

PHYSICAL ACTIVITY IN HUMAN EXPERIENCE

Interdisciplinary Perspectives



**JAMES E. CURTIS
STORM J. RUSSELL**
Editors

Physical Activity In Human Experience Interdisciplinary Perspectives

Jin-Ying Zhang



Physical Activity In Human Experience Interdisciplinary Perspectives:

The Biophysical Foundations of Human Movement Bruce Abernethy, 2005 This comprehensive book presents an integrated study of human movement and applies this knowledge to human performance and physical activity across the lifespan The Biophysical Foundations of Human Movement Second Edition considers basic methods and concepts typical research questions key historical developments professional training and organizations and suggestions for further reading within each subdiscipline The authors offer a unique perspective on the subdisciplines by exploring not only the basic science but also the changes in human movement and movement potential that occur throughout the lifespan as well in response to training practice and other lifestyle factors Physical Activity in Human Experience James E. Curtis, Storm J. Russell, Canadian Fitness & Lifestyle Research Institute, Canada. Health Canada, 1997 Physical Activity in Human Experience is the first book to offer a critical interdisciplinary review of physical activity research and practice Featuring contributions from seven internationally recognized scholars who represent a wide range of disciplines the book presents human activity from a holistic perspective linking the research emerging from various disciplines within the field The authors review the latest research and insights from each of their fields biology and physical science psychology social psychology social history and cultural studies sociology economics and environmental studies and explain how this knowledge contributes to a broader perspective of human physical activity The result is a unique contribution to the field of physical activity science that unlocks essential information from the confines of each discipline broadens the scope for research and debate in the field offers a critical informed multidisciplinary discussion of the implications of a holistic approach and provides a broad knowledge base to help practitioners develop effective and coherent public health policies and programs **Biophysical Foundations of Human Movement** Bruce Abernethy, Vaughan Kippers, Stephanie J. Hanrahan, Marcus G. Pandey, Ali McManus, Laurel Mackinnon, 2018-10-30 Biophysical Foundations of Human Movement Third Edition introduces readers to key concepts concerning the anatomical mechanical physiological neural and psychological bases of human movement The text provides undergraduate students with a broad foundation for more detailed study of the subdisciplines of human movement and for cross disciplinary studies Readers will learn the multi dimensional changes in movement and movement potential that occur throughout the life span as well as those changes that occur as adaptations to training practice and other lifestyle factors This third edition includes the latest research and improved presentation to address areas of growth and change in the fields of human movement The following are important updates to this edition A new chapter on historical origins of human movement science provides students with an appreciation of the development of the field as well as its future directions Content regarding exercise physiology has been reorganized to provide more discrete coverage of key concepts in nutrition A new concluding section focuses on applications in the areas of prevention and management of chronic disease prevention and management of injury and performance enhancement in sport and the workplace as well as the benefits of sport and exercise

science to work sport and everyday living Ancillary materials support instructors in teaching across disciplines as they assist students in understanding the breadth of content in this comprehensive text Using a modular approach to teaching sport and exercise science Biophysical Foundations of Human Movement Third Edition offers students a structured understanding of how the subdisciplines work independently and in tandem Following a general introduction to the field of human movement studies readers are introduced to basic concepts life span changes and adaptations arising in response to training in each of the five major biophysical subdisciplines of human movement Each subdiscipline is given a brief introduction including the definition and historical development of the subdiscipline the typical issues and problems it addresses the levels of analysis it uses and relevant professional training and organizations Multi disciplinary and cross disciplinary approaches to human movement are also discussed along with contemporary applications By studying the integration of knowledge from a number of the biophysical subdisciplines students will be better prepared for advanced study and careers reliant on the integration of knowledge from various disciplines and perspectives The third edition offers tools for retaining the material including learning objectives and summaries in each chapter a glossary and lists of web based resources Throughout the text special In Focus features highlight key organizations individuals and studies from around the world that have contributed to the current understanding of human movement These features help readers appreciate the evolution of the field so that they may better understand its direction Students interested in further study will find specialized texts for each of the subdisciplines listed in the Further Reading and References section of each chapter along with updated lists of websites The third edition of Biophysical Foundations of Human Movement offers a comprehensive introduction for students scientists and practitioners involved in the many professions grounded in or related to human movement kinesiology and sport and exercise science By considering the effect of adaptations in each of the biophysical subdisciplines of human movement Biophysical Foundations of Human Movement also illustrates the important role physical activity plays in the maintenance of health throughout the life span

Sport and Physical Activity Jacqueline Merchant, Barbara Griffin, Anne Charnock, 2017-09-16 This authoritative introduction to physical activity applies the main theories models and approaches in health promotion to the field of sport and exercise It draws together the disciplines of psychology sociology physiology and social policy to look at issues affecting the health of individuals of communities and of society as a whole

Psychological Selection and Optimal Experience Across Cultures Antonella Delle Fave, Fausto Massimini, Marta Bassi, 2011-02-02 What does Western science know about the relationship between individual well being and cultural trends What can learn from other cultural traditions What do the recent advancements in positive psychology teach us on this issue particularly the eudaimonic framework which emphasizes the connections between personal well being and social welfare People grow and live in cultures that deeply influence their values aspirations and behaviors However individuals in their turn play an active role in building their own goals growth trajectories and social roles at the same time influencing culture trends This process defined psychological selection is

related to the individual pursuit of well being People preferentially select and cultivate in their lives activities interests and relationships associated with optimal experience a state of deep engagement concentration and enjoyment Several cross cultural studies confirmed the positive and rewarding features of optimal experience Based on these evidences this book offers a new perspective in the study of human behavior Highlighting the interplay between individual and cultural growth trajectories it conveys a core message educating people to enjoy engagement and involvement in activities that can be relevant and meaningful for social welfare is a premise to foster the harmonious development of human communities and the peaceful cohabitation of cultures

Globalized Sport Management in Diverse Cultural Contexts James J. Zhang, Brenda G. Pitts, 2019-04-05 Cross cultural management is an important facet of the globalized sport industry Sport managers must be skilled at working with individuals from diverse cultures and aware of the key issues affecting sport on a global level This book brings together cutting edge research from leading sport scholars from around the world to illuminate some of those important issues and to demonstrate what cross cultural management looks like in a sporting context Presenting case studies from countries as diverse as the US Brazil Poland and Venezuela and across a range of sports from football to basketball the book presents new empirical material derived from a range of inquiry protocols including both qualitative and quantitative methods It offers critical analyses of cross cultural and managerial issues in key areas such as group cohesiveness group communications and misperception and misinterpretation Making an important contribution to our understanding of both theory and practice in sport management this book is fascinating reading for any student researcher or practitioner with an interest in global and international sport

Dimensions of Well-being Antonella Delle Fave, 2006 **Revue Canadienne de Physiologie Appliquée**, 1998 Positive Leisure Science Teresa Freire, 2012-12-15 This book extends positive psychology by embedding leisure into the positive science field following a new paradigm and aggregating various domains and fields Positive science can be applied to the field of leisure and in turn leisure can serve as an arena to study some of the most important optimal functioning variables The book presents knowledge on a diverse range of topics about optimizing socio cognitive processes and behaviors places and contexts societies and cultures through leisure These topics are unified by an underlying continuum that extends from individuals and subjective experiences to social worlds The contributions highlight components of everyday life showing that subjective experience and life trajectories are structured and social goals and life purposes are defined and achieved within interactions between individuals and their lived contexts and environments in daily life

Leisure and Aging Heather Julie Gibson, Jerome F. Singleton, 2012 Leisure and Aging Theory and Practice provides students and professionals with a balanced perspective of current knowledge as it presents cutting edge research in both fields Supplemented by online ancillaries this text offers a wealth of knowledge on various aspects of life for older people and the role of leisure in their lives

Management of Sports Development Vassil Girginov, 2009-06-04 Management of Sports Development is the first book to offer a holistic approach to a field which has been growing in

importance for some years Although many books exist on various aspects of development never before has there been a text which addresses the process of development in such a comprehensive manner This book offers everything needed to develop an understanding of the process of sports development The book provides comprehensive coverage of the major themes in the process of sports development with contributions from an internationally renowned author team These themes include models of sports development funding of sports development mega sporting events networks and partnerships in sports development sports development and social change It is also supplemented with a dedicated accompanying website featuring updates and extra material This accessible book is essential reading for students or lecturers in the field of sports

development and is set to be a vital contribution to the literature in this area **Positive Psychology in Practice** P. Alex Linley, Stephen Joseph, 2012-06-27 A thorough and up to date guide to putting positive psychology into practice From the Foreword This volume is the cutting edge of positive psychology and the emblem of its future Martin E P Seligman Ph D Fox Leadership Professor of Psychology University of Pennsylvania and author of Authentic Happiness Positive psychology is an exciting new orientation in the field going beyond psychology's traditional focus on illness and pathology to look at areas like well being and fulfillment While the larger question of optimal human functioning is hardly new Aristotle addressed it in his treatises on eudaimonia positive psychology offers a common language on this subject to professionals working in a variety of subdisciplines and practices Applicable in many settings and relevant for individuals groups organizations communities and societies positive psychology is a genuinely integrative approach to professional practice Positive Psychology in Practice fills the need for a broad comprehensive and state of the art reference for this burgeoning new perspective Cutting across traditional lines of thinking in psychology this resource bridges theory research and applications to offer valuable information to a wide range of professionals and students in the social and behavioral sciences A group of major international contributors covers The applied positive psychology perspective Historical and philosophical foundations Values and choices in pursuit of the good life Lifestyle practices for health and well being Methods and processes for teaching and learning Positive psychology at work The best and most thorough treatment of this cutting edge discipline Positive Psychology in Practice is an essential resource for understanding this important new theory and applying its principles to all areas of professional practice

Creating Healthy Workplaces Caroline Biron, Ronald J. Burke, 2016-05-13 The contributions in Creating Healthy Workplaces include a number of interventions that relate the efforts undertaken by researchers and organizations together to reduce stress and improve the mental and physical health of employees through positive change initiatives Those working in the field of occupational stress have received criticism that too much emphasis has been placed on negative issues and that positive initiatives have been largely ignored With the growing influence of the positive movement this book explores the implications of using a positive approach as opposed to a stress management one and compares the types of interventions they each require From a positive perspective there is a need to understand the

characteristics of healthy thriving and flourishing people and organizations This book explores the implications of using a positive approach as opposed to a stress management one Some of the interventions described in Creating Healthy Workplaces target individuals and their attitudes and behaviours others target workplace relationships work units and the wider organization Outcomes such as reduced occurrences of smoking obesity depression elevated blood pressure accidents and workplace injuries presenteeism absence and staff turnover are reported The factors associated with the success of these interventions are identified and advice is given as to how interested individuals and organizations might proceed to develop worksite interventions on their own

Creating Healthy Workplaces Prof Sir Cary L Cooper CBE, Professor Caroline Biron, Professor Ronald J Burke, 2014-02-28 The contributions in Creating Healthy Workplaces include a number of interventions that relate the efforts undertaken by researchers and organizations together to reduce stress and improve the mental and physical health of employees through positive change initiatives Those working in the field of occupational stress have received criticism that too much emphasis has been placed on negative issues and that positive initiatives have been largely ignored With the growing influence of the positive movement this book explores the implications of using a positive approach as opposed to a stress management one and compares the types of interventions they each require From a positive perspective there is a need to understand the characteristics of healthy thriving and flourishing people and organizations This book explores the implications of using a positive approach as opposed to a stress management one Some of the interventions described in Creating Healthy Workplaces target individuals and their attitudes and behaviours others target workplace relationships work units and the wider organization Outcomes such as reduced occurrences of smoking obesity depression elevated blood pressure accidents and workplace injuries presenteeism absence and staff turnover are reported The factors associated with the success of these interventions are identified and advice is given as to how interested individuals and organizations might proceed to develop worksite interventions on their own

Bodies for Battle Garrett Gatzemeyer, 2021-11-05 Physical training in the US Army has a surprisingly short history **Bodies for Battle** by Garrett Gatzemeyer is the first in depth analysis of the US Army's particular set of practices and values known as its physical culture that emerged in the late nineteenth century in response to tactical challenges and widespread anxieties over diminishing masculinity The US Army's physical culture assumed a unity of mind and body learning a physical act was not just physical but also mental and social Physical training and exercise could therefore develop the whole individual even societies **Bodies for Battle** is a study of how the US Army developed modern scientific training methods in response to concerns about entering a competitive imperial world where embodied nations battled for survival in a Social Darwinist framework This book connects social and cultural worries about American masculinity and manliness with military developments strategic tactical technological in the early twentieth century and it links trends in the United States and the US Army with larger trans Atlantic trends **Bodies for Battle** presents new perspectives on US civil military relations army officers' unease with citizen

armies and the implications of compulsory military service Gatzemeyer offers a deeply informed historical understanding of physical training practices in the US Army the reasons why soldiers exercise the way they do and the influence of physical culture s evolution on present day reform efforts Between the 1880s and the 1950s the Army s set of practices and values matured through interactions between combat experience developments in the field of physical education institutional outsiders application beyond the military and popular culture A persistent tension between discipline and group averages on one hand and maximizing the individual warrior s abilities on the other manifested early and continues to this day Bodies for Battle also builds on earlier studies on sport in the US military by highlighting historical divergences between athletics and disciplinary and combat readiness impulses Additionally Bodies for Battle analyzes applications of the Army s physical culture to wider society in an effort to prehabilitate citizens for service

Flow Experience László Harmat,Frans Ørsted Andersen,Fredrik Ullén,Jon Wright,Gaynor Sadlo,2016-05-15 This volume provides updates and informs the reader about the development of the current empirical research on the flow experience It opens up some new research questions at the frontiers of the field The book offers an overview on the latest findings in flow research in several fields such as social psychology neuropsychology performing arts and sport education work and everyday experiences It integrates the latest knowledge on experimental studies of optimal experience with the theoretical foundation of psychological flow that was laid down in the last decades

Physical culture from an interdisciplinary perspective Pawel Adam Piepiora,Zbigniew Norbert Piepiora,Daniela Stackeová,Justyna Bagińska,2023-08-16 *Sociology of Sport Journal* ,2006 Facial Expression Recognition and Computing: An Interdisciplinary Perspective Ke Zhao,Tong Chen,Liming Chen,Xiaolan Fu,Hongying Meng,Moi Hoon Yap,Jiajin Yuan,Adrian Keith Davison,2022-06-23 *Quest* ,2001

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