**Fit and Feisty: Cultural and Scientific Perspectives on Sports**

**SAMPLE WORKSHOP DESCRIPTIONS**

**Affirmative Action and Sport: Is it Wrong to Make it a Right?**
Alex Nice, Assistant Professor of Classics and Humanities

Affirmative action is a way to ensure that minorities (women, African-Americans, Hispanics) who have been previously disadvantaged are given privileged access to certain jobs or institutions. This workshop considers the impact of affirmative action on sport with particular reference to South Africa. In South Africa the government has initiated “quota” systems for local, provincial, and national sports teams. In other words, each team must have a certain number of minority athletes. Are such quota systems necessary to redress the imbalances of the past when South Africa was a white-run country and only white people participated in sport? Do quota systems work? Is it fair to label this kind of government initiative as “reverse discrimination?” How do individual athletes, managers and coaches react and feel about sporting affirmative action? How would you feel if you were included or excluded from a sports team on the basis of your skin color?

*Students and parents/teachers separate*

**In the Swim: Water, Sports, and Myth**
Lena Lencek, Professor of Russian and Humanities

The human conquest of water—for purposes of recreation, competition, therapy, and spiritual transcendence—began in earnest, as a systematic assault on a medium inherently hostile to the human anatomy, relatively late in history. We will look at some historical, sociological, technological, medicinal, and cultural events that have played key roles in the discovery, elaboration, and popularization of various water sports, and examine the values and meanings that have come to be attached to them.

*Students and parents/teachers separate*

**Modern Dance for Every Body**
Carla Mann, Assistant Director of Dance

Like other contemporary artists, modern dance choreographers have tried to expand the boundaries of art-making, creating not only new kinds of movement, but new methods of making dances and new ideas about what types of bodies can be dancing bodies. This movement workshop will introduce some ways that modern dancers explore a wide range of movements while simultaneously training the body—whatever type of body that may be—to move safely and efficiently. No experience is necessary. Just come ready to move! (Feel free to bring a change of gym clothes for movement comfort.)

*Students and parents/teachers together, Morning Only*

**Motivation on the Field and in the Gym**
Jennifer Henderlong Corpus, Assistant Professor of Psychology

Why do we play sports anyway? In this workshop, we’ll consider some of the different underlying motivations for our participation in sports and exercise. Using theories from the field of psychology, we will talk about how our involvement and performance in sports is affected by (a) how good we think we are, (b) how much we like the other players, and (c) how much choice we think we have in deciding whether or not to play.

*Students and parents/teachers together*
Ratings, Ranks, and Polls
Albyn Jones, Professor of Statistics
Rating systems (sometimes called "computer rankings" or "power ratings") were first used in competitive chess, and have spread to other two player games (notably Go and table tennis). They apply equally well to team sports, such as football (American and soccer), basketball, and hockey. Possible topics for discussion: how do rating systems work, what are the relative strengths and weaknesses of rating systems versus "expert opinion" (polls), and the BCS (Bowl Championship Series) system.

Students and parents/teacher together

Strength Training for Children and Adolescents
Michael Lombardo, exercise physiologist and fitness instructor, Reed PE Department
Looking for a fun, safe, non-competitive fitness program to quickly move you up a couple notches on the fitness scale? The optimal time to begin strength training is between the ages of 11-15. Whether for health enhancement, improved energy, body confidence, stress management or preparation for more advanced athletic training, early exposure to resistance training methods is highly recommended. This workshop will provide a discussion of basic strength training concepts followed by a demonstration of a variety of strengthening exercises primarily using free weights, cables, balance balls and discs, and body weight for resistance. The workshop will allow, but not require, participants to practice proper form and technique, so dress comfortably! We will provide handouts on program design considerations and guidelines for developing an effective strength-training program for the adolescent.

Students and parents/teacher together

The meaning of sport (II)
Nigel Nicholson, Walter Mintz Associate Professor of Classics
Through discussions of contemporary sports and analyses of Ancient Greek poetry and art, this seminar will pursue the ideas raised in Nigel Nicholson's morning lecture: how odd sports are, how a given sport comes to be defined as a sport, how that sport is given value, and what values that sport with all its oddities promotes.

Students and parents/teachers separate

Adolescent Mental Health and Exercise
Sara Winegar, psychology intern, Reed Health Services Center
Description available later

Parents/teachers only

2-9-06