



International Baccalaureate
Baccalauréat International
Bachillerato Internacional

Extended essay cover

Candidates must complete this page and then give this cover and their final version of the extended essay to their supervisor.

Candidate session number

Candidate name

School name

Examination session (May or November)

May

Year

2015

Diploma Programme subject in which this extended essay is registered: Sports, Exercise Science
(For an extended essay in the area of languages, state the language and whether it is group 1 or group 2.)

Title of the extended essay: Title IX's Effect on College Women's Health

Candidate's declaration

This declaration must be signed by the candidate; otherwise a mark of zero will be issued.

The extended essay I am submitting is my own work (apart from guidance allowed by the International Baccalaureate).

I have acknowledged each use of the words, graphics or ideas of another person, whether written, oral or visual.

I am aware that the word limit for all extended essays is 4000 words and that examiners are not required to read beyond this limit.

This is the final version of my extended essay.

Candidate's signature: _____

Date: 3-2-15

Supervisor's report and declaration

The supervisor must complete this report, sign the declaration and then give the final version of the extended essay, with this cover attached, to the Diploma Programme coordinator.

Name of supervisor (CAPITAL letters) _____

Please comment, as appropriate, on the candidate's performance, the context in which the candidate undertook the research for the extended essay, any difficulties encountered and how these were overcome (see page 13 of the extended essay guide). The concluding interview (viva voce) may provide useful information. These comments can help the examiner award a level for criterion K (holistic judgment). Do not comment on any adverse personal circumstances that may have affected the candidate. If the amount of time spent with the candidate was zero, you must explain this, in particular how it was then possible to authenticate the essay as the candidate's own work. You may attach an additional sheet if there is insufficient space here.

Chose this topic because she was interested in the impact that Title IX had on women's health. She found information regarding Title IX in abundance but had difficulty with the women's health portion. She was able to find some good sources and learned how women's health was improved by the implementation of Title IX. She was surprised by how much was written about men's health in comparison to women's health. Based on _____'s essay and viva voce, I believe this essay is her original work.

This declaration must be signed by the supervisor; otherwise a mark of zero will be issued.

I have read the final version of the extended essay that will be submitted to the examiner.

To the best of my knowledge, the extended essay is the authentic work of the candidate.

As per the section entitled "Responsibilities of the Supervisor" in the EE guide, the recommended number of hours spent with candidates is between 3 and 5 hours. Schools will be contacted when the number of hours is left blank, or where 0 hours are stated and there lacks an explanation. Schools will also be contacted in the event that number of hours spent is significantly excessive compared to the recommendation.

$\frac{we}{x}$ spent 3 hours with the candidate discussing the progress of the extended essay.

Supervisor's signature: _____

Date: 3-2-15

Assessment form (for examiner use only)

Candidate session number		
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Achievement level

Criteria	Examiner 1 maximum	Examiner 2 maximum	Examiner 3
A research question	1	2	2
B introduction	2	2	2
C investigation	2	4	4
D knowledge and understanding	3	4	4
E reasoned argument	1	4	4
F analysis and evaluation	1	4	4
G use of subject language	2	4	4
H conclusion	1	2	2
I formal presentation	3	4	4
J abstract	2	2	2
K holistic judgment	2	4	4
Total out of 36	20		

Name of examiner 1: _____ Examiner number: _____
 (CAPITAL letters)

Name of examiner 2: _____ Examiner number: _____
 (CAPITAL letters)

Name of examiner 3: _____ Examiner number: _____
 (CAPITAL letters)

IB Assessment Centre use only: B: _____

IB Assessment Centre use only: A: _____

[Extended Essay]

**[Title (Sports Exercise and Health Science): Title IX's
Effect on College Women's Health**

1972-2012

Word Count: 1585

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Extended Essay

How did Title IX affect high school sports and the long term effects of women's health in the years following its passage?

Word Count: 232

Abstract

Title IX is seen as the stepping stone of the women's equal education, equal job opportunities, and equal participation in sports. Investigating this topic further would interpret exactly how women benefitted from the passage of Title IX, especially in the sports participation point of view. This essay focuses on how Title IX affected high school participation and how it ultimately affected women's health in the long term after its passage.

This subject is investigated through various accounts, medical reports, school participation reports, and statistics comparing the years before and after the passage of Title IX. The investigation excludes any information, accounts, after the amendments 30th anniversary in the year 2002. The four health concerns that I will be investigating are cardiovascular disease, behavior, pregnancy, and cancer. This essay is only providing evidence on how Title IX affected these four health concerns for women's long term health in the United States, not all women. This essay also excludes women over the age in which the women participating in high school athletics during the passage of Title IX were at the 30th anniversary; the age focused on would therefore be 44 to 50 years old.

The analysis of the various reports and accounts show specific causes and effects of Title IX on college women's health. Title IX was an educational amendment that allowed women to be treated equally as men, but the increased healthcare of women after this amendment, I believe, was a greater impact than the amendment itself.

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Introduction

This research question is worth investigating because Title IX is seen as the stepping stone towards women's rights. This topic is also one that is rarely known, discussed, or an amendment remembered as a great impact. *OK*

It is hard to believe that the word "athlete" was mainly used to describe a male sports performer rather than a female sports performer. Many girls at the high school level would often not participate in sports because it was seen as manly, inappropriate, and not a path for a bright future. Many of the girls that did participate were secluded, alone, and even questioned about sexual orientation.

"On June 23, 1972, the President signed Title IX of the Education Amendments of 1972 into law. Title IX is a comprehensive federal law that prohibits discrimination on the basis of sex in any federally funded education program or activity. The principal objective of Title IX is to avoid the use of federal money to support sex discrimination in education programs and to provide individual citizens effective protection against those practices. Title IX applies, with few exceptions, to all aspects of federally funded education programs or activities. In addition to traditional educational institutions such as colleges, universities, and elementary and secondary schools, Title IX also applies to any education or training program operated by a recipient of federal financial assistance" (Jang). After this amendment was passed schools automatically began equal opportunities for boys and girls. In the sports aspect of the amendment, many women were now free to join a variety of girl sports teams. *Wikipedia*

Extended Essay

Now that women were participating in sports and other various activities, health concerns for women decreased along with the discrimination. High school women, however, were the pool of women that were affected the most. High school women would rarely make it to college let alone play sports there; this amendment provided a means of physical exercise to keep health, weight, nutrition, and behavior in check. The connection made with Title IX is that the higher high school participation levels created higher health for women, and was carried out to the women's later years. Since physical education for girls was now acceptable, various heart disease, cancer, pregnancy, and obesity were being prevented in the high school years.

*See
signature
established*

Extended Essay

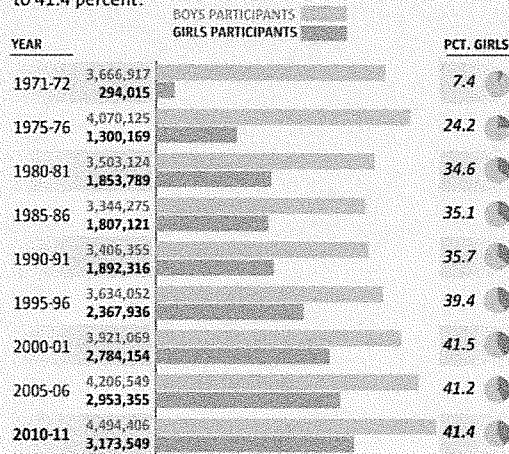
Body

Title IX may have been an educational amendment, but it could also be seen as a health initiative. Title IX not only provided equality in education for women, but for equality in sports as well. The increased physical fitness in women's lives changed substantially, especially in women at the high school level. Many high school women found less health and behavioral issues after the passing of amendment than the years before, and the high health was also carried throughout the women's later years in life.

In a woman's high school years, being physically inactive can produce major health issues in the future. "According to the American College of Obstetrics and Gynecology, cardiovascular disease is currently the leading killer of women causing almost half a million deaths due to heart disease each year." (Lucy). When Title IX was passed high school women were now able to participate in sports, which meant more physical activity, and healthier exercising of the heart.

A dramatic, 40-year rise

In 1971-72, the year before the passage of Title IX, girls represented just 7.4 percent of the participants in high school sports in the United States. By 2010-11, the number had risen to 41.4 percent:



OK. Increase in participation shown but a good table. To highlight increase in women sports

NOTE: Reflects participation rate. An athlete who participated in two sports is counted twice, three sports three times, etc.

Source: National Federation of State High School Associations (nfhs.org).

Reporting by BILL READER. Graphic by MARK NOWLIN / THE SEATTLE TIMES

The graph titled “A dramatic, 40-year rise” shows through the years how many girls participated in sports from the passage of Title IX to the 40-year anniversary of its passage in 1972. The girls’ participation jumped from 7.4 percent in 1972 to 41.5 percent in 2000-2001. “Regular exercise has a favorable effect on many of the established factors for cardiovascular disease. For example, exercise promotes weight reduction and can help reduce blood pressure. Exercise can reduce ‘bad’ cholesterol levels in the blood (the low-density lipoprotein, LDL, level), as well as total cholesterol, and can raise the ‘good’ cholesterol (the high-density lipoprotein level, HDL)... There is also evidence that exercise training improves the capacity of the blood vessels to dilate in response to exercise or hormones, consistent with better vascular wall function and an improved ability to provide oxygen to the muscles during exercise.” (Myers). Being physically active also helps your blood pressure, blood lipid levels, blood glucose levels, blood clotting factors, the health of your blood vessels and inflammation. The more one exercises the more one’s heart is being exercised, therefore, less heart disease.

Title IX also protects girls and women from various types of cancer, specifically lung cancer. "The direct health benefits of increased activity may come as no surprise, but participation in sports can have less obvious benefits as well. These benefits extend well beyond the girls and women affected to include their families and broader social structures. High school athletes are less likely to smoke cigarettes or use drugs than their peers ^{Correct title.} who don't play sports. One study found that female athletes are 29% less likely to smoke than non-athletes. Given the high costs of smoking-related illnesses and deaths these figures are significant" (NCWGE). The risk of lung cancer and other cardiovascular diseases were significantly decreased, and the risk of cancer for nonsmokers was decreased. Smoking is not only a risk for the person smoking, but the people around the smoker as well. "Secondhand smoke causes disease and premature death in nonsmoking adults and children. Exposure to secondhand smoke may increase the risk of heart disease by an estimated 25 to 30 percent. In the United States, exposure to secondhand smoke is thought to cause about 46,000 deaths from heart disease each year." Smoking was a high crisis for society and the passage of Title IX decreased the number of not only lung cancer, but other cardiovascular disease in society as a whole.

Title IX didn't only help the community against lung cancer, but also decreased the number of teen pregnancies. "Adolescent female athletes also have lower rates of both sexual activity and pregnancy than their non-athlete counterparts. In fact, female athletes are less than half as likely to become pregnant in adolescence as their peers who are non-athletes. This is true for white, African-American, and Latina athletes" (NCWGE). The many pregnancies that were prevented led to more participation, less abortions, and overall less stress. In a nationwide survey of athletic participation and age at first intercourse, athletes were less likely to have sex until

later years in life, including after college. It is still proven today that girls and women who participate in school sports and activities are less likely to get pregnant.

Lastly, Title IX prevented a major health risk that is still present today, obesity. "Of girls ages 6 to 11, 25% of African American girls and just under 16% of white girls are overweight. Of girls aged 12 to 19, 24% of African American girls and 15% of white girls are overweight. It is well documented that regular physical activity can reduce the risk of obesity for adolescent girls, making it important strategy for combating obesity related illnesses. Participation in school athletics can also have a positive health affects later in life. A recent study in *The New York Times* showed that women who played sports while young had a seven percent lower risk of obesity twenty to twenty-five years later, and when women were in their late thirties and early forties" (NCWGE). Participation from females in high school sports from 1972 to 2011 went from a mere 294,015 athletes to 3,173,549 athletes, and participation in college sports went from 29,977 athletes to 193,232 athletes. No other health program has created more female participation as Title IX and the number continues to increase every year. The girl's participation in sports was the catalyst in the substantial health improvements that are still evident today.

Extended Essay

Conclusion

Title IX was originally planned out to be an educational amendment in support of women's suffrage, but also influenced the high school level as well. The high school girls, although not the direct audience that was to receive the full attention of the amendment, were given equal opportunity to participate in sports. For every male sport if a female wanted to participate, there was a new team just for girls. Looking at a sports aspect, girls started to participate more and more into athletics. With more participation also came more healthy women. Ultimately women and girls would become people with more morals and a sense of purpose with the passing of Title IX, this lead to more opportunities and more equality.

The passing of Title IX not only allowed equal rights for women in the workplace, but also through participation of sports. "Research has found that girls who play sports are less likely to get pregnant or take drugs than those who don't play sports; they're also more likely to graduate and go on to college. Furthermore sports participation reduces the risk of developing illnesses such as obesity, heart disease, osteoporosis, and breast cancer, all of which have huge associated social and financial costs....The benefits of participation in athletics for girls and women encompass both immediate and long-term health advantages, as well as a range of other benefits that have a deep and lasting impact on society as a whole" (NCWGE).

In Conclusion, Title IX had a lasting affect not only women's equality, but on sports participation as well. Title IX has helped women throughout the years to participate in sports, maintain a healthy weight and diet, and even create a better society in which everyone lives. Title IX may have been a milestone in women's suffrage, but the real prize was the increase of women's health through education.

No need health care

Extended Essay

Works Cited

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Garber, Greg. "Landmark Law Faces New Challenges Even Now." *ESPN*. ESPN Internet Ventures. Web. 24 Sept. 2014.

Jang, Deena. "Title IX of the Education Amendments of 1972." *The United States Department of Justice*. Justice.gov. Web. 12 Sept. 2014.

Lucy, Kristen, and Lauren Cantor. "MedFitness | Mind & Body | Women's Health | Benefits of Exercise for Women." *MedFitness | Mind & Body | Women's Health | Benefits of Exercise for Women*. 2003 University of Michigan Board of Regents and MedFitness Group, 13 Apr. 2004. Web. 20 Sept. 2014.

M.J. Melnick, K.E. Miller, D. Sabo et al., "Tobacco use among high school athletes and non-athletes: Results of the 1997 Youth Risk Behavior Survey." *Adolescence*, 36, 2001, 727-747. 26 Sept. 2014.

Myers, Jonathan. "Exercise and Cardiovascular Health." *Exercise and Cardiovascular Health*. American Heart Association, Inc., 2003. Web. 28 Oct 2014. <<http://circc.ahajournals.org/content/107/1/e2.full>>.

See, e.g., T. Dodge and J. Jaccard, *Participation in Athletics and Female Sexual Risk Behavior: The Evaluation of Four Casual Structures*, 17; *Journal of Adolescent Research* 42 (2002) ; The Women's Sports Foundation Report: Sport and Teen Pregnancy (1998), 5-7; The Resident's Council on Physical Fitness and Sports Report, *Physical Activity & Sports in the Lives of Girls* (Spring 1997). 29 Sept. 2014.

Candidate Number

Criterion	Description	Max	Correct	Feedback
A	Research question	2	1	Research question is a long topic, repetition of the facts. The rest is the same too hard.
B	Introduction	2	2	The why + significance are established.
C	Investigation	4	2	Some good research used.
D	knowledge and understanding of the topic studied	4	3	Clear evidence of passion for topic + understanding.
E	reasoned argument	4	1	A one sided essay, problem was not.
F	application of analytical and evaluative skills appropriate to the subject	4	2.1	No real discussion, no talk to analyse + no real criticism of behaviour.
G	use of language appropriate to the subject	4	2	Some good use when talking of health benefits, could have been improved.
H	Conclusion	2	1	Rather fizzled out.
I	Formal Presentation	4	3	Good.
J	Abstract	2	2	The abstract remains clear the focus but should have been better.
K	Holistic Judgment	4	2	Overall some interesting facts + opinions. Unfortunately not linked well to each other.
Total		36	20	

Examiner Number