Editorial

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Welcome to the second issue of Movement Matters!

As we discussed in the editorial of the inaugural issue in 2021, we sought to create a journal that could provide a space for theorizing and discussing the importance of movement for the graduate student members of the Body, Movement, and Culture Research Group (BMC) housed within the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta. Sticking with that aim, in this issue we present papers from one doctoral student and two master’s students.

Our first paper is the result of Simrit Deol’s master’s work at the University of Manitoba prior to her beginning her Ph.D. at the University of Alberta in 2019 and includes as her co-author her MA supervisor Jay Johnson. Their paper considers a number of important questions related to Canadian immigrant high school girls’ lived experiences of physical activity. More specifically, Simrit and Jay gathered their participants’ perspectives concerning the opportunities to take part in a female only fitness class on offer through their respective school’s Physical Education curriculum. As their paper shows, individual experiences of physical activity are complex as they are shaped by a host of social and cultural factors relevant to their specific context.

Our second paper comes from Royden Radowitts who completed his MCoaching degree at the University of Alberta in 2022 and is now a doctoral student at the University of Ottawa. Royden undertook an action research study to design workouts for endurance runners to practice managing and responding to the many unforeseen circumstances that can develop over the course of an endurance running race. Blending Michel Foucault’s work concerning the making of docile bodies with scholarship in ecological dynamics, Royden illustrates the connections that exist between coaches’ practices, athlete outcomes, and sport’s disciplinary legacy.

Staying with Foucault’s work on discipline and docility, Janita Frantsi, in our third paper, brings these important concepts to the world of dance. More specifically, for her Master’s Thesis Janita combined her two passions, dance and Pilates, by designing a series of Pilates workshops that would not only help dancers improve their physical conditioning but would equally challenge them to think about movement in more open-ended, less reductionist ways. Through a Foucauldian-informed approach to Pilates,
Janita sought to encourage her workshop participants to experience movement in ways that challenged boundaries that currently exist between dance, fitness, and the body.

Our final paper comes from Emily Noton who has provided a case study of how dance-inspired practice, in particular somatics, can become an integral aspect of undergraduate kinesiology education. The course that drew on her many years of experience as a dancer, choreographer, and teacher, Emily argues, provides a dance-informed perspective that enhances kinesiology students’ awareness and understanding of movement as a holistic bodily practice. As her case study demonstrates, this perspective offered clear benefits not only for the students themselves but for future clients they might work with as kinesiology professionals.

To close, this collection of papers, with their broad exploration of moving bodies and cultural contexts, we believe represents the diversity of scholarship that focuses on movement within the BMC. A diversity of topics and approaches that we are very proud of and that we would argue speaks to the importance of researching movement in multiple ways and means in order to be able to ask, and strive to answer, questions that get to the heart of what it means to practice moving in society today.