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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, across all 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.
