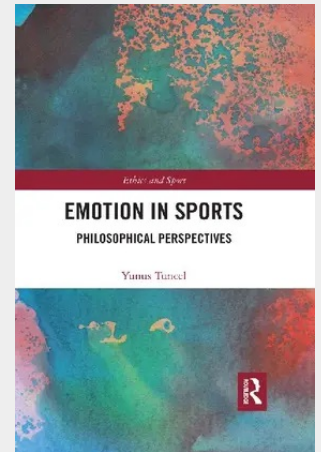


Emotion in Sports

Philosophical Perspectives

Emotion is central to human character, infiltrating our physiological functions and our mental constitution. In sport, athletes feel emotion in specific ways, from joy to anger and despair. This is the first book to examine emotion in sport from a philosophical perspective, building on concepts developed by ancient Greek and modern philosophers. For instance, how is Aristotle's concept of catharsis applied to the sports field? How about power as advanced by Nietzsche, or existentialism as discussed by Kierkegaard? Emotion in Sports explores the philosophical framework for the expression of emotion and relates it to our psychological understanding, from the perspective of both athlete and spectator. A fascinating and useful read for students, researchers, scholars, and practitioners in the fields of sport sciences, philosophy, and psychology.

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