



Health, Culture, and Athletic Pursuits: A Critical Inquiry into Sport Anthropology

Jibril Mustafa and Dr. Amy Kowal



INTRODUCTION

In the diverse landscape of human culture, sports have served as a powerful medium, narrating stories of society. Sport anthropology delves into the connections between sports and culture. These connections often go overlooked and sport anthropology can shed some light. Sport anthropology investigates how sports can shape societies through multiple facets including human health, cultural perspectives, nutrition, recovery, mental health, and rehabilitation.

METHODS

This study conducted was a literature review of various sources. These sources included journals, articles, newspapers, and videos. The conducted search was on academic databases such as JSTOR, Anthrosource, ProQuest, and Google Scholar. Using keywords such as “sport health”, “nutrition”, and “athletes”, many different sources were collected and filtered. The method of filtering the different sources was by gathering the main points from each and organizing them based on relevance to the project.

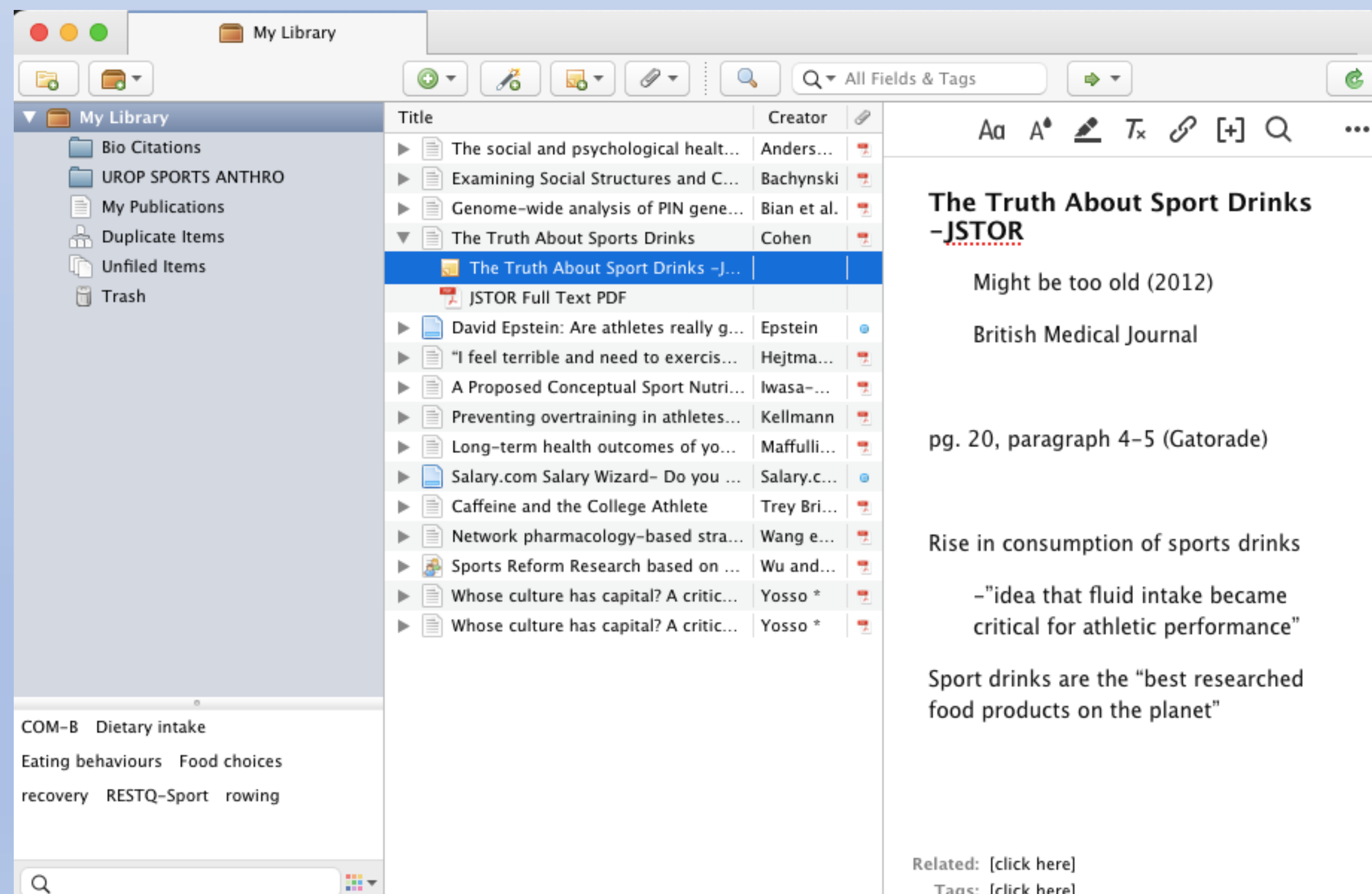
RESULTS

The following sources were found to be best suited for students in ANT3405 Anthropology of Sport to read regarding Health and Sport today:

TED Talk from David Epstein: This source proved to be useful for students because it breaks away from the traditional way to learn information. In the TED Talk, Epstein still addresses the changes in athletes over time and makes relevant references.

The Truth About Sports Drinks: Similar to the TED Talk, this source is useful for students because it's different from what is normally used to learn information. As a news article, it's easier to read while also discussing the effects of sports drinks on athletes and overall health.

Caffeine and the College Athlete: Although the source is a little long, it's useful for students as it discusses a topic that is relevant to not only college athletes but also college students, as it talks about the effects that caffeine can have on your health and performance.



CONCLUSIONS

The search conducted yielded medical journals and articles. Many of these sources contained medical jargon and concepts that were difficult to understand. During my research, I found databases such as JSTOR, Anthrosource, and Google Scholar to provide the most useful sources. This was due to the accessibility of the platform as well as the features they provided. These features included the ability to filter sources based on type and date published. They also had a wide variety of sources, such as journals, newspapers, and videos. Overall, This search of these academic databases exposed the need for variety of sources when it comes to sport anthropology and health. This calls for the advancement and growth of different types of sources as well as the inclusion of information that is easier for readers to understand.

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