

## Female Physical Education in Spain during the Franco Dictatorship

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### Abstract

We present a work that arises from the knowledge of many disseminated physical education (PE) data for women, which was more difficult due to the wide dispersion and diversity of training centers and degrees that were issued during the Franco dictatorship, as well as due to the discrimination of the PE and those who taught it, which caused many difficulties for the recognition of its importance to improve health and social welfare. The objective is to recover the history of the feminine PE (EFF) in Spain during the Franco regime (1939-1975), to know the past and project a sustainable future of the PE in schools. The study is qualitative, using a historical-descriptive methodology, accompanied by unstructured interviews. They have used deliberate sources (written biographies, chronicles, photographs...) and accidental sources (curricula, organization of education) and, as primary sources, the most prominent interviews. The results allow several conclusions to be drawn, highlighting that the Feminine Section (SF) had a decisive influence in the evolution and development of the education of Spanish women, in general and of their PE in particular.

**Keywords:** History of Physical Education in Spain. Gender. Franco dictatorship

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