

# Enlightenment through physical activity.

## Dunfermline College of Physical Education - Sokushinbutsu: The Bizarre Practice of Self Mummification

Forthcoming, in Peter Borsay, ed. *A Cultural History of Leisure: The Age of Enlightenment* (Bloomsbury, 2021)

### Sports and Games

MIKE RUSSELL

The Age of Enlightenment saw the expansion of some more high-status, urban and 'polite' sports into the public market place, increased interest in 'country sport' by some of the land-owning elite, and more opportunities for proletarian professionals such as prize-fighters. The recent resurgence of academic, interdisciplinary attention to Enlightenment sport has re-emphasised sport's increased ubiquity, the range of sources now available for its study, and the disagreements and debates it generated. In part, at least, sport has been viewed as a by-product of the scientific revolution of the European enlightenment (Suttons 1976), taking up some of its language and intellectual approaches. There was, for example, increased interest in more scientific farriery and veterinary care for horses and hounds, and thoroughbred breeding records based on heredity, blood and probability theory. Shifting attitudes to the creation of wealth meant that when the Duke of Bedford's entry into horse racing "was attended with so much scientific skill as to astonish the whole stand", and he was able to hedge his bets as ably as any *Memphis Chronicle*, 6 November 1780 he was exhibiting mathematical

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### Social Environment and Physical activity: A review of concepts and evidence

However, some of them, most notably Marquis de Condorcet, expressed a much more explicit position on the equality of men and women.

### Physical Activity

His political philosophy influenced the Enlightenment in France and across Europe.

### Enlightenment Thinkers

Increasing physical activity is encouraged by using pedometers and exercise resistance bands, which are given to intervention participants.

### Physical Activity

In fact, the founders of two of the most popular styles of modern hatha yoga, Iyengar and Ashtanga, had the same teacher - Sri Tirumalai Krishnamacharya see figure 1.

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