

Throwing Like a Girl:

Sport as a Model for Teaching Gender, Sexuality,
and Patriarchy Across the Curriculum

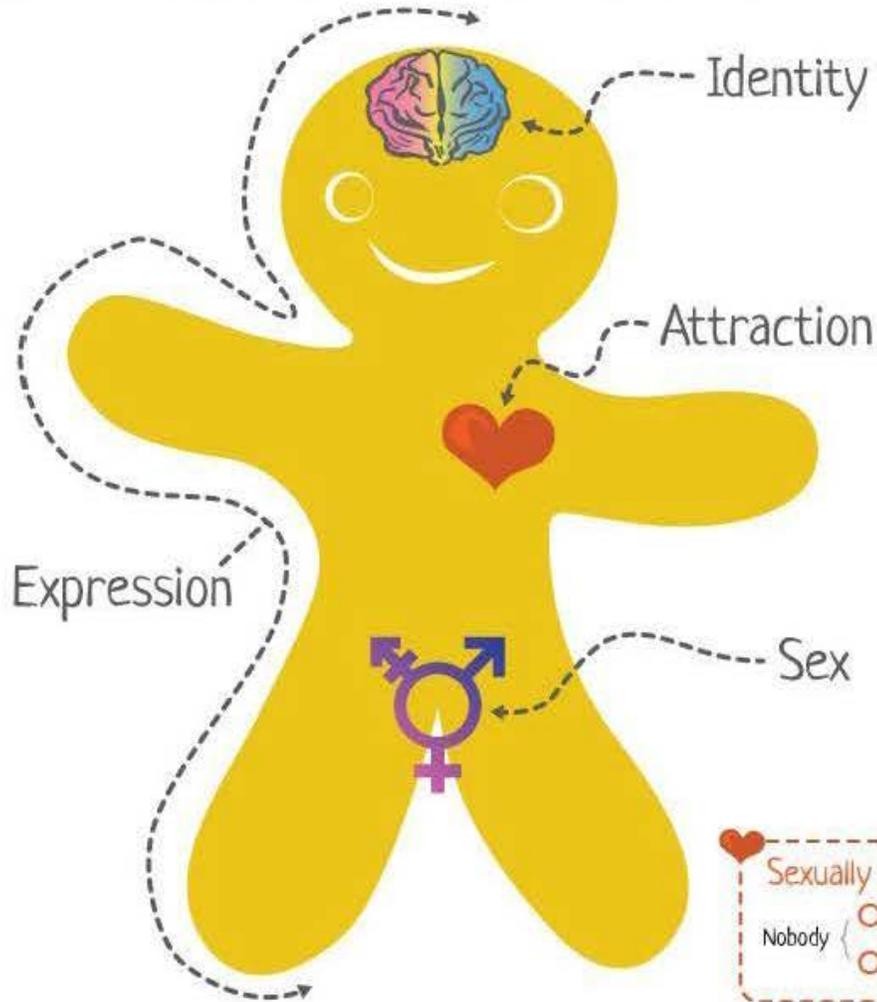
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Summer 2018

What does it mean to you to “teach gender”?

The Genderbread Person v3.3

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread plot and label combos

Gender Identity

How you, in your head, define your gender; based on how much you align (or don't align) with what you understand to be the options for gender.

Woman-ness

Man-ness

"woman"

"man"

"two-spirit"

"gender-queer"

Gender Expression

The ways you present gender; through your actions, dress, and demeanor; and how those presentations are interpreted based on gender norms.

Feminine

Masculine

"butch"

"femme"

"androgynous"

"gender neutral"

Biological Sex

The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

Female-ness

Male-ness

"male"

"female"

"intersex"

"MtF Female"

Sexually Attracted to

Nobody

(Women/Females/Femininity)

(Men/Males/Masculinity)

Romantically Attracted to

Nobody

(Women/Females/Femininity)

(Men/Males/Masculinity)

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

For a bigger bite, read more at <http://bit.ly/genderbread>

by Samuel Killermann at www.ItsPronouncedMetrosexual.com

Some other Terms

- **Intersectionality:** Systems of inequality overlap and reinforce each other. Various aspects of our identity intersect and become more prominent in different moments, for example, race, class, religion, national origin, sexuality, and gender.
- **Gender Difference:** it's not very controversial that people with different gender identities have different qualities, preferences, and attributes; when we, as a society, value some of those qualities more than others and, especially, institutionalize them, that leads to **Gender Inequality**, which is a social injustice.
- **Patriarchy:** Patriarchy is the social and political structure that consistently places men in positions of power over women, mostly through a value system known as **Masculinism**, the over-valuing of attributes such as aggression, competitiveness, and violence. Both women and men are complicit in the maintenance of Patriarchy.
- **Misogyny:** Hating women or behaving in a way that devalues or marginalizes women and/or attributes associated with femininity.

We encourage investigating the creation of gender categories, gender differences and gender inequality in all areas of study.

Every discipline at Loyola has something to contribute to understanding why and how gender affects what sports are or have been played in the US, who has or does play them, what rules have or do govern them, what instruments are or have been used to play them, how they are or have been funded, whether they can function as employment, what role they have or do play in politics **and how this is a matter of gender inequality not just gender difference.**



Throwing Like a Girl

- **Men throwing with their non-dominant hand (1:00)**

<https://www.youtube.com/watch?v=huqBT50U914>

- **Softball pitcher scares Pro Baseball catcher (:50)**

https://www.huffingtonpost.com/entry/a-softball-pitcher-threw-so-hard-she-scared-a-major-league-catcher_us_5953a19ce4b05c37bb7adb24

- **Baseball vs softball pitching (7:40):**

http://www.youtube.com/watch?v=_de3HJvO-N8

- **Myth busters throw like a girl (3:40):**

<http://www.youtube.com/watch?v=LD5Xm5u7UDM>

STEM: Biology: “nurturing” sport

How much does biology contribute to outcomes in sport? How can you test this?

- What makes an athlete a “woman”? Exploring historically evolving criteria for comparison:
 - [Elsas LJ¹, et. al. 2000. Gender verification of female athletes. *Genet Med.* Jul-Aug;2\(4\):249-54.](#)
 - [Vannini, A. & Fornssler, B. \(2011\). Girl, interrupted: Interpreting Semenya’s body, gender verification testing, and public discourse. *Cultural Studies, Critical Methodologies* 11\(3\), 243-257](#)
 - [Sullivan, C.F. \(2011\). Gender verification and gender policies in elite sport. *Journal of Sport and Social Issues* 35\(4\), 400-419](#)
- Comparing performance differences between untrained and trained men and women.
 - [Lynda Birke. 1992. In Pursuit of Difference: Scientific Studies of Men and Women. *Inventing Women: Science, Technology, and Gender*, Open University Press, 81-102.](#)

STEM: Biology: “nurturing” sport

What produces an “athletic” body? Evolving training regimes:

- [Todd, Jan. 1992. The Origins of Weight Training for Female Athletes in North America. *Iron Game History*, 2\(2\): 4-14.](#)

Title IX brought girls and women into sport and increased the intensity of training and competition. Associated with that, injuries have increased among girls and women.

- [Michael Messner, *Taking the Field: Women, Men, and Sports* \(Minnesota, 2002\), especially 135-138.](#)
- [Jennifer Jacobson. “Why Do So Many Female Athletes Enter ACL Hell?” *Chronicle of Higher Education*, March 9, 2001.](#)

STEM: Chemistry/Biochemistry

What evidence supports the argument that hormones play a significant role in elite physical performance: running, throwing, catching?

Endocrine system and athletic performance:

- [Harvard Men's Health Watch. 2018. **Growth hormone, athletic performance, and aging**, 06/19/18.](#)
- [Nicky Keay. 2017. Sports Endocrinology – what does it have to do with performance? 4/28/17.](#)

Are elite women athletes successful because they are more like men?

- [Stéphane Bermon, et al. **Serum Androgen Levels in Elite Female Athletes**, *The Journal of Clinical Endocrinology & Metabolism*, Volume 99, Issue 11, 1 November 2014, Pages 4328–4335](#)

What's normal? Are IFFA rules that require individuals who identify as women to suppress testosterone fair?

- <https://www.wired.com/story/testosterone-ruling-for-athletes-fuels-debate-over-natural-ability/>
- https://www.wired.com/story/testosterone-ruling-for-athletes-fuels-debate-over-natural-ability/https://www.washingtonpost.com/news/morning-mix/wp/2018/04/27/female-athletes-with-naturally-high-testosterone-levels-face-hurdles-under-new-iaaf-rules/?utm_term=.40e3de729949

Is there a difference in the hormones in men's and women's bodies that make softball and baseball different?

- [Rayvon Fouché, "I know one when I see one: Sport and Sex Identification" in *Game Changer: The Techno-Scientific Revolution in Sports* \(Batimore: JHU, 2017\)](#)

STEM: Physics & Engineering: assessing sports equipment

To what extent are observed differences in player performance a product of equipment? How are observed “gender differences” material and structural and not biological?

- [Rayvon Fouché, *Game Changer: The Techno-Scientific Revolution in Sports* \(Batimore: JHU, 2017\)](#)

How much do differences in equipment - balls, bats, gloves, and uniforms - factor into performance differences?

- [Russel, Daniel. How are Baseball and Softball bats different? Graduate Program in Acoustics, The Pennsylvania State University, last modified 05/16/05.](#)
- [Nathan, Alan. M. The Physics of Baseball. Website. University of Illinois](#)

To what extent are observed differences due to differences in technique?

- [Goff, John Eric. Physics Behind a Softball Pitch. Lynchburg College. 10/31/13.](#)
- [Jean M. Clark, Meredith L. Greer & Mark D. Semon. 2015. Modeling pitch trajectories in fastpitch softball. Sports Engineering. DOI 10.1007/s12283-015-0176-4](#)
- [Nathan, Alan. M. 2011. Analyzing Fastpitch Softball from the 2011 WCWS Powerpoint slides.](#) One goal of the presentation was to compare and contrast these data from MLB baseball data. University of Illinois.

STEM: Engineering: perfecting the tools of sport

Pitching machines are used for training. Radar is used to track the speed of pitches.

How are machines developed to measure quality?

How are machines chosen to measure performance?

Why was a strike force plate chosen to test the baseball and softball pitches?

Do men's performance parameters guide decisions made by engineers and they develop analytic approaches?

- In 2015 an engineering masters student sought to create a better softball glove that acknowledges how women actually use their equipment:

<https://www.imse.iastate.edu/files/2015/04/Heidi-Laabs-Thesis.pdf>

STEM: Statistics

Softball and Baseball are games in which performance statistics are very important in evaluating players. With respect to considering gender differences in performance, we might also consider assessing these variables:

- Investment in baseball and softball as recreation activities.
- Investment in baseball and softball as pro sports.
- Levels of women's and men's participation in baseball and softball leagues (pro and recreation).
- Levels of girls and boys participation in baseball and softball leagues.
- Development of recreation leagues/time.

Social Science: Sociology: Sport and identity

What differential rewards and challenges does sport pose for women and men?

- Social and personal identity
 - Men athletes generally experience congruence between general ideals of masculinity (appearance and behavior) and sports' ideals
 - Women athletes may experience a contradiction between general ideals of femininity and sports ideals
 - [Delaney/Madigan, "Chapter 10: Gender and Sport" in *The Sociology of Sport* \(NC: McFarland\), 232-258.](#)
 - [Pat Griffin. 1998. *Strong Women, Deep Closets: Lesbians and Homophobia in Sport*. Champaign, IL: Human Kinetics.](#)
- The stigmatized association of female athletic competency with lesbianism:
 - <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.920.6347&rep=rep1&type=pdf>
 - https://www.jstor.org/stable/4121394?seq=1#page_scan_tab_contents

Social Science: Sociology: Sport and identity

What differential rewards and challenges does sport pose for women and men?

- Girls and women's lack of role model coaches persists and has intensified:
 - <http://www.michaelmessner.org/wp-content/uploads/2014/05/menfrommoms.pdf>
 - <https://www.theatlantic.com/education/archive/2017/07/the-field-where-men-still-call-the-shots/535167/>

Social Science: Psychology: Gender Difference or Similarity

Are we asking the wrong question about gender differences and sport?

- [Janet Hyde. 2005. Gender Similarities Hypothesis. *American Psychologist*. Vol. 60, No. 6, 581–592.](#)
- [Lynda Birke. 1992. In Pursuit of Difference: Scientific Studies of Men and Women. *Inventing Women: Science, Technology, and Gender*, Open University Press, 81-102.](#)

Social Science: Psychology:

Sport and mental health

- Are athletes' struggles to meet contradictory expectations for appearance and performance gendered? Disordered eating, steroid use, etc.
 - [Weaving, Charlene. And Teetzel, Sarah. 2008. A Sociocultural Analysis of Gender and Doping. Prepared for World Doping Agency.](#)
 - [Miller, et. al. *The Women's Sports Foundation Report: Health Risks and the Teen Athlete* \(NY: Women's Sports Foundation, 2000\).](#)
 - Muller, S. M., Gorrow, T. R. & Schneider, S. R. (2009). Enhancing appearance and sports performance: Are female collegiate athletes behaving more like males? *Journal of American College Health* 57(5), 513-520.
 - Martin, M., Schlabach, G., & Shibinski, K. (1998). The use of nonprescription weight loss products among female basketball, softball, and volleyball athletes from NCAA Division I institutions: issues and concerns. *Journal of Athletic Training* 33, 41-44.
 - Sorenson, E. A. (2009). Debunking the myth of pregnancy doping. *Journal of Intercollegiate sport* 2(2), 269-285.

Social Science: Political Science: gender, sports and party politics

What is the importance of the congressional baseball game (Republicans versus Democrats) and a Congressional Women's Softball Game (bipartisan representatives vs the press corps)? What about other charity matches?

- <https://www.circa.com/story/2017/06/22/politics/heres-what-the-congressional-softball-game-shows-us-about-women-in-congress>
- [The congressional football game](#): “The biennial showdown features Members of Congress and former NFL players facing off against U.S. Capitol Police” 20 years, technically coed - 2 women in 2018.
- [Congressional Soccer match](#), 6 years old and coed.

Sports can be a site of and political protest and a venue for mobilizing the vote.

- The Myth of Baseball's Depoliticization: <https://www.beyondtheboxscore.com/2017/8/21/16175984/adam-jones-carlos-delgado-racism-politics-baseball-engagement-military-flyovers-pageantry>

Social Science: Political Science: sports, patriotism, racism and gender

The Star Spangled banner was first performed at a baseball game in 1862 in Brooklyn., NY, but became a regular event in the 1910's.:

- <http://time.com/4955623/history-national-anthem-sports-nfl/>
- <http://www.slate.com/news-and-politics/2018/07/trumps-lies-are-winning-you-can-fight-back.html>

Racism, gender and sport:

- Development of the Negro Leagues and crossing the color line. [need citation]
- Racism and Black women's presence in the Negro men's league. [Mamie "Peanut" Johnson](#)
- Messner, "Center of Attention: The Gender of Sports Media" in *Taking the Field* (Minnesota, 2002)

Education: Gender socialization

Has institutionalized physical education played a role in the gendering of sport, such as baseball and softball?

[Michael Messner, *Taking the Field: Women, Men, and Sports* \(Minnesota, 2002\), especially "The Institutional Core of Sports" \(63-90\)](#)

Education: Gender access

Is educational policy conducive to gender equity.

- Title IX has opened a space for college women to participate in competitive sports, but high schools lag.
 - [Wong, Alia. 2015. Where Girls Are Missing Out on High-School Sports. *The Atlantic*. June 26.](#)
- Title IX has increased access to “women’s sports” not women’s access to “men’s” sports.
 - [Michael Messner, *Taking the Field: Women, Men, and Sports* \(Minnesota, 2002\), especially pages 135-166.](#)
 - [Delaney/Madigan, “Factors that Led to Women’s Increased Participation in Sport” in *The Sociology of Sports*, 239-241; 250-254.](#)
- Title IX has not increased women’s leadership in sports governance.
 - [Joshua A. Senne. 2016. Examination of Gender Equity and Female Participation in Sport. *The Sports Journal*. 02/26/16](#)

Business: Economics

Are the economics of pro baseball and softball gendered?

- Ranjit Dighe, SUNY-Oswego. The economics of major league baseball.
 - [Syllabus.](#)
 - [Powerpoint](#)
- [Westly, Erica. 2016. With a Million-Dollar Arm, a Softball League Makes Its Pitch. The New York Times. 7/30/16.](#)

Is recreational youth softball an unappreciated economic engine?

- [Thomas, Katie. 2009. Girl's Sports Pack Economic Punch. The New York Times. 7/28/2009](#)

How is steroid use in professional men's baseball related to its status as an industry?

Business: Economics

Why has the representation of women in college level coaching declined in the last 20 years?

- <https://www.nytimes.com/2017/03/30/sports/ncaabasketball/coaches-women-title-ix.html>
- <http://www.excellesports.com/news/title-ix-female-coaches/>
- [Sabo, et. al. “Beyond X’s and O’s: Gender Bias and Coaches of Women’s College Sports” \(Women’s Sports Foundation, 2016\)](#)

Business/Communications: Marketing

Can marketing counteract gender inequality in sport?

- Evaluate the Always Campaign:
 - #LikeaGirl (Run like a girl, hit like a girl, throw like a girl): <https://www.youtube.com/watch?v=XjJQBjWYDTs>
 - Obstacles: <https://www.youtube.com/watch?v=VhB3l1gCz2E>
 - Keep playing: <https://www.youtube.com/watch?v=N433aXwj59E>
- Evaluate Volkswagen Passat: https://www.youtube.com/watch?v=VxAo8_JySkM

Evaluate the effectiveness of the following campaign strategies to increase game attendance for ProFastPitch.com: “girl power,” “natural sport – drug free,” feminization of uniforms.

Humanities: Communications: sport and stereotype development

- **How are ideas about masculinity, femininity and sport transmitted?**
 - Why do we know what it means to “throw like a girl”?
 - How do we develop a sense of the value of baseball and softball?

Projects:

- Evaluating the representation of baseball and softball in children’s and YA fiction/literature.
- Evaluating representations of women and men in baseball (and softball) focused films.

Resources:

- [David Nylund, *Beer, Babes, and Balls: Masculinity and Sports Talk Radio* \(Albany: SUNY, 2007\)](#)
- [Messner, Dunbar, and Hunt. “The Televised Sports Manhood Formula.” *Journal of Sport and Social Issues* 24\(2000\): 380-394.](#)

Humanities: Philosophy: Ethics and sport

Baseball and softball raise questions of equity and fairness

Is it “good” that men’s sports (baseball) get more attention, money and prestige than women’s sports?

- [Aristotle, *Nicomachean Ethics*, Book II: Chapter 5 - “... it seems every one possessed of skill avoids excess and defect, but seeks for and chooses the mean, not the absolute, but the relative.”](#)
- [Plato, *Laws: Book VIII* - “The next thing we must bear in mind about any athletic contest is this ...”](#) preparation for war/women and men competing in events. [In *Complete Works*: L 8.832d-8.835b]

Who do drug bans protect?

- Burke, Michael. (2004). What would happen if a 'Woman' Outpaced the Winner of the Gold Medal in the Men’s 100m? Female Sport, Drugs and the Transgressive Cyborg Body. *Philosophy in the Contemporary World* 11(1), 35-43.
- Schneider, A.J, and Butcher, R.B. (2000). A philosophical overview of the arguments on banning doping in sport. In *Values in Sport: Elitism, Nationalism, Gender Equality and the Scientific Manufacture of Winners*, edited by and Torbjorn Tannsjo and Claudio Tamburrini. London: Routledge, 185-199.

Humanities: Philosophy: Aesthetics and sport

What are the aesthetics of sport?

How are our current perceptions gendered?

Do baseball and softball vary?

[Hans Ulrich Gumbrecht, *In Praise of Athletic Beauty* \(Harvard-Belknap, 2006\)](#)



Humanities: History: The gendering of sport

How did organized baseball become a boy's and men's game and organized softball become a women's game?

When and why were women actively pushed out of baseball?

- Ring Jennifer. 2009. *Stolen Bases: Why American Girls Don't Play Baseball*. University of Illinois.
- Jean Hastings Ardell, 2005. *Breaking into Baseball, Women and the National Pastime*. Southern Illinois University Press.
- Debra Shattuck. 2017. *Bloomer Girls, Women Baseball Pioneers*. University of Illinois.
- How did softball, invented in 1887, initially advertised as an indoor off season outlet for baseball players, and popularized in among servicemen in WWII, become a sport identified with women?
 - [Westly, Erica. 2016. When Softball Began to Play Hardball. *The New Republic*, 6/7/16.](#)
- How have war and the Olympics shaped women's presence in sport, specifically baseball/softball?
 - [Ken Burns, Inning 6: The National Pass time \(1940-1950\) The All-American Girl's Professional Baseball League](#)
 - [Horne, Chelsie Leigh. 2016. Women's Softball Needs the Olympics. *The Atlantic*. 8/8/16.](#)

Humanities: Literature and Film:

The characterization of gender in sport

Considering Gender in Casey at the Bat

- [Casey At the Bat \(Ernest Thayer 1888\)](#)
- [Walt Disney \(1946\)](#) (cartoon adaptation with musical accomp.)
- [James Earl Jones recitation](#)

Sports Metaphors and Gender Identity: “Throw Like a Girl”

- Jean Thompson, *Throw Like Girl* (Simon and Schuster, 2007)
- Gin/Kadlecek, *When Girls Became Lions* (BookBaby, 2015)
- [Bend it Like Beckham \(Film: 2002\)](#)
- [A League of Their Own \(Film: 1992\)](#)
- [Guys and Balls \(German Film: 2004\)](#)

Humanities: Fine Arts



Google Search Terms:

baseball paintings
softball paintings

Humanities: Music

The social importance of the games and the people associated with them is associated with their representation in popular music:

Lyrics.com searches:

- “Yee yee! We've found **1,054** lyrics, **1** artist, and **11** albums matching **baseball**”
- “Yee yee! We've found **37** lyrics, **1** artist, and **0** albums matching **softball**.”

How music is used to represent players can be explored through their selection of “walk up / walk out” songs:

- baseball: <https://ftw.usatoday.com/2017/04/mlb-walk-up-songs-list-best-nelly>
- softball: http://www.lsusports.net/ViewArticle.dbml?DB_OEM_ID=5200&ATCLID=210715713