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Annotated Bibliography

Women and girls face several inequalities in the athletic industry. Coed sports should not only be allowed, but encouraged, in not only youth sports, but also upper-level divisions, to prevent gender discrimination, prejudice, and stereotypes.

Alvariñas-Villaverde, Myriam, et al. "Masculine, Feminine and Neutral Sports: Extracurricular Sport Modalities in Practice." *Journal of Human Sport & Exercise*, vol. 12, no. 4, Oct. 2017, pp. 1278-1288.

This article explains a questionnaire that was done asking teenagers their preferences in sports. The study concluded that, “boys’ and girls’ sport choice was, in most cases, made based on gender stereotypes associated with sports, pointing out the objectification of the female body.” (1279) It stated that boys typically chose sports that had strength, violence, etc. and refused sports such as dancing, which is typically seen as feminine.

I will use this source to exemplify the stereotypes and prejudice in sports. In relation to genders, social constructs are often formed. This source shows that girls and boys often chose sports in relation to what is typically associated with their gender. This shows why it is necessary to have coed sports to remove these stereotypes.

This source is a credible scholarly, peer-reviewed article. The sample size was a large group, consisting of 616 students ranging from ages 15-17. This makes the data very reliable. The article contained three internationally based authors who participated in extensive research. There was a total of 47 references attached.

Caldwell, Lydia K., et al. "The Effects of a Korean Ginseng, GINST15, on Perceptual Effort, Psychomotor Performance, and Physical Performance in Men and Women." *Journal of Sports Science & Medicine*, vol. 17, no. 1, Mar. 2018, pp. 92-100.

This article explains an experiment that tests an enzyme, Korean Ginseng, on men and women in relation to athletic performance. The study concluded that neuromuscular performance was significantly improved with use of the GINST15. The study also concluded that men and women both responded similarly in the experiment. The article states that, “despite blood-based differences in HPA activation and muscle damage, males and females responded analogously to assessments of functional performance and perceived stress.”

I will use this source to explain that men and women are able to perform physically similar in their athletic abilities. Although this was not the purpose of the experiment, it provided sufficient evidence in relation to my argument; the counter-argument often states coed sports are not fair because men are physically stronger than men. This will support my rebuttal towards the counter-argument.

This source is a credible scholarly, peer-reviewed article. This article has a total of 10 authors, also making it extremely credible. They all work at the University of Ohio, with research interests in a variation of exercise science. Attached at the end of the article includes about 50 references used in research of this subject.

Carpenter, Barbie. “Are There Disadvantages of Girls and Boys Playing Together in Sports?” *Livestrong,* 11, Sep. 2017.

This article describes the disadvantages to girls and boys playing sports together. The main idea states that, “coed sports teams present a number of challenges for the kids and coaches alike, and those should be seriously considered before merging male and female athletes onto the same team.” The issues highlighted in the article include skill level, comfort, motivation, and logistics.

This source provides a counter-argument. It explains the reasons why coed sports pose a challenge in sport society. The arguments provided enhance gender stereotypes indirectly, which I believe is inappropriate.

Although this source is very informational, it is not as reliable as a scholarly, peer-reviewed article. The website, however, *Livestrong*, is a very notable athletic website. The author, Barbie Carpenter, has creditable degrees, but not in any fields relating to a variation of sports sciences or sociology.

Cohen, Adam, et al. "Investigating a Coed Sport's Ability to Encourage Inclusion and Equality." *Journal of Sport Management*, vol. 28, no. 2, Mar. 2014, pp. 220-235.

This article explains a coed sport, quidditch; this untraditional, *Harry Potter* based sport is extremely popular in today’s society. This article uses quidditch to analyze the coed sport experience, due to scarcity of inclusive sports. This study concluded mostly positive results. Women claimed to have an increased self-esteem and sense of pride as well as a decrease in stereotyping. But, there was still apparent underlying prejudice found among men. The author states that, “...though girls and women have more opportunities to participate, women’s sport was traditionally designates as separate (and less than) men’s sport.” (222)

I will use this source as supporting evidence in my argument that women are able to participate in sports equal of that to men. This shows that women and men are able to compete on even playing fields, successfully, when it comes to athletics. This also highlights the fact that prejudice still exists.

This source is a credible scholarly, peer-reviewed article. The source has three authors who all work at well-respected universities; Adam Cohen and Nicole E. Melton work at Texas Tech University and John Weity Peachey works at the University of Illinois. This article was published in the *Journal of Sport Management*, a trustworthy sports journal.

Flandreau, Melissa. “Coed Sports: When Should Boys and Girls Play Separately?” *ActiveKids*.

This article is about the benefits of coed sports. As this does list out the positives of playing a coed sport, it also mentions there is a time that children should start playing single-sex sports, which is usually around puberty. The author states that, “choosing a coed team can allow boys and girls to join a group based on ability rather than solely on gender. This promotes a great level of competition, increases skills and it can help prevent less naturally talented children from feeling out of among their peers.” The author continues to stress other reasons such as suggesting coed sports as a way to combat stereotype.

This source perfectly describes the positive reasons on why coed sports are so crucial. But, the article does feed into the counter-argument that due to developmental differences in boys and girls, there is a time when sports should separate genders. This will help me explain my point as well as rebuttal the argument.

Although this source is very informational, it is not as reliable as a scholarly, peer-reviewed article. The author, Melissa Flandreau, has a bachelor’s degree in journalism from University of North Carolina and has appeared in several magazines making her credible in her work. All of her writing is simply opinionated, not factual studies.

Knutson, Joseph A. and Francis T. McAndrew. "The Experience of Competition in Same- Versus Mixed-Sex Team Sports." *Women in Sport & Physical Activity Journal*, vol. 24, no. 1, Apr. 2016, pp. 7-13.

This article examines the experience levels for both men and women in single-sex versus mixed-sex games of ultimate Frisbee. The results of the experiment showed that both men women did not have a preference when it came to single-sex versus mixed-sex games. Also, both men and women seemed to pass to men more when it came to playing time. It is concluded that, “the fact that both women and men enjoyed playing on mixed gender teams just as much as they enjoyed playing on single gender teams is a very positive sign, as enjoyment is the reason most people play sports.” (12) But, unfortunately, women felt less involved during mixed-sex games.

I will use this source to show the overall positive experience of coed sports. This article explained that men and women both had a mostly positive experiences; it is possible to have success in coed sports with limited prejudice. It will strengthen my argument that coed sports are good for society.

This source is a credible scholarly, peer-reviewed article. This article, written by Joseph A Knutson and Francis T. McAndrew from Know College, was published in the *Women in Sport & Physical Activity Journal*. It includes multiple references as well as a clear explanation to all their research and procedures, making it very reliable.

Musto, Michela1. "Athletes in the Pool, Girls and Boys on Deck: The Contextual Construction of Gender in Coed Youth Swimming." *Gender & Society*, vol. 28, no. 3, June 2014, pp. 359-380.

This article follows a coed swim team throughout the course of nine months. It examined young children, from age’s eight to ten, and their attitudes towards one another. The author concluded that during practice and swim meets, no prejudice towards either gender was noticeable. But, during free time, boys and girls had limited interactions and often discouraged the other gender.

I will use this source to exemplify the discrimination between boys and girls in coed sports. The more normal coed sports become, the less discrimination there will be. Boys and girls are able to successfully compete against one another; it is about stopping the prejudice that happens “off the field.”

This source is a credible scholarly, peer-reviewed article. The author, Michela Musto, has a PhD in sociology and gender at the University of South Carolina. Her report is reinforced with about 50 references. Musto’s observations took place over the course of nine months, which included rough 15 interviews from the children, making her work reliable.

Rateliff-Barr, Katelyn. “Positive Reasons for Coed Sports.” *AZ Central.*

This article analyzes the positive reasons for coed sports in schools as well as leagues. The author believes that benefits of coed sports include increased skill levels, mutual respect, cost savings, and confidence and cooperation. She makes a very good point when she states that, “coed teams promote an environment where everyone gets to play.”

This source provides evidence that sports should be coed. It exemplifies the benefits for both girls and boys. The benefits are not only physically, such as increasing female ability, but also socially and emotionally, such as increased respect among genders.

Although this source is very informational, it is not as reliable as a scholarly, peer-reviewed article. The author has no experience in sports science or sociology, which does not make her information as reliable. She has degrees in English and History with experience in parenting and midwifery. Her writing is clearly opinion and experience based.

Senne, Joshua A. "Examination of Gender Equity and Female Participation in Sport." *Sport Journal*, 26 Feb. 2016, pp. 1-10.

This article discusses five different topics related to gender equality/equity in sports. The five topics include, this history of gender in relation to sports, gender equity in sports governance, gender equity issues in athletics, participation of the genders in sports, and gender equity in coed sports. Although there has been laws enacted to decrease gender inequalities, stereotypes still exist; “while Title IX has created more opportunities in sport for women, it has done very little to reduce the stereotypical image of women in sports.” The author gives an overview of this issues as well as discuses any social, ethical, or legal concerns.

I will use this source to provide historical information on the topic in my opening paragraph. This source provides detailed, unbiased explanations about the conversation of gender equity in sports. As this does not only focus on coed sports, it also discusses the actions women have been taking to receive equality. This will help me to explain the current issues women face as well as compare it to the past.

This source is a credible scholarly, peer-reviewed article. It has 23 references, also making it extremely credible. The author of this paper is a doctoral student at the United States Sports Academy, with a specialization in sports marketing. As he holds many degrees in relation to the subject, the information provides is very reliable.

Wood, Zacharias C. and Alex C. Garn. "Leveling the Playing Field? Perspectives and Observations of Coed Intramural Flag Football Modifications." *Sociology of Sport Journal*, vol. 33, no. 3, Sept. 2016, pp. 240-249.

This article highlights the fact that all women often feel inferior to men when modifications are made to predominately male sports. The study analyzes a season of a coed flag football team. It mostly focuses on the consequences of male superiority complex as well as the rule modifications. For example, “coed environments, however, often include rule modifications that intend to facilitate female participation, which promote female inferiority assumptions.” (240)

I will use this source as supporting evidence in my argument that women are able to participate in sports equal of that to men. This text brings up the counter-argument that men and women do play on equal playing fields. But, the rebuttal says that rule modifications are in place, even when men and women play together, such as flag football.

This source is a credible scholarly, peer-reviewed article. It has two authors from Louisiana State University. It analyzes data over a long time period, a whole season, making the information reliable due to its extensive research.