

WORKBOOK

THE HANDBOOK ON **ATHLETIC PERFECTION**

A Training Manual for Christian Athletes

Foreword by Ron Brown



WES NEAL

The Handbook Of Athletic Perfection

Annie Blazer



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sports in America The Spirit of the Game provides the answer to this question by offering a sweeping history of the Christian athlete movement in the United States and its impact on American religion and the religion of sports Playing for God Annie Blazer, 2015-07-24 When sports ministry first emerged in the 1950s and 1960s its founders imagined male celebrity athletes as powerful salespeople who could deliver a message of Christian strength If athletes can endorse shaving cream razor blades and cigarettes surely they can endorse the Lord too reasoned Fellowship of Christian Athletes founder Don McClanen But combining evangelicalism and sport did much more than serve as an advertisement for religion it gave athletes the opportunity to think about the embodied experiences of sport as a way to experience intimate connection with the divine As sports ministry developed it focused on individual religious experiences and downplayed celebrity sales power opening the door for female Christian athletes to join and eventually dominate sports ministry Today women are the majority of participants in sports ministry in the United States In Playing for God Annie Blazer offers an exploration of the history and religious lives of Christian athletes showing that evangelical engagement with popular culture can carry unintended consequences When sport became an avenue for embodied worship it forced a reckoning with evangelical teachings about the body Female Christian athletes increasingly turned to their own bodies to understand their religious identity and in so doing came to question evangelical mainstays on gender and sexuality What was once a male dominated masculinist project of sports engagement became a female dominated movement that challenged evangelical ideas on femininity marriage hierarchy and the sinfulness of homosexuality Though evangelicalism has not changed sporting culture for those involved in sports ministry sport has changed evangelicalism An Unholy Alliance Robert J. Higgs, Michael Braswell, 2004 An Unholy Alliance offers a dissenting view to the claim by a growing number of scholars that Sports are a new religion The last few years have seen a spate of books that might be classified by a genre called Sports Apologetics that is arguments defending or celebrating in one way or another the familiar and ongoing alliance in America between sports and religion Recently claims have been made by scholars that sports are an authentic religion in and of themselves They make this startling assertion not by showing connections with the teachings of Buddha Jesus Mohammed or Moses but by parallels between the rites of modern games and those of preliterate man that were religious in nature because they were designed to propitiate powers and to ward off evil for the tribes employing them In this evocative book Higgs and Braswell suggest that while sports may often be good things they are not inherently divine They do not focus on wide spread abuse in sports as evidence for their counterargument Rather they question the use of mythological parallels from prehistory as justification for viewing sports as a religion

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Table of Contents The Handbook Of Athletic Perfection

1. Understanding the eBook The Handbook Of Athletic Perfection
 - The Rise of Digital Reading The Handbook Of Athletic Perfection
 - Advantages of eBooks Over Traditional Books
2. Identifying The Handbook Of Athletic Perfection
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Handbook Of Athletic Perfection
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Handbook Of Athletic Perfection
 - Personalized Recommendations
 - The Handbook Of Athletic Perfection User Reviews and Ratings
 - The Handbook Of Athletic Perfection and Bestseller Lists
5. Accessing The Handbook Of Athletic Perfection Free and Paid eBooks
 - The Handbook Of Athletic Perfection Public Domain eBooks
 - The Handbook Of Athletic Perfection eBook Subscription Services
 - The Handbook Of Athletic Perfection Budget-Friendly Options

6. Navigating The Handbook Of Athletic Perfection eBook Formats
 - ePub, PDF, MOBI, and More
 - The Handbook Of Athletic Perfection Compatibility with Devices
 - The Handbook Of Athletic Perfection Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Handbook Of Athletic Perfection
 - Highlighting and Note-Taking The Handbook Of Athletic Perfection
 - Interactive Elements The Handbook Of Athletic Perfection
8. Staying Engaged with The Handbook Of Athletic Perfection
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Handbook Of Athletic Perfection
9. Balancing eBooks and Physical Books The Handbook Of Athletic Perfection
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Handbook Of Athletic Perfection
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine The Handbook Of Athletic Perfection
 - Setting Reading Goals The Handbook Of Athletic Perfection
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of The Handbook Of Athletic Perfection
 - Fact-Checking eBook Content of The Handbook Of Athletic Perfection
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

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