

HUMAN KINETICS 580, Section 001

GRADUATE SEMINAR ON BODY, EXERCISE AND SOCIETY

Course outline

Dates	January 12 – April 6, 2007.
Time	Fridays, 9.30am – 12.30pm.
Location	War Memorial Gymnasium 100
Instructor	Patricia Vertinsky Professor, Human Kinetics
Office	War Memorial Gymnasium 214 Tel : 604-822-6235 e-mail patricia.vertinsky@ubc.ca

Description of the course

The rise of interest in the body and embodied experiences is closely related to a range of cultural changes in western society. The body - our daily rituals, how we exercise, what we eat, how we present ourselves – is a medium of culture, a powerful symbolic form. It is a surface on which the central rules and power relations and ideas of a culture are inscribed and reinforced. The body also operates as a metaphor for culture – since an ‘imagination’ of body morphology (the normal body, the beautiful body, the toned and fit body, the athletic body, the tattooed body) has provided a blueprint for diagnosis and prescription, as well as visions of group solidarity, ‘healthy, active living’ and athletic performance. Not just a text, the body (as Foucault and Bourdieu have argued) is also a practical, direct locus of control – a docile body. Through the organization and regulation of time, space and the movements of our daily lives, our bodies are trained, shaped and disciplined with the stamp of prevailing historical forms of selfhood, desire, masculinity and femininity. In this course we will examine the ways in which the female, male, youthful, aging and racial body has been fashioned in modern society to express the self through modes of exercise, sport and dance. We will also critique specific representations of bodies in sport and exercise such as drugged bodies, sexualized bodies, disabled and fascist bodies.

Depending on interest of the student, seminar topics will include

- The making of the modern body – Fit: Episodes in the history of the body
- Understanding Embodied Practices
- Space and Place -Sites of sport and exercise
- Health, fitness and the medicalization of the female body
- Masculinity, Muscularity and Gender Boundaries
- Normalizing the body: Ideologies around Body Shape and Size
- The marking of race and gender on the body
- Stereotypes of exercise, disability and the aging body
- The political body : dance, gymnastics and performativity
- Schooling the gendered body in physical education

Course Text

Patricia Vertinsky and Jennifer Hargreaves, **Physical Culture, Power and the Body** (London and New York: Routledge, 2007). Available from instructor.

Selected readings also available from instructor.

Course assessment

This is a seminar course with substantial reading, writing assignments and discussion. Each student will be expected to familiarize themselves with the class text and readings for specific topics, and to select, investigate and present in depth a particular research topic related to the broad themes of the course.

- i) Quality of participation and contributions to discussion 25%
- ii) Class leadership of selected seminar topic 20%
- iii) Submission of final paper topic outline, literature review, theoretical base/s, methodological approach, selected references and proposed format (February 23)

- iv) Mini-conference, presentation of final paper 15%
- v) Final paper (max 20 pages excluding bibliography), due April 15). 40%

TEXT and ADDITIONAL COURSE READINGS

UNDERSTANDING EMBODIED PRACTICES

Chapter 1, Introduction, *Physical Culture, Power and the Body*.

Marcel Mauss, "Techniques of the Body," *Economy and Society* 2,1 (1973): 70-87.

Noel Dyck and Eduardo P. Archetti, Embodied Identities: Reshaping Social Life Through Dance, in *Sport, Dance and Embodied Identities* (Oxford: Berg Press) 2003), 1-22.

Michel Foucault, The Means of Correct Training, Discipline and Punish. *The Birth of the Prison* (New York: Vintage Books, 1977), 171-194.

Iris Marion Young, Throwing Like a Girl: A Phenomenology of Feminine Body Comportment Motility Spatiality, *Human Studies* 3,2 (1980),137-157.

Patricia Vertinsky, "The Social Construction of the Gendered Body: Exercise and the Exercise of Power," *International Journal of History of Sport*, 11,2 (1994): 147-171.

Kathy Davis, Embodying Theory: Beyond Modernist and Post-modernist Readings of the body, in *Embodied Practices . Feminist Perspectives on the Body*. (London: Sage, 1997), 1-15.

Margrit Shildrick with Janet Price, Openings on the Body: A Critical Introduction, in Shildrick and Price, *Feminist Theory and the Body: A Reader* (Edinburgh University Press,1999), 1-14.

Sandra Lee Bartky, Foucault, Femininity and the Modernization of Patriarchal Power, in Kate Conboy, Nadia Medina and Sarah Stanbury (Eds)., *Writing on the Body. Female Embodiment and Feminist Theory* (New York: Columbia Press, 1997),129-154.

SPACE AND PLACE : SITES OF SPORT AND EXERCISE

Patricia Vertinsky and Sherry McKay, *Disciplining Bodies in the Gymnasium: Memory, Monument and Memorial* (Routledge, 2004)

Patricia Vertinsky and John Bale, *Sites of Sport. Space, Place and Experience* (Routledge, 2004).

Douglas Booth, From Bikinis to Boardshorts: Wahines and the Paradoxes of Surfing Culture, *Journal of Sport History* 28,1, (2001), 3-22.

Laura Ginsberg Spielvogel, The Discipline of Space in a Japanese Fitness Club, *Sociology of Sport Journal*, 19, 2002,189-205.

HEALTH, FITNESS AND EXERCISE: THE MEDICALIZATION OF THE FEMALE BODY

Patricia Vertinsky, Run, Jane, Run: Central Tensions in the Current Debate About Enhancing Women's Health Through Exercise," *Women and Health* 27(4) 1998,81-111.

Patricia Vertinsky, *The Eternally Wounded Woman: Doctors, Women and Exercise in the Late 19th Century* (University of Illinois Press, 1994)

Martha Verbrugge, "Gender, Science and Fitness: Perspectives on Women's Exercise in the US in the 20th Century," *Health and History* 4,1 (2002), 52-72.

Deborah Lupton, Foucault and the Medicalization Critique, in Alan Peterson and Robin Bunton (eds.), *Foucault and Medicine* (Routledge, 1997), 95-110

Patricia Vertinsky, "A Militant Madonna: Charlotte Perkins Gilman, Feminism and Physical Culture," *The International Journal of the History of Sport* 18,1 (2001), 55-72.

Sheila Rothman, Peak Performance, in *The Pursuit of Perfection: The Promise and Perils of Medical Enhancement* (Pantheon: New York,2003), 208-273.

MASCULINITY, MUSCULARITY AND GENDER BOUNDARIES

Loic Wacquant, Ch 7, The Social Logic of Sparring, *Physical Culture, Power and the Body*.

Samuel Wilson Fussell, *Muscle; Confessions of an Unlikely Bodybuilder* (New York: Poseidon Press, 1991),18-25,228-241.

Ellexis Boyle, Brad Millington and Patricia Vertinsky, "Representing the Female Pugilist: Narratives of Race, Gender and Disability," *Sociology of Sport Journal*, 23 (2006): 99-116.

Leslie Heywood, American Girls, Raised on Promises. Why women build..., in Leslie Heywood , *Bodybuilders: A Cultural Anatomy of Women's Bodybuilding* (New Brunswick: Rutgers University Press, 1998) , 165-192.

Connell article ??

R.W. Connell, Men's Bodies, in *Which Way is Up? Essays on Sex, Class and Culture* (Sydney: George Allen and Unwin, 1996), 18-32.

Ellis Cashmore and Andrew Parker, One David Beckham? Celebrity, Masculinity and the Soccerati, *Sociology of Sport* 20, 3 (2003), 214-231.

NORMALIZING THE BODY: IDEOLOGIES AROUND BODY SHAPE AND SIZE

Patricia Vertinsky, "Embodying Normalcy: Anthropometry and the Long Arm of William Sheldon's Somatotyping Project," *Journal of Sport History* 29,2 (2002), 95-133.

Jaqueline Urla and Alan C Swedlund, The Anthropometry of Barbie: Unsettling Ideas of the Feminine Body in Popular Culture, in Jennifer Terry and Jacqueline Urla (eds), *Deviant Bodies: Critical Perspectives on Difference in Science and Culture* (Indiana University Press, 1995), 277-313.

Susan Bordo, Reading the Slender Body in *Unbearable Weight. Feminism, Western Culture and the Body*, (University of California Press, 1993) 185-212.

Sharlene Hesse Biber. Am I Thin Enough Yet. The Cult of Thinness and the Commercialization of Identity (Oxford University Press, 1996), 44-57.

Sean Redmond, Thin White Woman in Advertising: Deathly Corporeality," *Journal of Consumer Culture*, 3,2 (2000), 170-191.

Neville Hoad, "World Piece: What the Miss World Pageant can teach about Globalization," *Cultural Critique* 58 (2004), 56-81.

Pirkko Markula. Firm but Shapely, Fit but Sexy: Strong but Thin: The Postmodern Aerobicizing of Female Bodies *Sociology of Sport Journal*, 1995, 12,424-453

Kathy Davis, "My Body is My Art": Cosmetic Surgery as Feminist Utopia?" *Feminist Theory and the Body: A Reader*. Janet Price and Margrit Shildrick (eds) (New York :Routledge, 1999), 454-465.

The Marking of Race and Gender on the Body

Jennifer Hargreaves, Ch 4. Sport, Exercise and the Female Muslim Body, in *Physical Culture, Power and the Body*.

Leslie Heywood, Producing Girls: Empire, Sport and the Neo-Liberal Body, *Physical Culture, Power and the Body*.

John Hoberman, Ch 11, Race and Athletics in the 21st Century, *Physical Culture, Power and the Body*.

Steven Epstein, "Bodily Differences and Collective Identities: The Politics of Gender and Race in Biomedical Research in the United States," *Body and Society* 10, 2/3 (2004), 183-203.

Patricia Vertinsky, The Racial Body and the Anatomy of Difference. Anti-Semitism, Physical Culture and the Jew's Foot, *Sport Science Review* 4,1 (1995): 38-59.

Patricia Vertinsky, "More Myth than History: American Culture and Representations of the Black Female's Athletic Ability," *Journal of Sport History* 1998.

Brian Wilson, Cool Pose Incorporated. The Marketing of Black Masculinity in Canadian NBA Coverage, in Philip White and Kevin Young (Eds.), *Sport and Gender in Canada* (Oxford University Press, 1999), 232-254.

Anne Fausto-Sterling, Gender, Race and Nation: The Comparative Anatomy of 'Hottentot' Women in Europe, Londa Schiebinger (ed) *Feminism and the Body* (New York: Oxford University Press, 2000), 203-233.,

STEREOTYPES OF DISABILITY AND AGING

Andrew Sparkes and Brett Smith, Disabled Bodies and Narrative Time, *Physical Culture, Power and the Body*.

Fiona Whittington-Walsh, "From Freaks to Savants: Disability and Hegemony from the *Hunchback of Notre Dame* (1939) to *Sling Blade* (1997)," *Disability and Society*, 6,2002, 695-707.

Patricia Vertinsky, A Woman's P(l)ace in the Marathon of Life," *Journal of Aging and Physical Activity*, 8 (2000), 386-406.

Deborah Lupton, Constructing the Menopausal Body" The Discourses on Hormone Replacement Therapy," *Body and Society* 2,1 (1996), 91-97.

Linda Heuser, "We're not too old to play sports; the career of women lawn bowlers," *Leisure Studies* 24,1 (2005), 45-60.

Barbara Kamler et al. Mirror,Mirror on the Wall: Reflections on Ageing," *Australian Cultural History* 14 (1995), 1-22.

Jennifer Hargreaves, Impaired and Disabled..Building on Ability, in *Heroines of Sport* (Routledge, 2003), 174-214

Cassandra Phillips, "Re-Imagining the Disabled Body," *Journal of Medical Humanities*,22.3 (2001), 195-208.

THE POLITICS OF SPORT, GYMNASTICS AND DANCE

Ian McDonald, ch 3, Political Somatics: Fascism, Physical Culture and the Sporting Body, *Physical Culture, Power and the Body*.

Patricia Vertinsky, ch 4, Movement Practices and Fascist Infections, *Physical Culture, Power and the Body*.

Eugen Weber, "Gymnastics and Sports in Fin de Siecle France. Opium of the Classes," *American Historical Review* 76,1 (1971) 70-98.

Petr Roubal, Politics of Gymnastics: Mass Gymnastic Displays under Communism in Central and Eastern Europe, " *Body and Society* 9,2 (2003): 1-25.

Eduardo Archetti, Playing Football and Dancing Tango: Embodying Argentina in Movement Style and Identity, in Dyck and Archetti, *Sport, Dance and Embodied Identities*, 217-230.

Jill Julius Matthews, "They Had Such a Lot of Fun: The Women's League of Health and Beauty Between the Wars," *History Workshop Journal* 22-54.

Susan Leigh Foster, "Choreographies of Gender," *Signs: Journal of Women in Culture and Society*, 24.11.1-33

David Caute, The Ballet Dancer Defects, in *The Dancer Defects: The Struggle for Cultural Supremacy During the Cold War* (Oxford: Oxford University Press, 2003)

Susan Leigh Foster, Dancing Bodies, in Jane Desmond (ed), *Meaning in Motion: New Cultural Studies of Dance* (London: Duke University Press, 1997), 235-258.

SCHOOLING THE GENDERED BODY IN PHYSICAL EDUCATION

Jon Swain, "How Young Schoolboys Become Somebody: The Role of the Body in the Construciton of Masculinity," *British Journal of Sociology of Education*, 24,3,2003, 300-314.

Patricia Vertinsky, Reclaiming Space, Revisioning the Body: The quest for Gender Sensitive Physical Eduation," *Quest*, 44, 1992: 373-396.

Patricia Vertinsky et al., The Gendering of Physical Education in Hong Kong. East, West or Global?" *International Journal of History of Sport*, 2004.

Michael Gard, "Dancing Around the 'Problem' of Body and Dance," *Discourse: Studies in the Cultural Politics of Education*, 22,2 (2001), 213-225.

TENTATIVE CLASS OUTLINE

- Jan 12 INTRODUCTION TO COURSE
VIDEO – FIT: EPISODES IN THE HISTORY OF THE BODY
- Jan 19 UNDERSTANDING EMBODIED PRACTICES
- Jan 26 HEALTH, FITNESS AND THE MEDICALIZATION OF THE FEMALE
BODY
- Feb 2 SPACE AND PLACE: SITES OF SPORT AND EXERCISE
- Feb 9 THE MARKING OF RACE AND GENDER ON THE BODY
STUART HALL – RACE VIDEO
- Feb 16 MASCULINITY, MUSCULARITY AND GENDER BOUDARIES
- Feb 23 **SPRING BREAK**
- Mar 2 NORMALIZING THE BODY: BODY SHAPE AND SIZE
- Mar 9 DISABILITY AND THE AGING BODY – ‘FREAKS’
- Mar 16 THE POLITICS OF SPORT, DANCE AND GYMNASTICS
- Mar 23 SCHOOLING THE GENDERED BODY
- Mar 30 **MINI CONFERENCE**