



Femininity and the Physically Active Woman (Paperback)

By Precilla Y. L. Choi

Taylor Francis Ltd, United Kingdom, 2000. Paperback. Condition: New. New.. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. The fitness boom of the last two decades has led to many people incorporating exercise into their lifestyles through activities such as jogging and aerobics. However, whilst many physical and psychological health benefits have been documented, far too few people actually take part in enough exercise to glean significant improvements, and this is much more a problem for women than men. *Femininity and the Physically Active Woman* explores one reason many women offer for their lack of involvement in sport and exercise - that they are not the sporty type. Precilla Y.L. Choi argues that the sporty type is masculine, and to determine how this notion might affect women's self-perceptions, she critically examines the experiences of women athletes, bodybuilders, recreational exercisers and girls physical education. What emerges is the importance of visible differences between women and men, in terms of muscularity, strength and agility in order to maintain the gender order. Thus, if a girl or woman wishes to play the masculine game...



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