

Violent and Extreme Sports



*Adv Sport Psyc
Sem2, 2004
Dr. P*

- “Hey, it’s a man’s game. If you can’t play, get out and play tennis.”
 - NHL Player’s comments re: his on-ice violence
- How many of you would be willing to work with athletes involved in violent & extreme sports?

Matador -
Flirting with
Death



What Do We Get From Them?



Metz was pumped with the win, claiming his third medal of the X Games. On top of the dirt landing, between Deegan and Hart he summed it up simply: "I'm hanging with the craziest motherf**kers in the the world."

Boxing: The Sport to Which All Other Sports Aspire



Issues Related to Different Types of Sports

- Golf?
- Boxing?

What Drives Athletes to Compete in These Types of Sports?

- Death wish? (Jake LaMotta)
- Adrenaline addiction
- Poverty (financial or emotional)
- Machismo
 - challenge, courage,
 - respect, masculinity
 - women?

The power struggle among beasts is as eternal as the turning of the seasons. It is one of the most natural behaviours.



The Fanatical Subordination of the Self

- “The way is in training”
 - Miyamoto Musashi
- “tough, realistic training spells the difference between success and failure”
 - Gen. G.S. Patton
- “boxing requires a clean life”
 - Battling Battalino

Meaning

- “I’m successful because I don’t care about dying in the ring,”
 - Jake “The Bull” Lamotta
- “To be a good fighter you have to have 3 things: you got to be able to give it, you got to be able to take it, and you got to have a desire to win, a fighting heart.”
 - Jack “The Mauler” Dempsey

80% Reported the Following During Peak Performances

- Loss of fear
- No thinking of performance
- Total immersion in the activity
- Narrow focus of attention
- Effortless performance
- Feeling of control
- Slowing down of time
- Temporary, involuntary experience

Women in Violent Sports

- Boxing
- How our values influence our work

Turning it Off



Turning it Off

- Marty McSorley

How Does Violence Affect Popularity and Profitability of Sport?

Comparisons of Injury Rates Across Various Sports

- <http://www.geocities.com/Colosseum/Field/6251/injuries.htm>
- The social construction of boxing as a barbaric sport?

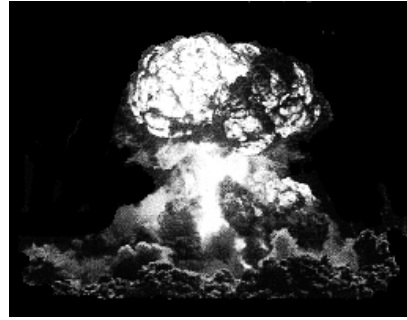
Risk of Fatality in Sports

- | | |
|-----------------------|-------------|
| • Horse Racing | 128/100,000 |
| • Sky Diving | 123/100,000 |
| • Hang Gliding | 55/100,000 |
| • Mountaineering | 51/100,000 |
| • Scuba Diving | 11/100,000 |
| • Motorcycle Racing | 7/100,000 |
| • University Gridiron | 3/100,000 |
| • Boxing | 1/100,000 |

Logotherapy

- Reorient client toward their meaning in life
- Helping them achieve lifelong goals through sport

Affect Drives Change



The End