as possible while still making a thorough comment
- Always give proper credit when referencing or quoting another source
- Be sure to read all messages in a thread before replying
- Don't repeat someone else's post without adding something of your own to it
- Avoid short, generic replies such as, "I agree." You should include why you agree or add to the previous point
- Always be respectful of others' opinions even when they differ from your own
- When you disagree with someone, you should express your differing opinion in a respectful non-critical way
- Do not make personal or insulting remarks
- Be open-minded

METHOD OF EVALUATION:

Students will be evaluated based upon their completion of the assigned material and whether or not it is turned in on time. Consideration will be given for the thoughtfulness of an answer or whether or not the answer given identifies all aspects of the question and contains an adequate amount of information to fully answer the question. Material must be emailed, as an attachment, to my campus mailbox by the date and time designated for consideration.

ACADEMIC INTEGRITY POLICY:

Colby Community College defines academic integrity as learning that leads to the development of knowledge and/or skills without any form of cheating or plagiarism. This learning requires respect for Colby's institutional values of quality, service and integrity. All Colby Community College students, faculty, staff, and administrators are responsible for upholding academic integrity.

Cheating is giving, receiving, or using unauthorized help on individual and group academic exercises such as papers, quizzes, tests, and presentations through any delivery system in any learning environment. This includes impersonating another student, sharing content without authorization, fabricating data, and altering academic documents, including records, with or without the use of personal and college electronic devices.

Plagiarism is representing or turning in someone else's work without proper citation of the source. This includes unacknowledged paraphrase, quotation, or complete use of someone else's work in any form. It also includes citing work that is not used and taking credit for a group project without contributing to it.

The following procedure will be used for students who violate the policy for the Academic Integrity Policy begins with the notification of the first infraction and continues throughout the student's tenure at Colby Community College:

- **First Offense** – Student will receive a zero for the assignment and the student will be reported to the Vice President of Academic Affairs.
- **Second Offense** – The student will receive a failing grade in the class and be reported to the Vice President of Academic Affairs and removed from the class in which the offense occurred.
- **Third Offense** – The student will be reported to the Vice President of Academic Affairs and dismissed from the college.

Any questions about this policy may be referred to the Vice President of Academic Affairs.

ASSESSMENT:

Colby Community College assesses student learning at several levels: general education, program, and course. The goal of these assessment activities is to improve student learning. As a student in this course, you will participate in various assessment activities. An example of your work, a paper, some test questions, a presentation, or other work may be selected for assessment. This process will not affect your grade, will not require you do additional work and your evaluation will be confidentially handled. Results of these activities will be used to improve teaching and learning at Colby Community College.

SYLLABUS INFORMATION DISCLAIMER

I reserve the right to change any information contained in this document, when necessary, with adequate notice given to the student. Notice shall be given in the classroom during class. No other notice is required. It is the students' responsibility to stay current with any changes, modifications, adjustments or amendments that are made to this document

Students should adhere to the attendance, cell phone, assignment, test and grading policies in the course syllabus.

TECH SUPPORT INFORMATION

Canvas Support Hotline

855-691-5024

You can access Canvas Support information by selecting the help button on the left hand menu.

Colby Community College Support

support@colbycc.edu

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES

According to the Americans Disabilities Act, it is the responsibility of each student with a disability to notify the college of his/her disability and to request accommodation. If a member of the class has a documented learning disability or a physical disability and is requesting special accommodations, he/she should contact disability services at disability@colbycc.edu.

NOTICE OF NON-DISCRIMINATION

Colby Community College provides equality of opportunity to its applicants for admission, enrolled students, graduates, and employees. The College does not discriminate with respect to hiring, continuation of employment, promotion, tenure, other employment practices, application for admission or career services and placement on the basis of race, color, gender, age, disability, national origin or ancestry, sexual orientation or religion. For inquiries regarding the nondiscrimination policies, contact the Vice President of Students Affairs, Title IX and ADA Coordinator, Colby Community College, 1255 S. Range Ave., Colby, KS 67701 (785) 460-5490).

ACCREDITATION

Higher Learning Commission

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