

## Extreme Sports

What is the allure of the extreme? Who are the women who seek out and excel at sports outside the conventional, such as cave diving, wingsuit flying, or Formula 1 racing? This collection of female adventure dynamos is as fascinating as it is empowering. *Thrill Seekers* introduces readers to a diverse and fascinating selection of women whose determination, grit, and courage have propelled each of them into a life far from the sidelines. Each chapter introduces readers to modern role models and leaders, change-makers who opt into a life of risk—but one of astonishing rewards. Their stories inspire young people to approach life with the same bold resolve.

Audisee® eBooks with Audio combine professional narration and sentence highlighting for an engaging read aloud experience! Parkour is all about overcoming obstacles, and winning a parkour competition requires strength and creativity. Readers will dive deep into the world of parkour and how athletes face their fears.

In this two-volume set, a series of expert contributors look at what it means to be a boy growing up in North America, with entries covering everything from toys and games, friends and family, and psychological and social development.

- 166 entries on specific aspects of boyhood life in North America today, ranging from boy-centered toys, games, and media to issues of masculinity and confusing notions of manhood
- Expert contributors from a variety of academic and professional disciplines, providing insight into a range of issues related to the lives of North American boys
- Bibliographic listings of works cited and further reading in print and online
- A comprehensive index

This book investigates extreme sports, defined as sports in which athletes challenge and transgress societal perceptions of what is humanly possible to achieve, in terms of physical training and bodily development/performance. Situated within a growing body of literature analysing the impact of new training trends on an individual's body, identity, lifestyle and perception of his/her social surroundings, *Extreme Sports, Extreme Bodies* focuses on the gendered and embodied experiences of bodybuilding, Ironman triathlon, and mixed martial arts. Through their ethnographic analysis, Andreasson and Johansson present a unique and updated account of the increasing phenomenon of extreme sports and extreme bodies in contemporary Western society, grounded in the sociology of sport, body studies and embodiment literature.

Psychological Drivers and Consumer Behaviours of Extreme Athletes  
Philosophy, Risk and Adventure Sports  
15 Remarkable Women in Extreme Sports

## Consuming Extreme Sports

### From Buzkashi to Zorbing

Extreme sports like street lugging, skateboarding on rails and ramps, and snow boarding off nearly impossible jumps are hotter today than they have ever been before. The athletes who pursue these challenging activities often become as dedicated as Olympians and spend hours every day practicing and improving their technique in order to be able to enjoy the thrill that only making the perfect ollie or dropping a hill on a buttboard can bring. Extreme athletes often refer to the adrenaline rush of competing as being “amped,” and many say that there is no other feeling in the world that is as satisfying. For most of these rough and tumble athletes, part of the appeal of extreme sports is the danger. Grab this ebook today to learn everything you need to know.

Filled with snowboarders and skiers, windsurfers and kite boarders, rock climbers and hang gliders, this action-packed release takes coloring to the extreme! Thirty full-page illustrations spotlight today's most popular — and over-the-top — outdoor activities. Whether you want to get into the action or just enjoy a vicarious thrill through coloring, this book promises to be exhilarating for all.

Extreme sports, those activities that lie on the outermost edges of independent adventurous leisure activities, where a mismanaged mistake or accident would most likely result in death, have developed into a significant worldwide phenomenon (Brymer & Schweitzer, 2017a). Extreme sport activities are continually evolving, typical examples include BASE (an acronym for Buildings, Antennae, Span, Earth) jumping and related activities such as proximity flying, extreme skiing, big wave surfing, waterfall kayaking, rope free solo climbing and high-level mountaineering. While participant numbers in many traditional team and individual sports such as golf, basketball and racket sports have declined over the last decade or so, participant numbers in so called extreme sports have surged. Although extreme sports are still assumed to be a Western pastime, there has been considerable Global uptake. Equally, the idea that adventure sports are only for the young is also changing as participation rates across the generations are growing. For example, baby boomers are enthusiastic participants of adventure sports more generally (Brymer & Schweitzer, 2017b; Patterson, 2002) and Generation Z turn to extreme sports because they are popular and linked to escapism (Giannoulakis & Pursglove, 2017). Arguably, extreme sports now support a multi-billion dollar industry and the momentum seems to be intensifying. Traditional explanations for why extreme sports have become so popular are varied. For some, the popularity is explained as the desire to rebel against a society that is becoming too risk averse, for others it is about the spectacle and the merchandise that is associated with organised activities and athletes. For others it is just that there are a lot of people attracted by risk and danger or just want to show off. For others still it is about the desire to belong to sub-cultures and the glamour that goes with extreme sports. Some seek mastery in their chosen activity and in situations of significant challenges. This confusion is unfortunate as despite their popularity there is still a negative perception about extreme sports participation. There is a pressing need for clarity. The dominant research perspective has focused on positivist theory-driven perspectives that attempt to match extreme sports against predetermined characteristics. For the most part empirical research has conformed to predetermined societal perspectives. Other ways of

knowing might reveal more nuanced perspectives of the human dimension of extreme sport participation. This special edition brings together cutting-edge research and thought examining psychology and extreme sports, with particular attention payed to the examination of motivations for initial participation, continued participation, effective performance, and outcomes from participation. References Brymer, E. & Schweitzer, R. (2017a) Phenomenology and the extreme sports experience, NY, Routledge. Brymer, E, & Schweitzer, R, D. (2017b) Evoking the Ineffable: The phenomenology of extreme sports, Psychology of Consciousness: Theory, Research, and Practice 4(1):63-74 Giannoulakis, C., & Pursglove, L., K., (2017) Evolution of the Action Sport Setting. In S.E. Klein Ed. Defining Sport: Conceptions and Borderlines. Lexington Books, London. 128-146 Patterson, I. (2002) Baby Boomers and Adventure Tourism: The Importance of Marketing the Leisure Experience, World Leisure Journal, 44:2, 4-10, DOI: 10.1080/04419057.2002.9674265 Entries cover issues related to sports medicine, including diagnostic and treatment techniques, conditioning and training, diet and nutrition, doping and performance enhancement, injury prevention, and career opportunities.

Explore the World Level L Set

Extreme and Rare Sports: Performance Demands, Drivers, Functional Foods, and Nutrition Plpr2

Extreme Sports Medicine

Understanding Extreme Sports: A Psychological Perspective

"Up in the air! Down on the ground! Under the water! extreme sports are new, exiting, and dangerous! Learn about extreme sports from aerial ballet to zorbing. Read about the crazy people who love extreme sports. Are extreme sports for you?"--P. [4] of cover.

Extreme sports can be both exciting and dangerous to do. This book is about many different kinds of extreme sports people like to do.

This technically oriented book on medicine as applied to extreme sports offers broad coverage of the field extending well beyond the usual focus on major trauma and acute injuries. In addition to the injuries and diseases associated with individual extreme sports, this book also addresses the topics of psychology, dermatology, ophthalmology, infectious diseases, physiology, nutrition, training, injury prevention strategies, rehabilitation, doping, treatment in hostile environments, and legal aspects. Innovative and less frequently considered topics are also discussed, such as recent advances in protective equipment and materials, the effects of exposure on whole-body vibration, and cold exposure risk management. More than 60 of the most authoritative experts from across the world have contributed to this book, drawing on their personal experiences and including practical examples whenever relevant. Both subject matter and illustrations have been selected with the utmost care, the latter including photographs of world-class athletes. The book's multidisciplinary approach to the subject ensures that it will be relevant to a wide readership.

This full-color illustrated guide takes you through all aspects of video production, focusing on action sports. From planning and preparation to editing and postproduction, you'll get a solid understanding of the changing technology, camera techniques, and basic to more-advanced shooting principles that can be applied to almost every scenario you encounter. The countless examples of camera tricks and techniques used at major events apply to any kind of shoot. Equally as important, you're encouraged to go beyond merely recording the scene and learn how to think like a professional cameraman. Predicting and anticipating is perhaps the greatest talent a cameraman can acquire. It means keeping both eyes open and see not only what is happening around your frame, but also what is about to happen in it. Master the techniques

and tools of the trade so you can create compelling and creative work. Includes tips on how to:  
\* Choose a format \* Develop your own style \* Plan for a successful project, including funding and distribution \* Capture the shot in any environment \* Shooting tips and techniques for skateboarding, snowboarding, wakeboarding, surfing, freestyle BMX, and more

Adventure Sports Coaching

Extreme sports

Extreme Sports

Extreme Sports, Extreme Bodies

Extreme Sports Book and Mp3 Pack

Original / American English Up in the air! Down on the ground! Under the water!

Extreme sports are new, exciting, and dangerous! Learn about extreme sports from aerial ballet to zorbing. Read about the crazy people who love extreme sports. Are extreme sports for you?

Understanding the motivations behind those who partake in extreme sports can be difficult for some. If the popular conception holds that the incentive behind extreme sports participation is entirely to do with risking one's life, then this confusion will continue to exist. However, an in-depth examination of the phenomenology of the extreme sport experience yields a much more complex picture. This book revisits the definition of extreme sports as those activities where a mismanaged mistake or accident would most likely result in death. Extreme sports are not necessarily synonymous with risk and participation may not be about risk-taking. Participants report deep inner transformations that influence world views and meaningfulness, feelings of coming home and authentic integration as well as a freedom beyond the everyday. Phenomenologically, these experiences have been interpreted as transcendent of time, other, space and body. Extreme sport participation therefore points to a more potent, life-enhancing endeavour worthy of further investigation. This book adopts a broad hermeneutic phenomenological approach to critique the assumed relationship to risk-taking, the death wish and the concept of "No Fear" in extreme sports, and repositions the experience in a previously unexplored manner. This is valuable reading for students and academics interested in Sports Psychology, Social Psychology, Health Psychology, Tourism, Leisure Studies and the practical applications of phenomenology.

Rock climbing is one of today's most popular 'extreme sports.' Although many women are involved, the sport retains a particularly male image and culture. *Everyday Masculinities and Extreme Sport* presents the first in-depth study of rock climbing in the UK, analysing what it reveals about the contemporary construction and performance of masculinity through sport. One of the key concerns of the book is the relationship between everyday masculinity and the pursuit of the extraordinary through sport. Drawing on insights from sociology and gender studies, the book challenges traditional approaches to the analysis of sport.

What is your favorite extreme sport? Whichever one you love, you can be sure that STEM plays a big part in it. Explore the physics behind these over-the-top, incredible, gravity-defying sports, and, in the process, you'll have a new appreciation for science. *STEM in Extreme Sports* covers several of the most popular sports from skydiving to surfing to ski jumping. Learn what all these sports have in common because of STEM, and also how

STEM makes them different. Discover how the latest technological advances are propelling these sports into the future. Every book in the Connecting STEM and Sports series provides an in-depth look at how the principles of science, technology, engineering, and math are essential to the sports we love. In classrooms today, STEM curriculum is integrated for real-world learning, and this series shows how all four disciplines work together in the everyday games we watch and play. Each title in this series includes color photos throughout, and back matter including: an index and further reading lists for books and internet resources. Key Icons appear throughout the books in this series in an effort to encourage library readers to build knowledge, gain awareness, explore possibilities and expand their viewpoints through our content rich non-fiction books. Key Icons in this series are as follows: Words to Understand are shown at the front of each chapter with definitions. These words are set in boldfaced type in that chapter, so that readers are able to reference back to the definitions--building their vocabulary and enhancing their reading comprehension. Sidebars are highlighted graphics with content rich material within that allows readers to build knowledge and broaden their perspectives by weaving together additional information to provide realistic and holistic perspectives. Educational Videos are offered in chapters through the use of a QR code, that, when scanned, takes the student to an online video showing a moment in history, a speech, or an instructional video. This gives the readers additional content to supplement the text. Text-Dependent Questions are placed at the end of each chapter. They challenge the reader's comprehension of the chapter they have just read, while sending the reader back to the text for more careful attention to the evidence presented there. Research Projects are provided at the end of each chapter as well and provide readers with suggestions for projects that encourage deeper research and analysis. And a Series Glossary of Key Terms is included in the back matter containing terminology used throughout the series. Words found here broaden the reader's knowledge and understanding of terms used in this field.

Extreme Sports: Super Useful Tips That You'll Love

Extreme Sports and Their Greatest Competitors

Thrill Seekers

Not a Hap-Hazardous Sport

The Ultimate Guide to Extreme Filmmaking

Adventure and extreme sports are increasing in popularity and it is not surprising that commercial adventure tourism and the accompanying life style and fashion, have become increasingly important to world economy. These unique sports involve not only major physical endurance and mental challenges but interaction and bonding with nature. They also tend to attract and excite audiences, both at the event and in the media. They are exciting to watch and redraw the boundaries of human achievement with the accompanying risks of injury and death. Adventure sports are usually performed in beautiful, exciting and remote locations or in extreme environments far away from medical assistance. Extreme

sports usually involve an element of increased risk. These risks are highlighted by the media, usually after a reported accident or fatality but may vary according to the involvement of the participant; the weekend recreational athlete or the experienced professional. A wide variety of sports fall into the category of adventure and extreme sports and with an increasing number of disciplines, this field is ever expanding. Sports are performed in contact with the "ground"; mountain running and biking, rock climbing, ice climbing and mountaineering. In the air: skydiving and base jumping. On water: surfing, white water kayaking and rafting, board sailing and diving. And also involve mechanical vehicles and animals! Some sports may be performed as a combination of few disciplines, such as water and air, e.g. kite surfing, and as so involve very unique mechanisms of injury. Sports events can also be merged to form a multi-sport race comprising many disciplines lastly from single to multi day races. Sports may involve competition with others, against the environment or with oneself, frequently the most ferocious adversary. Adventure sports are becoming increasingly popular in the general public and a few take these sports to an extreme level with the accompanying risks. Those that do, bring such time and dedication that they become professional in terms of training, preparation and finance. More and more people are enjoying adventure sports and unfortunately increased numbers are becoming injured as a result. Future research is progressing alongside the sport development, to allow the sport mechanisms, injury patterns and predisposing factors to be better understood. It is the hope of all researchers to make the sports safer without detracting from their adventurous nature. The aim and scope of our book would be to bring the sports medicine involved in each of these sports into one volume. We would explain each sport including subtle similarities and differences, the common injury mechanisms, patterns of injury and treatment options. Additional chapters would include the mental characteristics of adventure racers and extreme sports athletes, together with the complexities of competing in hot and cold extreme environments. The book will present chapters focussing on the sports listed below, concentrating on published literature and newly formed studies by experts in the fields of injury epidemiology, prevention, management and

rehabilitation.

Dress the sportsmen and women, using the stickers provided in the book, in outfits suitable for a variety of extreme activities. Sports include free climbing, parkour, kite surfing, white water rafting, skate boarding, ice racing and even bog snorkelling!

Two crucial components of a healthy life are nutrition and exercise. The importance of appropriate diet, food and nutrition are extremely important to be successful in sports, and, especially, in extreme sports. Extreme sport is an activity where a participant must demonstrate both mental and physical skills. This type of activity provides an adrenaline rush to individuals who are part of the "community of extreme sportsmen." Extreme sports provide opportunity for individuals to be active and fit with added enjoyment of partaking in a fun activity. Extreme sports in conjunction with proper nutrition helps to boost immunity and resistance against common infections. Studies have also exhibited that sports and exercise activities help in managing effective work-life balance as well. Extreme and Rare Sports: Performance Demands, Drivers, Functional Foods, and Nutrition provides a comprehensive treatise on extreme sports emphasizing the importance of nutrition and research-driven nutraceutical supplements in injury prevention and treatment. The book presents information on the nutritional requirements of sports activities on land, in water, or with high altitude-base. It covers a wide variety of definitions, philosophies, thoughts and practices involved with structurally diverse extreme sports. Features: Discusses specific food and nutritional requirements in extreme sports Provides information on the importance of functional foods, nutrition and structurally diverse phytonutrients for different sports Features information on Olympic and diverse extreme sports Details the importance of hydration and use of gelatin; skeletal muscle damage and recovery from eccentric contractions; and information on dietary supplements and antioxidants Presents analysis on growth, marketing, techniques, and future of extreme sports With interest and participation in extreme and adventure sports growing year on year, the time is ripe for a thoughtful and analytical assessment of this phenomenon from a rigorous philosophical perspective. This collection of essays is the first single-source treatment of adventure

sports from an exclusively philosophical standpoint. The text offers students a uniquely focused reader of this burgeoning area of interest and provides scholars with a source book for further studies in this area. Featuring contributions from well-respected writers in the field who each also have personal familiarity of participation in adventure and extreme sports, this is set to become a classic analysis of the intersections between philosophy and extreme experiences, encompassing essential related concepts of elation, danger, death, wilderness and authenticity.

Everyday Masculinities and Extreme Sport

Epidemiology of Injury in Adventure and Extreme Sports

To the Limit

Epidemiology, Treatment, Rehabilitation and Prevention

Sticker Dressing Extreme Sports

***Describes different kinds of snowboarding--freeriding, in the pipe, jibbing, backcountry--and the techniques, equipment, and terminology involved. Students and extreme sport enthusiasts will not only learn about the sports themselves, but also about the techniques, innovations, engineering, and physics behind them. How do ice yachters achieve speeds of up to 150 MPH? What does take to become a pro snowboarder? Other parts of the encyclopedia highlight key areas of study, such as extreme sports and the media, the controversies surrounding, and the impact of extreme sports on our culture. A resource guide of print and electronic sources, competitions, organizations offers students an insider's guide to all things extreme. Inside readers will discover BASE (Building, Antenna tower, Span, Earth) Jumping. What's more dangerous than leaping off of a tall building? Jumping off a structure that's much closer to the ground, and that's exactly what many BASE jumpers regularly do. The risks include malfunctioning parachutes, landing on rocks, into electrical wires and more. Readers will learn about Bhang Gliding, where experienced pilots perform full barrel rolls, inverted maneuvers and other stunt flying moves. It is no longer unusual for an experienced hang glider to travel 200 miles or reach altitudes above 10,000 feet. Coverage also includes information on caving, which involves exploring caves that travel deep into the earth, mountain biking, and many other sports.***

***Over the last decade extreme has become a popular adjective to describe a range of physical pursuits and activities such as bungee jumping, dirt biking, skysurfing and street luge. Yet, notwithstanding its widespread usage, extreme remains largely a connotative term to differentiate individualistic, adventure-type sports with high aesthetic components from more functional and traditional team sports such as baseball, basketball, cricket, football and hockey. However, as well as its physical characteristics extreme also connotes an ideological dimension that refers to a range of anti-social attitudes, many of which are embodied and stand in sharp contrast to conservative, mainstream middle-class sporting values. Indeed, the ideology of extreme attracts as much attention***

*among scholars interested in the study of sport as the physical elements. The Encyclopedia of Extreme Sports offers a comprehensive dissection of this new and emerging phenomenon, and its characteristics, philosophy, ideology, functions, history and future. component-risk-from a number of disciplinary perspectives including history, sociology, psychology, theology and physiology. In examining the history of individual extreme sports, the Encyclopedia explores ancient, feudal and cross-cultural forms while also looking at the appeal of modern extreme activities to entrepreneurs, marketers, advertisers and the media as they seek to connect with consumers in the critical 13-34-age cohort. The commercialization of extreme sports as well as their institutionalization-formation of governing bodies, grand prix circuits, and inclusion in traditional mega-events such as the Olympic Games-highlights another critical dimension addressed by the Encyclopedia, their contradictory and paradoxical nature. As numerous commentators have observed, participants in extreme sports are typically no less racist, sexist and class and status conscious than their brothers and sisters participating in mainstream sports. cross-cultural and historical extreme sports; thematic essays; biographies of leading extreme exponents; descriptions of the best known extreme playgrounds.*

*Extreme sports takes an enthusiastic look at dozens of different ways to take yourself to the sporting limit. From traditional activities to some of the more creative alternatives it offers top tips on how to seek some serious new thrills. From hot-air ballooning and paragliding, to ice-diving and adventure racing, there really is an extreme sport to suit every adrenaline junkie. Extreme sports will help you decide which one's for you!*

*Adventure and Extreme Sports Injuries*

*Boy Culture: An Encyclopedia [2 volumes]*

*Shooting Action Sports*

*Male Identity and Rock Climbing*

*An Encyclopedia*

*This book explores the consumption behaviour of 'extreme' athletes from a quantitative perspective. Extreme sports are a multi-billion-dollar industry. The behaviour of athletes who participate in them differs from the majority of consumers in that they voluntarily seek out risky and dangerous situations that other consumers actively avoid. It has therefore been suggested that these consumer-athletes may have a unique psychology in this regard. The book adopts a novel approach based on established psychological theories concerning the behaviour of extreme individuals, applying and translating them into marketing research and practice. It discusses how specific psychological drivers impact the consumption behaviour of consumer-athletes and a variety of marketing-relevant outcomes. By demonstrating that extreme consumers are characterized by a unique psychology that leads them to act*

*and think differently, this book offers scholars deeper insights into consumer behaviour, while also helping practitioners target this lucrative marketing segment more effectively.*

*The first comprehensive examination of injuries associated with adventure and extreme sports This book reviews the existing data on the frequency and distribution of injuries and the factors contributing to injuries in adventure and extreme sports. Further, it suggests injury prevention strategies and provides recommendations for future research. Providing the first comprehensive compilation of epidemiological data over a range of new age sports considered to be adventurous and extreme, this publication is also the first of its kind to track down all of the major literature associated with the topic. A uniform and evidence-based approach to organizing and interpreting the literature is used in all chapters. All of the sport-specific chapters are laid out with the same basic headings making it easier for the reader to find common information across chapters. Sports physicians, physical therapists, recreation managers, researchers, injury prevention specialists, the adventure and extreme sport industry, and the adventure and extreme sport participants themselves will find the book useful in identifying problem areas in which appropriate preventive measures can be initiated to reduce the risk and severity of injuries. They will also want to use the book as a source for future research related to injuries in adventure and extreme sports. Get your adrenaline pumping with this guide to extreme sports! Discover awesome facts, stats and rules of snowboarding, skydiving, BMX, rock climbing and more. You'll also meet star athletes in every sport, learn a list of essential slang, see a timeline of each sport's development, and get a rundown of global hot spots--all illustrated with cool street-art graphics and epic photography! Find out what a "brain bucket" is, meet the greats, like snowboarder Chloe Kim and skateboarder Danny Way, and learn how they got so good at what they do, see timelines of each sport's history and find out the best mountains to climb, waves to surf, and skate-parks to shred in Lonely Planet Kids' World of Adventure Sports. Includes: Snowboarding Surfing BMX Skateboarding Rock Climbing Skydiving Scuba Diving Kayaking And more! About Lonely*

**Planet Kids: Lonely Planet Kids - an imprint of the world's leading travel authority Lonely Planet - published its first book in 2011. Over the past 45 years, Lonely Planet has grown a dedicated global community of travelers, many of whom are now sharing a passion for exploration with their children. Lonely Planet Kids educates and encourages young readers at home and in school to learn about the world with engaging books on culture, sociology, geography, nature, history, space and more. We want to inspire the next generation of global citizens and help kids and their parents to approach life in a way that makes every day an adventure. Come explore!**

**Extreme sports are highly popular among young people today. These sports include a wide variety of activities—from surfing and skateboarding to mountaineering and parachute jumping—but one characteristic unites them all: their inherent risk of injury. This book details the injuries most often experienced in extreme sports, including common injuries such as severe strains, sprains, bruising, and cuts; and serious problems, such as hypothermia, fractures, and dislocations. The book then focuses on several different ways to prevent such injuries from occurring. Treatments are explained in detail, with emphasis on getting professional medical advice for any serious or unexplained injury. Read this book and learn about:**

- Warm-up routines that help prevent injuries.**
- The importance of mental preparation.**
- Overuse injuries and sprains and strains.**
- The importance of good nutrition.**
- The dangers of performance-enhancing drugs.**

**Extreme Sports: Snowboard!**

**Encyclopedia of Sports Medicine**

**Extreme Parkour Challenges**

**Encyclopedia of Extreme Sports**

**Berkshire Encyclopedia of Extreme Sports**

*Coaching adventure sports is part of the core work of many adventure educators but has been largely neglected in the adventure studies literature. This is the first book to link contemporary sports coaching science with adventure sports practice. It examines the unique set of challenges faced by adventure sports coaches, such as the dynamic natural environment and the requirement to train athletes to levels of high performance outside of traditional structures of competition, and explores both key theory and best practice. The book covers key topics such as: Skill acquisition and skill development Models of*

*learning and teaching Performance analysis Tactics and decision-making Training principles Mental skills techniques Goal setting and progression Risk management Each chapter contains applied examples from a range of adventure sports, including mountaineering, rock climbing, canoeing, kayaking, surfing, and winter sport, as well as practical coaching techniques and a guide to further reading. Written by a team of authors with wide experience of coaching, teaching, researching and high performance participation in adventure sports, this book is invaluable reading for any student or practitioner with an interest in adventure, outdoor education, sports coaching or lifestyle sport.*

*Provides an introduction to the equipment, techniques, safety precautions, competitions, and personalities involved with the extreme sports on the road, in the mountains, in snow, in water, and under other risky conditions.*

*When asked to define what makes a sport extreme, one practitioner—a rock climber in the countryside and a skateboarder in the city—replied, “It’s a sport where you may well hurt yourself, or worse.” Readers of this compelling book will learn all about these alternative, edgy sports and what it takes to parachute from an airplane, zip-line through the air, or brave the possibility of a flash flood by venturing into a canyon. Or, readers may simply be satisfied to read about the popular X Games, during which they can sit back and watch the pros take the risks.*

*Experience the thrills of fast machines, daring journeys, extreme sports and much more through this series of action packed high-interest reads designed for older children. This book takes a look at the most daring and challenging sports in the world. Packed with facts, stats, true-life stories and photographs, this book will appeal to everyone interested in parkour, snowboarding, extreme skiing, and much more.*

*Phenomenology and the Extreme Sport Experience*

*Weird Sports and Wacky Games around the World: From Buzkashi to Zorbing*

*Brilliant ideas for taking yourself to the limit*

*The World of Adventure Sports*

*Extreme Landscapes of Leisure*

In recent years, there has been an increased engagement throughout the social sciences with the study of extreme places and practices. Dangerous games and adventure tours have shifted from being marginal, exotic or mad to being more than merely acceptable. They are now exemplary, mainstream even: there are a variety of new types, increasing numbers of people are doing them and they are being appropriated and have infiltrated more and more contexts. This book argues that

hazardous sports and adventure tourism have become rather paradoxical. As a set of activities where players and holidaymakers are closer to death or danger than they would otherwise be, they are the complete opposite of normal games or vacations. Adventure sports and tours reverse the general definition of a holiday as being an escape from the seriousness of everyday life, as in most cases, they are innately serious, requiring as they do 'life or death' decision-making. Beginning with the rise in colonial explorations and moving on to consider the Dangerous Sports Club of Oxford, this book examines the increasing phenomena of adventure sports such as bungy jumping, cliff jumping or 'tomb-stoning', surfing and parkour within a framework of positive risk. It explores how certain assumptions about knowledge, agency, the body and nature are beginning to coalesce around newly developing spheres of social relations. Additionally, extreme games have become activities that are germane to the dawning of green social thought and so the book also addresses issues that deal with the intimate connections that exist between pleasure and the moral responsibility towards the environment.

With hundreds of books dedicated to conventional sports and activities, this encyclopedia on the weirdest and wackiest games offers a fresh and entertaining read for any audience.

- Presents interesting information on a wide variety of culturally significant activities, from the ancient to the ultra-modern
- Contains entries that are detailed yet accessible for general readers
- Covers British pub games and similar activities in other countries seldom featured in reference books
- Frames each entry within a global context
- Features a list of Further Reading suggestions

Imagine soaring through the sky like a bird or climbing to the very top of a mountain. Some people enjoy themselves against nature and pushing their minds and bodies to the limit. From snowboarding to skydiving, from white-water rafting to rock climbing, there are plenty of sports that offer a unique thrill. Extreme Sports can be tough and exciting, but the aim is to take care, play safe and have fun!

Stem in Extreme Sports

Gender, Identities and Bodies in Motion