

# Women's Athletics and Myths

LEON N. COURSEY

University of Maryland — Eastern Shore

My comments are organized in the following manner: (1) a definition of the word “myth” as stated in *The American Heritage Dictionary of the English Language*; (2) an example of an athletic myth; (3) presentation of five myths; (4) citation of rebuttals for each of the five myths; (5) a concluding statement giving my personal opinion on this matter.

It takes many years for fallacies to originate and grow to full myths. They need to be planted in the psychological grounds of ignorance and bigotry and constantly nurtured by time and repetition. After this experience, the myth becomes an integral component of our culture and/or society; hence, it is extremely difficult to eradicate.

However, because myths are immoral and illegal they must be abolished. This abolition will require patience and inexhaustible efforts by laymen and professionals alike to attack these myths with empirical data and direct action whenever or wherever they attempt to survive. While this struggle will be long and arduous, I fervently believe that victory can be achieved. This achievement will be manifested in the ability of females to involve themselves in all areas of athletics without fear of mental, physical or social ridicule.