

UNIVERSITY OF BRITISH COLUMBIA – SCHOOL OF KINESIOLOGY

KINESIOLOGY 580, Section 001

GRADUATE SEMINAR: BODY, EXERCISE AND SOCIETY

Dates: January – April, 2023
Time: TBA
Location: TBA
Instructor: Dr Patricia Vertinsky
Professor, School of Kinesiology

Dr Vertinsky will be available by appointment. Students will also have access to the book and journal library of the Physical Culture Laboratory while working on the course.

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Course Description

In this seminar discussion course, we will examine ways in which the body has been controlled and fashioned in modern society through modes of exercise, sport and physical culture and how these views have been incorporated into disciplinary practices through professions such as kinesiology, physiotherapy, sports medicine, coaching and physical education.

Studies of the physically active and sporting body increasingly focus upon the impact of medicine, technology, media, and performance. Culture influences the ways we look at body shape and function (the ‘normal’ body, the gendered body, the raced body, the ‘disabled’ body, the toned and fit body, the athletic body, the ‘fat’ body, the ‘aging’ body and the ‘indigenous’ body) and provides blueprints for diagnosis and prescription. Through the organization and regulation of time, space, and the movements of our daily lives, we train, shape and discipline our active and sporting bodies with the stamp of prevailing forms of selfhood, desire, masculinity and femininity, race and indigeneity, sexuality, disability and normalcy.

Acknowledgement

UBC’s Point Grey Campus is located on the traditional, ancestral and unceded territory of the Musqueam people. The land it is situated on has always been a place of learning for the Musqueam people who for millennia have passed on their culture, history and traditions from one generation to the next on this site.

Seminar topics during the semester will be selected from:

‘Exercise is Medicine?’ Exercise, Sport and the Medicalization of the Body

The Normal Body: Ideologies around Body Shape, Size and Appearance

The Muscular Body: Masculinity, Muscularity and the Maintenance of Gender Boundaries

Racializing the Body: The Effects of Race and Ethnicity on Sport and Physical Activity

Eastern Body Cultures: East vs West in Sport and Medicine: Yoga, Martial Arts and Running Cultures

Digital Bodies: Sport, Physical Activity and the Role of Technology

The Enhanced Body: Athletic Performance, Sex Testing and Drugs

Gender and Sexuality Matters in Sport and Physical Culture

Sites of Sport and Physical Activity: Gyms, Stadiums and the Outdoors

The Sporting Body at Risk: Violence, Concussion and the Role of Regulation

Culture/s of Disability, Sport & Physical Activity

Course Structure and Evaluation

This course is designed as a research and discussion based class for those interested in studying compelling aspects of physical culture and the sporting and healthy body from a variety of social and cultural perspectives. Grades are based upon a combination of participation, course assignments, book reviews, group discussions and a final research paper. Students will be asked to critically engage with the required course readings as well as attend, participate and occasionally lead in the group seminars.

Specific Learning Objectives

Students in this course will:

- Learn to think critically and creatively about physical culture, sport and embodied practices and to conduct self-directed learning projects
- Develop an understanding of the historical and current role of scientific, medical and cultural beliefs about men's, women's and children's bodies in shaping sport and physical culture practices
- Examine and critique efforts to normalize body size, shape, physical appearance and sporting potential
- Learn to understand and evaluate social and cultural issues around the gendered, racialized, and sexualized body in sport and physical culture

- Appreciate the close relationship between the sporting and healthy body and the environment

Policies and Expectations

Students, whose attendance or performance may be severely affected by medical, emotional or other disabilities, should consult with the instructor early in the term to discuss any special accommodations that might be needed in order to complete course requirements.

Academic Accommodation for Students with Disabilities

The University's goal is to ensure fair and consistent treatment of all students, including students with a disability, in accordance with their distinct needs and in a manner consistent with academic principles. Students with a disability who wish to have an academic accommodation should contact Access and Diversity without delay.

Academic Integrity

All UBC students are expected to behave as honest and responsible members of an academic community. Breach of those expectations or failure to follow the appropriate policies, principles, rules, and guidelines of the University with respect to academic honesty may result in disciplinary action. It is your responsibility to become familiar with the University of British Columbia's Academic Honesty and Plagiarism Policies, as well as the Student Declaration and the consequences of violating these policies.

Inclusivity Statement

Kinesiology is a multidisciplinary field that brings together faculty, students and others from diverse academic and personal backgrounds. The School of Kinesiology is committed to creating a respectful workplace and learning environment that supports inclusion based on the principles of equity, diversity and social justice in order to create an environment that supports its community members' full participation. The School is committed to providing accessible, usable, and welcoming spaces for faculty, staff, students, and visitors who have disabilities, are members of racialized communities, Indigenous, transgender, two-spirit and gender-diverse people, regardless of their age, sexual orientation, social status, religion, ethno- linguistic, nationality and/or citizenship status.

Please feel welcome to e-mail me your name and pronoun and how you would like these to be used.

Readings and Resources

All readings are available on Library Course Reserve (available through Canvas) or from the instructor.

Course Assessment

Assessment 1: General seminar participation – 20%

Individual active participation is an important part of this course throughout the semester. Throughout the semester I will be asking you to participate in a range of activities such as reflections on class readings, peer reviews and sharing your own views on a reading or specific topic or issue. Marks for participation will be obtained through attendance, participation in group discussions, and class activities.

Assessment 2: First word – 20%

At various times (x2) throughout the semester you will be asked to begin the seminar with ‘first word’ reflections related to the week’s reading/s and your opinions on the topic.

Assessment 3: Midterm book review 20%

Writing, especially critical reflection helps you to engage with the course material at a deeper level and also to develop writing skills more generally. Each student may select a book relevant to his or her particular research interests in the study of physical culture and the moving body (in discussion with the instructor) and develop a 2-3-page review.

Assessment 4: Final paper and presentation 40% (30% paper/10% presentation)

Students are asked to develop a final paper that investigates in depth a particular research topic related to their personal and professional interests around the study of physical culture and in relation to the broad themes of the course (max 20 pages including references.)

Each student will have the opportunity to discuss the development of their paper with the instructor at regular intervals, and present highlights from the final project in a class presentation towards the end of the semester.