# Contents

*List of Contributors* *xi*
*Acknowledgements* *xv*

Introduction 1
LUKE JONES, ZOË AVNER, AND ALLISON JEFFREY

1 Becoming, Knowing, and Coaching: A Journey through Skilled Movement, Discipline, and Resonance 9
CHRISTIAN THUE BJØRNDAL

2 When Our Survival Is Not Given: Arts and Athletics of Remaining Alive 30
NATHAN VIKTOR FAWAZ AND DANIELLE PEERS

3 Toward More Ethical and Sustainable Sporting and Coaching Practices 52
GÖRAN GERDIN

4 'Train Don't Strain!': Mastering Frailty in an Ageing Running Body 71
P. DAVID HOWE

5 Imagining a Yogic War Machine: Possibilities for Thinking Differently in Practice, Research, and Facilitation 84
ALLISON JEFFREY

6 Permeating Change as a Coach Educator Post-Retirement: From Disciplined to a Heterotopia as a Technology of Self 101
CLAYTON KUKLICK AND GONZALO OBANDO

7 Reflections on Skilled Dance Performance: Mapping the Materialized Body in Motion 118
PIRKKO MARKULA

8 Arlene and the Machines: One Triathlete's Mechanic Wrestles 131
ARLENE MCGANN AND JOSEPH MILLS

9 Moving Bodies = Learning Bodies 147
EMILY NOTON

10 Conditioned Spaces, Conditioned Thoughts? Exploring Practice Architectures and the Mediation of Reflexivity in Performance Sport 164
SIMON PHELAN

Conclusion 183
LUKE JONES, ZOË AVNER, AND ALLISON JEFFREY

*Index* *189*