



Course syllabus

Faculty of Social Sciences

Department of Sport Science

4IV327 Fitnessrevolutionen. Kroppskultur, dopning och självet
omvandlingar, 7,5 högskolepoäng

The Fitness Revolution. Body culture, doping, and transformations
of the self, 7.5 credits

Main field of study

Sport Science

Subject Group

Sport Science

Level of classification

Second Level

Progression

A1N

Date of Ratification

Approved by Faculty of Social Sciences 2020-03-04

The course syllabus is valid from spring semester 2021

Prerequisites

General entry requirements for second-cycle studies and specific requirements; at least 90 credits in the main field of study sport science or equivalent main field.

Objectives

Upon completion of the course, students should be able to:

- summarize and account for the historic development and the contemporary signification of the gym and fitness culture,
- describe and classify current research concerning the link between body, doping and identify formation,
- analyse fitness doping as a social phenomenon and reflect on alternative views on doping and prevention,
- apply relevant theoretical perspectives and concepts in analyses of the gym and fitness culture and the relation to body, gender and identity.

Content

The course discusses the historical growth and contemporary development of the gym and fitness culture. By the use of body sociological and socio-cultural theories and analyses, the course looks into among other things how body, identity and gender are currently illustrated in the contemporary fitness culture. The course also discusses social and behavioural scientific perspectives on fitness doping and the current work on doping prevention.

Type of Instruction

Teaching takes place in the form of lectures and participation in discussions in course forums.

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Examination of the course takes place by means of a project assignment to be presented in writing at the final examination.

In order to receive a grade of Pass, the course objectives must be attained.

A retake of the examination is provided in accordance with the Local Regulations for First-Cycle and Second-Cycle Courses and Examination at Linnaeus University.

Should the university determine that a student is entitled to special educational support due to impairment, the examiner may provide the student with an adapted test or the student may carry out the examination in an alternative way.

Course Evaluation

A course evaluation is carried out either during or at the end of the course. Results and analysis of the evaluation are presented to the students who have completed the course as well as to new students at the following course date. The course evaluation is conducted anonymously.

Required Reading and Additional Study Material

Adelman, Miriam, & Ruggi, Linnea (2016). *The sociology of the body*. *Current Sociological Review*, 64(6), pp. 907–930.

Andreasson, Jesper, & Johansson, Thomas. (2020). *Fitness Doping. Trajectories, Gender, Bodies and Health*. Cham, Switzerland: Palgrave Macmillan, (217 p.) ISBN: 9783030221041.

Crossley, Nick. (2005). Mapping reflexive body techniques: On body modification and maintenance. *Body & Society*, 11(1), pp. 1–35.

Johansson Thomas. (2006). *Makeovermani: Om Dr Phil, plastikkirurgi och illusionen om det perfekta jaget*. Stockholm: Natur och kultur, (239 p.) ISBN: 9789127107984

Le Breton, David. (2000). Playing symbolically with death in extreme sports. *Body & Society*, 6(1), pp. 1–11.

Sassatelli, Roberta. (2010). *Fitness culture: Gyms and the commercialisation of discipline and fun*. Houndmills, UK: Palgrave Macmillan, (236 p.) ISBN: 9781137464873

Thualagant, Nicole. (2012). The conceptualization of fitness doping and its limitations. *Sport in Society: Cultures, Commerce, Media, Politics*, 15 (3), pp. 409–419.

Additional scientific publications included, approximately 200 pages.