

1. Record Nr.	UNINA9910437626703321
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Titolo	The History of Physical Culture in Ireland / / by Conor Heffernan
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Palgrave Macmillan, , 2020
ISBN	9783030637279 3030637271
Edizione	[1st ed. 2020.]
Descrizione fisica	1 online resource (XV, 280 p. 8 illus., 2 illus. in color.)
Disciplina	613.7109415
Soggetti	Great Britain - History Social history Sports - History Women - History History of Britain and Ireland Social History Sport History Women's History / History of Gender
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	1. Introduction -- 2. Combating the 'Evils of Civilisation': Recreational Physical Culture in Pre-Independence Ireland -- 3. 'With this atmosphere of unrest and sinister rumours...': Military Physical Culture in Pre-Independence Ireland -- 4. 'The production and maintenance of health in body and mind': Educational Physical Culture in Pre-Independence Ireland -- 5. 'Physical culture is good for body and soul.': Recreational Physical Culture in Interwar Ireland -- 6. 'Embracing the Whole Gambit of Physical Exercise.': Interwar Military Physical Culture -- 7. "In Ireland the subject of physical training had perhaps, been neglected": Interwar Physical Culture in Schools -- 8. Conclusion: 'Physical Culture is Nation's Need.'
Sommario/riassunto	This book is the first to deal with physical culture in an Irish context, covering educational, martial and recreational histories. Deemed by many to be a precursor to the modern interest in health and gym

cultures, physical culture was a late nineteenth and early twentieth century interest in personal health which spanned national and transnational histories. It encompassed gymnasiums, homes, classrooms, depots and military barracks. Prior to this work, physical culture's emergence in Ireland has not received thorough academic attention. Addressing issues of gender, childhood, nationalism, and commerce, this book is unique within an Irish context in studying an Irish manifestation of a global phenomenon. Tracing four decades of Irish history, the work also examines the influence of foreign fitness entrepreneurs in Ireland and contrasts them with their Irish counterparts.
