
Foucault Sport And Exercise Power Knowledge And Transforming The Self

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BELTRAN RIVAS

Foucault, Sport and Exercise Foucault, Sport and Exercise Power, Knowledge and Transforming the Self Triathlons, such as the famously arduous Ironman Triathlon, and “extreme” mountain biking—hair-raising events held over exceedingly dangerous terrain—are prime examples of the new “lifestyle sports” that have grown in recent years

from oddball pursuits, practiced by a handful of characters, into multi-million-dollar industries. In *Why Would Anyone Do That?* sociologist Stephen C. Poulson offers a fascinating exploration of these new and physically demanding sports, shedding light on why some people find them so compelling. Drawing on interviews with lifestyle sport competitors, on his own experience as a participant, on advertising for lifestyle sport equipment, and on editorial content of adventure sport magazines, Poulson addresses a wide range of issues. He notes that these sports

are often described as “authentic” challenges which help keep athletes sane given the demands they confront in their day-to-day lives. But is it really beneficial to “work” so hard at “play?” Is the discipline required to do these sports really an expression of freedom, or do these sports actually impose extraordinary degrees of conformity upon these athletes? *Why Would Anyone Do That?* grapples with these questions, and more generally with whether lifestyle sport should always be considered “good” for people. Poulson also looks at what

happens when a sport becomes a commodity—even a sport that may have begun as a reaction against corporate and professional sport—arguing that commodification inevitably plays a role in determining who plays, and also how and why the sport is played. It can even help provide the meaning that athletes assign to their participation in the sport. Finally, the book explores the intersections of race, class, and gender with respect to participation in lifestyle and endurance sports, noting in particular that there is a near complete absence of people of color in most of these contests. In addition, Poulson examines how concepts of masculinity in triathlons have changed as women's roles in this sport increase.

The Routledge International Encyclopedia of Sport and Exercise Psychology Routledge

Working Out Desire examines spor meraki as an object of desire shared by a broad and diverse group of Istanbulite women. Sehlkoglou follows the latest anthropological scholarship that defines desire beyond the moment it is felt, experienced, or even yearned for, and as something that is formed through a series

of social and historical makings. She traces Istanbulite women's ever-increasing interest in exercise not merely to an interest in sport, but also to an interest in establishing a new self—one that attempts to escape from conventional feminine duties—and an investment in forming a more agentive, desiring, self. Working Out Desire develops a multilayered analysis of how women use spor meraki to take themselves out of the domestic zone physically, emotionally, and also imaginatively. Sehlkoglou pushes back against the conventional boundaries of scholarly interest in Muslim women as pious subjects. Instead, it places women's desiring subjectivity at its center and traces women's agentive aspirations in the way they bend the norms which are embedded in the multiple patriarchal ideologies (i.e. nationalism, religion, aesthetics) which operate on their selves. Working out Desire presents the ways in which women's changing habits, leisure, and self-formation in the Muslim world and the Middle East are connected to their agentive capacities to shift and transform their conditions and socio-cultural capabilities.

The Oxford Handbook Sport and Spectacle in the Ancient World

Routledge

Community-based research has recently gained attention within the sport and exercise sciences. When seeking to understand community based research methodologies, one finds a diversity of approaches spanning a breadth of ontological views and equally diverse methodological approaches. Though little is known about community-based sport, exercise and physical activity research, these foci are beginning to gain scholarly attention, in part through the emerging sport for development and peace literature. This book features a conceptual introduction and eight pioneering examples of community-based research from North American, European, and Oceanic scholars. The topic matter reveals scholarship undertaken in relation to health, physical activity, youth sport, and elite sport, exemplifying work with mainstream and marginalized populations. This book, perhaps the first compilation of community-based research relating to sport, exercise and health, will be of interest to sociologists of sport, sport and

exercise psychology scholars, sport management scholars, qualitative researchers, health scholars and practitioners, sport for development organizations, and research ready communities seeking to engage in localized research projects. This book was published as a special issue of *Qualitative Research in Sport, Exercise and Health. International Perspectives* Routledge. Using visual ethnography, this book explores the many forms of pleasures that boys derive in and through the spaces and their bodies in physical education. Employing the works of Michel Foucault and Judith Butler, Gerdin examines how pleasure is connected to identity, schooling, and power relations, and demonstrates how discourses of sport, fitness, health and masculinity work together to produce a variety of pleasurable experiences. At the same time, the book provides a critique of such pleasurable experiences within physical education by illustrating how these pleasures can still, for some boys, quickly turn into displeasures and can be associated with exclusion, humiliation, bullying and homophobia. *Boys, Bodies,*

and *Physical Education* argues that pleasure can both be seen as an educational and productive practice in physical education but also a constraint that both engenders and privileges some boys over others as well as (re)producing narrow and limited conceptions of masculinity and pleasures for all boys. This book works to problematize these pleasures and their articulations with gender, bodies, and spaces.

Women, Sport, and Self-Making in Istanbul Oxford University Press. Physical activity, inactivity and their relationship to health are serious concerns for governments around the world. This is the first book to critically examine the policy and practice of physical activity from a multi-disciplinary, social-scientific perspective. Moving beyond the usual biophysical and epidemiological approaches, it defines and explores the key themes that are shaping the global physical activity debate. Unrivalled in its scale and scope, it presents the latest data on physical activity from around the world, including case studies from Europe, North and South America, Africa and Asia. Drawing on social, economic and

behavioural sciences, it covers contexts from the global to the local and introduces the dominant ideas which inform the study of physical activity. Its 41 chapters examine the use of different forms of evidence in policymaking, the role of organisations in advocating physical activity, and the practical realities of public health interventions. The *Routledge Handbook of Physical Activity Policy and Practice* is a landmark publication for all students, academics, policymakers and practitioners interested in the social-scientific study of sport, exercise, physical activity and public health.

Reasserting an Indigenous Presence in Banff National Park Wipf and Stock Publishers

Looking toward a future with increasingly hybridized media offerings, *Sports Media: Transformation, Integration, Consumption* examines sports media scholarship and its role in facilitating understanding of the increasingly complex world of sports media. Acknowledging that consumer demand for sports media content has influenced nearly every major technology innovation of the past several decades, chapters included herein assess existing

scholarship while posing important future questions about the role sports media will play in the daily lives of sports fans worldwide. Contributions from well-known scholars are supplemented by work from younger researchers doing new work in this area. Developed for the Broadcast Education Association's Electronic Media Research series, this volume will be required reading for graduate and undergraduate students in media, communication, sociology, marketing, and sports management, and will serve as a valuable reference for future research in sports media.

Qualitative Research Methods in Sport, Exercise and Health Routledge

Michel Foucault's work profoundly influences the way we think about society, in particular how we understand social power, the self, and the body. This book gives an innovative and entirely new analysis of his later works making it a one-stop guide for students, exploring how Foucauldian theory can inform our understanding of the body, domination, identity and freedom as experienced through sport and exercise. Divided into three themed parts, this book considers:

Foucault's ideas and key debates
Foucault's theories to explore power relations, the body, identity and the construction of social practices in sport and exercise how individuals make sense of the social forces surrounding them, considering physical activity, fitness and sport practices as expressions of freedom and sites for social change. Accessible and clear, including useful case studies helping to bring the theory to real-life, Foucault, Sport and Exercise considers cultures and experiences in sports, exercise and fitness, coaching and health promotion. In addition to presenting established Foucauldian perspectives and debates, this text also provides innovative discussion of how Foucault's later work can inform the study and understanding of sport and the physically active body.

Routledge Handbook of Sport and New Media Routledge

The Banff-Bow Valley in western Alberta is the heart of spiritual and economic life for the Nakoda peoples. While they were displaced from the region by the reserve system and the creation of Canada's first national park, in the twentieth century the Nakoda reasserted their presence in the

valley through involvement in regional tourism economies and the Banff Indian Days sporting festivals. Drawing on extensive oral testimony from the Nakoda, supplemented by detailed analysis of archival and visual records, *Spirits of the Rockies* is a sophisticated account of the situation that these Indigenous communities encountered when they were denied access to the Banff National Park. Courtney W. Mason examines the power relations and racial discourses that dominated the eastern slopes of the Canadian Rocky Mountains and shows how the Nakoda strategically used the Banff Indian Days festivals to gain access to sacred lands and respond to colonial policies designed to repress their cultures.

Understanding Sport Routledge

'We can reach far more people through sport than we can through political or educational programmes. In that way, sport is more powerful than politics. We have only just started to use its potential to build up this country. We must continue to do so.' – Nelson Mandela
Nelson Mandela's statement reflects a widely held view that sport can contribute in unique and far-reaching ways to the delivery of

important social outcomes. But is this really the case? Can sport bring people from different backgrounds together, and in so doing act as a force for social transformation and change? In the language of policymakers and practitioners, can sport contribute to social inclusion or could it be argued that sport acts to marginalize and disadvantage some groups in society? In other words could sport reinforce, rather than challenge, social inequality? Focusing on youth sport as a touchstone sector of sport in society, this book examines the theoretical and empirical bases of arguments for the role of sport in social inclusion agendas. Authors are drawn from around the world and offer critical perspectives on assumptions underpinning the bold claims made about the power of sport. This book represents the most up-to-date and authoritative source of knowledge on inclusion and exclusion in youth sport. As such, it is essential reading for those who want to use sport to 'make a difference' in young people's lives. It is, therefore, recommended for students, researchers, policy makers and practitioners working in sports

development, sports coaching, sport studies or physical education. *Community based research in sport, exercise and health science* Routledge Exercise for women is a heavily-laden social and embodied experience. While exercise promotion has become an increasingly visible part of health campaigns, obesity among women is rising, and studies indicate that women are generally less physically active than men. Women's (lack of) exercise, therefore, has become a public concern, and physiological and psychological research has attempted to develop more effective exercise programs aimed at women. Yet women have a complex relationship with embodiment and physical activity that is difficult for quantitative scientific approaches to explore. This book addresses this neglect by providing a much-needed feminist, qualitative social analysis of women and exercise. The contributors, drawn from across Europe and North America, investigate the ways women experience exercise within the context of the global fitness industry. All the authors take a specifically feminist perspective in their analysis of the fit,

feminine body, exploring media images and the global branding of fitness products, the relationship between exercise and fat, the construction of physical activity within health discourse, and the lived experience of the exercising body. The collection explores the diversity of women's experiences of exercise in relation to age, ethnicity and body size. The book is essential for anyone interested in health promotion, sport and exercise or the social and cultural study of gender and embodiment.

Research Methods in Sports Coaching

Routledge

Foucault, Sport and Exercise Power, Knowledge and Transforming the Self Routledge

Working Out Desire Springer

This Handbook presents innovative research on sport and spectacle in ancient Greece and Rome, exploring historical perspectives, contest forms, and civic and social aspects such as class, spaces, health, gender, and sexuality. Greek and Roman topics are interwoven to simulate contest-like tensions and complementarities between the two cultures.

Foucault, Sport and Exercise Routledge
Exercise promotion has become an increasingly important and visible part of public health campaigns. Studies have demonstrated that women have higher levels of obesity and are generally less physically active than men. While significant quantitative research has increased our knowledge of women's exercise patterns, these studies have revealed only some of the complex issues related to women's health, the body and physical activity. This volume fills this gap by examining women's contradictory experiences of their bodies, health and exercise...

Education in Sport and Physical Activity Springer

The sociology of sport is a core discipline within the academic study of sport. It helps us to understand what sport is and why it matters. Sociological knowledge, implicit or explicit, therefore underpins scholarly enquiry into sport in every aspect. The Routledge Handbook of the Sociology of Sport is a landmark publication that brings together the most important themes, theories and issues within the sociology of sport, tracing the

contours of the discipline and surveying the state-of-the-art. Part One explores the main theories and analytical approaches that define contemporary sport sociology and introduces the most important methodological issues confronting researchers working in the social scientific study of sport. Part Two examines the connections and divisions between sociology and cognate disciplines within sport studies, including history, anthropology, economics, leisure and tourism studies, philosophy, politics and psychology. Part Three investigates how the most important social divisions within sport, and in wider society, are addressed in sport sociology, including 'race', gender, class, sexuality and disability. Part Four explores a wide range of pressing contemporary issues associated with sport, including sport and the body, social problems associated with sport, sport places and settings, and the global aspects of sport. Written by a team of leading international sport scholars, including many of the most well-known, respected and innovative thinkers working in the discipline, the Routledge Handbook of the Sociology of Sport is an essential

reference for any student, researcher or professional with an interest in sport.

A Socio-Cultural Examination Taylor & Francis

The influence of professional, adult sport on youth sport is now a global concern. Children are involved in high-stakes competitive sport at national and international levels at an increasingly young age. In addition, the use of sport as a medium for positive youth development by governments and within the community has fuelled ambitious targets for young people's participation in sport at all levels. In this important study of ethical issues in and around youth sport, leading international experts argue for the development of strong ethical codes for the conduct of youth sport and for effective policy and pedagogical applications to ensure that the positive benefits of sport are optimized and the negative aspects diminished. At the heart of the discussion are the prevailing standards and expectations of youth sport in developed societies, typically consisting of the development of motor competence, the development of a safe and healthy lifestyle and competitive style, and the

development of a positive self-image and good relationship skills. The book examines the recommendations emerging from the 'Panathlon Declaration' and the debates that have followed, and covers a wide range of key ethical issues, including: emotional and physical abuse aggression and violence doping and cheating values and norms teaching and coaching integrity management. *Ethics in Youth Sport* is focused on the application of ethical policy and pedagogies and is grounded in practice. It assumes no prior ethical training on the part of the reader and is essential reading for all students, researchers, policy makers and professionals working with children and young people in sport across school, community and professional settings. [Routledge Handbook of Qualitative Research in Sport and Exercise](#) Routledge

Ethnography has become an important method for researching and interpreting the social world, not least in the field of sport and exercise studies. *Ethnographies in Sport and Exercise Research* is the first book to provide a contemporary overview of the current state of ethnographic research and its application within sport

and exercise, introducing and explaining a range of well-established and emerging ethnographic approaches. Featuring a heavyweight line-up of sport and exercise researchers, the book is divided into three parts. The first considers the methodological and theoretical aspects of ethnographic research, including: a history of ethnography in sport and exercise research the definition of the ethnographic field methods of gathering ethnographic data methods of representing ethnographic research. In the second part of the book, a series of chapter-length case studies, spanning sports from boxing to fell running and themes from gender to fandom, demonstrate the challenges and rewards of ethnographic research in the context of sport and exercise, helping students and researchers to develop a solid understanding of qualitative research at both a theoretical and a practical level. The final part of the book considers future directions for ethnographic research, including an evaluation of its place in the expanding field of study in sport management. A comprehensive assessment of the statement of ethnographic research in sport,

Ethnographies in Sport and Exercise Research is invaluable reading for any research methods course taken as part of a degree programme in sport and exercise, and a useful reference for all active researchers.

Disruption and Disorientation in Queer Community Sports Vintage

In the decade or more since publication of the first edition of *Understanding Sport*, both sport and wider global society have undergone profound change. In this fully updated, revised and expanded edition of their classic textbook, John Horne, Alan Tomlinson, Garry Whannel and Kath Woodward offer a critical and reflective introduction to the relationship between sport and contemporary society and explain how sport remains an important agent and symptom of socio-cultural change. Fully integrating historical, sociological, political and cultural analysis, the book covers every key topic in the study of sport and society, including: debate, interpretation and theory sport and the media sport and the body sport and politics commercialization globalization. Retaining the accessibility and scholarly rigour for which

Understanding Sport has always been renowned, this new edition includes entirely new chapters on global transformations, sports mega-events and sites, sporting bodies and governance, as well as a succinct guide to researching sport. With review and seminar questions included in every chapter, plus concise, helpful guides to further reading, Understanding Sport remains an essential textbook for all courses on sport and society, the sociology of sport, sport and social theory, or social issues in sport. *Lifestyle Sport in the Twenty-First Century* Macmillan International Higher Education Research Methods in Sports Coaching is a key resource for any student, researcher or practitioner wishing to undertake research into sports coaching. It takes the reader through each phase of the research process, from identifying valuable research questions, to data collection and analyses, to the presentation and dissemination of research findings. It is the only book to focus on the particular challenges and techniques of sports coaching research, with each chapter including examples, cases and scenarios from the real world of sports coaching. The

book introduces and explores important philosophical, theoretical and practical considerations in conducting coaching research, including contextual discussions about why it's important to do sports coaching research, how to judge the quality of coaching research, and how sports coaching research might meet the needs of coaching practitioners. Written by a team of leading international scholars and researchers from the UK, US, Canada and Australia, and bridging the gap between theory and practice, this book is an essential course text for any research methods course taken as part of a degree programme in sports coaching or coach education.

The Other Journal: Sport Taylor & Francis

This volume presents a collection of essays that explore the relationship between sporting clothing and gender. Drawing on uniform and sports apparel as a means of exploring the socio-sexual politics of contemporary US society, the contributions analyse the historical, political-economic, socio-cultural and sport-specific dimensions of gendered clothing in sport. Part of a two-volume

series (the other discussing this phenomenon in a global context), contributors cover topics such as WNBA uniform politics, military promotion, female sportscaster clothing, magazine depictions, plus-size exercise apparel, FloJo, the Skirt Chaser 5k race, and the socio-politics of the LPGA, CrossFit, roller derby, rock climbing, and more. As the first single compendium to discuss American sportswomen's apparel, this collection will be of interest to practitioners and scholars of sports history, the sociology of sport, and gender/media studies.

Power, Knowledge and Transforming the Self Syracuse University Press

Sport and physical activity are embedded in our education systems and in wider society. This book takes the broadest possible look at this topic, across every key discipline and on different continents, opening up important new directions for the future development of sport and physical activity education. The book examines education in sport coaching, sport management, PE teacher training, physical activity and health promotion, and the emerging discipline of outdoor

studies, considering how trends such as globalisation, digitalisation, and privatisation are having a profound impact on education programs. It identifies some of the most important societal issues that must be addressed by sport and physical activity educators, including healthy

lifestyles, inequality, intercultural aspects, human rights, and emerging technologies, and looks at how sport and physical activity education in Europe, North America, Latin America, Asia, and Australasia is evolving to meet these challenges. Designed to invite self-reflection, to provoke debate and to open

up new cross-disciplinary and international perspectives within sports organisations and higher education institutions, this book is fascinating reading for advanced students, researchers, teachers, and policy makers with an interest in sport and physical activity.