1. Record Nr. UNINA9910359556403321

Autore	Fuller Carol (Carol Louise)
Titolo	Martial arts and well-being : connecting communities and promoting health / / Carol Fuller with Viki Lloyd
Pubbl/distr/stampa	Taylor & Francis, 2020 London : , : Routledge, , 2020
ISBN	1-315-44808-4
Descrizione fisica	1 online resource (xiii, 116 pages) : illustrations (black and white); digital file(s)
Disciplina	796.8
Soggetti	Martial arts - Health aspects Martial arts - Social aspects PSYCHOLOGY / Social Psychology SPORTS & RECREATION / Martial Arts & Self-Defense SPORTS & RECREATION / Sports Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1 - Introduction Scope of the research and structure of the book Part 2 Methods Research Design Data Collection Sample Survey Interviews Data analysis Survey Interviews Chapter 2 - Theories of behaviour and reality construction-their value in understanding health and well-being Exploring individual attitudes and behaviour Behaviourism Social cognitive theory Self-efficacy and human health and well-being Society and behaviour Culture and group behaviour Martial arts, health and well-being Eastern philosophy and its relevance to martial arts Chapter summary Chapter 3 -Teachers of martial arts Introduction Sample Motivations for taking up a martial art Physical Health Well-being General Health and health awareness Well-being Culture Community Inclusion Challenges to teaching martial arts Value of teaching Access to martial Arts Chapter summary Chapter 4 - Health and physical well-being and the teaching and learning of martial arts Introduction Sample Motivations for taking up a martial art Health General physical well-being Support for health: awareness and benefits Health Awareness Health Benefits Teaching and Learning Learning and

the martial arts teacher Qualities in the teacher Challenges to learning Being a martial artist Chapter summary Chapter 5 - Well-Being Introduction Sample * Martial arts and well-being Well-being and confidence Intellectual Social * Management of stress and the link to health and well-being Chapter summary Chapter 6 - Connecting communities and promoting health Chapter 7 - Conclusion References

Sommario/riassunto

Martial Arts and Well-Being explores how martial arts as a source of learning can contribute in important ways to health and well-being, as well as provide other broader social benefits. Using psychological and sociological theory related to behaviour, ritual, perception and reality construction, the book seeks to illustrate, with empirical data, how individuals make sense of and perceive the value of martial arts in their lives. This book draws on data from over 500 people, acrossall age ranges, and powerfully demonstrates that participating in martial arts can have a profound influence on the construction of behaviour patterns that are directly linked to lifestyle and health. Making individual connections regarding the benefits of practice, improvements to health and well-being - regardless of whether these improvements are 'true' in a medical sense -this book offers an important and original window into the importance of beliefs to health and well-being as well as the value of thinking about education as a process of life-long learning. This book will be of great interest to a range of audiences, including researchers, academics and postgraduate students interested in sports and exercise psychology, martial art studies and health and well-being. It should also be of interest to sociologists, social workers and martial arts practitioners.

2. Record Nr. UNINA9910144421503321

Autore	Moore John D
Titolo	Lectures on Seiberg-Witten Invariants / / by John D. Moore
Pubbl/distr/stampa	Berlin, Heidelberg : , : Springer Berlin Heidelberg : , : Imprint : Springer, , 2001
ISBN	3-540-40952-1
Edizione	[2nd ed. 2001.]
Descrizione fisica	1 online resource (VIII, 121 p.)
Collana	Lecture Notes in Mathematics, , 1617-9692 ; ; 1629
Classificazione	58E15
Disciplina	510 s 514/.74
Soggetti	Algebra Algebraic topology Mathematical optimization Calculus of variations Global analysis (Mathematics) Manifolds (Mathematics) System theory Control theory Geometry, Algebraic Algebraic Topology Calculus of Variations and Optimization Global Analysis and Analysis on Manifolds Systems Theory, Control Algebraic Geometry
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Sommario/riassunto	Riemannian, symplectic and complex geometry are often studied by means ofsolutions to systems ofnonlinear differential equations, such as the equa- tions of geodesics, minimal surfaces, pseudoholomorphic curves and Yang- Mills connections. For studying such equations, a new unified technology has been developed, involving analysis on infinite-dimensional manifolds. A striking applications of the new

technology is Donaldson's theory of "anti-self-dual" connections on SU (2)-bundles over four-manifolds, which applies the Yang-Mills equations from mathematical physics to shed light on the relationship between the classification of topological and smooth four-manifolds. This reverses the expected direction of application from topology to differential equations to mathematical physics. Even though the Yang-Mills equations are only mildly nonlinear, a prodigious amount of nonlinear analysis is necessary to fully understand the properties of the space of solutions. . At our present state of knowledge, understanding smooth structures on topological four-manifolds seems to require nonlinear as opposed to linear PDE's. It is therefore quite surprising that there is a set of PDE's which are even less nonlinear than the Yang-Mills equation, but can yield many of the most important results from Donaldson's theory. These are the Seiberg-Witte~ equations. These lecture notes stem from a graduate course given at the University of California in Santa Barbara during the spring quarter of 1995. The objective was to make the Seiberg-Witten approach to Donaldson theory accessible to second-year graduate students who had already taken basic courses in differential geometry and algebraic topology.