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The Construction of a Medical Sports Ethic Subject to: The Imprisoned Body of The Healthy Life

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Objectives: To analyze the relationship between physical exercise and health as a matter of knowledge/power spatiality.

Methodology: Interpretive Analysis

Results: The author deviates from the theories of Michel Foucault and the Critical Theory which shows that medicine, rather than being a natural science, is a political science. The author presents some ideas on the construction of health and healthy lifestyle going back to the Middle Ages in Europe, where medical knowledge served to mediate between "morality" and "deviation". During this period, health and disease were linked to morality, based on set standards of behavior in the realms of public and private life. This situation, according to the author, remains unchanged to this day. This states that the healthy lifestyle, defined medically, reaches a moralizing dimension both through subtle techniques of social conditioning and medical-political mediations that order everyday life. Vicente says that the institutionalization of physical exercise and the construction of the sports lifestyle, which fits within the paradigm of "healthy living", is an example. Physical exercise and a sports-based life style becomes both a resource for personal training as a mechanism to characterize and differentiate the social classes. This technology puts distance between the bourgeoisie "educated and healthy" and the working class, usually by the first sight as one sector they would have to "educate and heal."

Conclusions: To the author, sporting activity, like other practices, is an ideological filter of social differentiation. The unequal distribution of material and resources leads to different uses, both bodily and in discipline, deepening the existing social fractures.