



# Sport And Aging

**International Olympic Committee**



## **Sport And Aging:**

*Sport and Aging* Barry D. McPherson, 1986 Olympischer Kongress Alter      **The Masters Athlete** Joe Baker, Sean Horton, Patricia Weir, 2009-09-10 Masters athletes are those that continue to train and compete typically at a high level beyond the age of thirty five and into middle and old age The study of masters athletes enables us to better understand the benefits of and motivations for life long involvement in physical activity This is the first book to draw together current research on this important topic      **Sports and Aging** Gerald R. Gems, 2022-06 In *Sports and Aging* a wide ranging group of physically active people including many scholar athletes discuss sports in the context of aging and their own athletic experiences      *Sports and Aging* Gerald R. Gems, 2022-06 2023 Choice Outstanding Academic Title In *Sports and Aging* a wide ranging group of physically active people including many scholar athletes fifty years and older discuss sports in the context of aging and their own athletic experiences This collection of personal accounts includes a spectrum of contributors across genders social classes and racial ethnic national religious and educational backgrounds to determine whether there are any common characteristics that can promote long happy healthy and meaningful lifespans In this fresh look at the role of sports in the process of aging contributors range from a ninety six year old great grandmother to a former Olympian Many contributors have used education to better their lot in life or to find solace and meaning in the service of others For all sports or physical activity has enhanced their health and temperament and provided a sense of community      *Physical Activity and Sport in Later Life* Emmanuelle Tulle, Cassandra Phoenix, 2016-04-29 This volume addresses key issues such as the cultural and discursive context in which physical activity is discussed the process of becoming physically active the role of care settings in enabling physical activity pleasure gender and place and space      Sport, Le Troisième Millénaire International Olympic Committee, 1991      Take on Aging as a Sport Sharkie Zartman, 2016      Exercise and the Elderly Marian E. Beratan, 1989      **Physical Activity and Ageing** Steve Bailey, 2001 This title addressing the topic of physical activity and ageing contains contributions from several sport science disciplines The articles cover the prevention of osteoporosis exercise and training in ageing assessing the physical performance of older adults and more      *Learning Culture through Sports* Sandra Spickard Prettyman, Brian Lampman, 2010-09-16 In today s culture sports wield a weight influence this influence however is rarely examined Similar to the first edition this second edition of *Learning Culture Through Sports* provides coaches educators parents and others dealing with students and athletes with an engaging and critical context for probing the sociological basis of this influence The book s sections each address a particular issue in sport youth and sport gender and sexuality race and ethnicity sport media and big business and international perspectives on sport and participation Leading experts in the field present new and exciting avenues for exploring sport in our world allowing us to recognize its tremendous influence both positive and negative in our lives and in our world This new edition also includes cutting edge research examining contemporary issues and controversies surrounding sport today These issues analyzed from

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