

1. Record Nr.	UNINA9910811825503321
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Titolo	Qualifying times : points of change in U.S. women's sport // Jaime Schultz
Pubbl/distr/stampa	Urbana, Illinois : , : University of Illinois Press, , 2014 ©2014
ISBN	0-252-09596-0
Descrizione fisica	1 online resource (305 p.)
Collana	Sport and society
Disciplina	796.082
Soggetti	Sports for women - United States - History Sports for women - Social aspects - United States Women athletes - United States - History
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	""Cover""; ""Title""; ""Contents""; ""Acknowledgments""; ""Abbreviations""; ""Introduction""; ""1. What Shall We Wear for Tennis?""; ""2. Commercial Tampons and the Sportswoman, 1936a€? 52""; ""3. Rules, Rulers, and the ""Right Kind"" of Competition""; ""4. Women's Sport and Questionable Sex""; ""5. From ""Women in Sports"" to the ""New Ideal of Beauty""""; ""6. A Cultural History of the Sports Bra""; ""7. Something to Cheer About?""; ""Epilogue""; ""Notes""; ""Bibliography""; ""Index""
Sommario/riassunto	This perceptive, lively study explores US women's sport through historical 'points of change': particular products or trends that dramatically influenced both women's participation in sport and cultural responses to women athletes. Beginning with the seemingly innocent ponytail, the subject of the introduction, scholar Jaime Schultz challenges the reader to look at the historical and sociological significance of now-common items such as sports bras and tampons and ideas such as sex testing and competitive cheerleading.