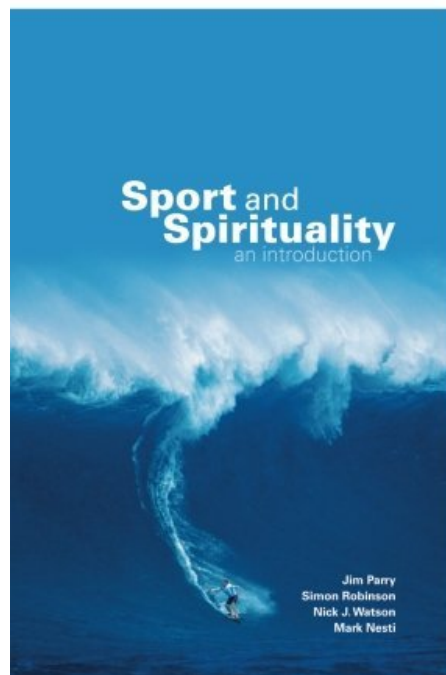
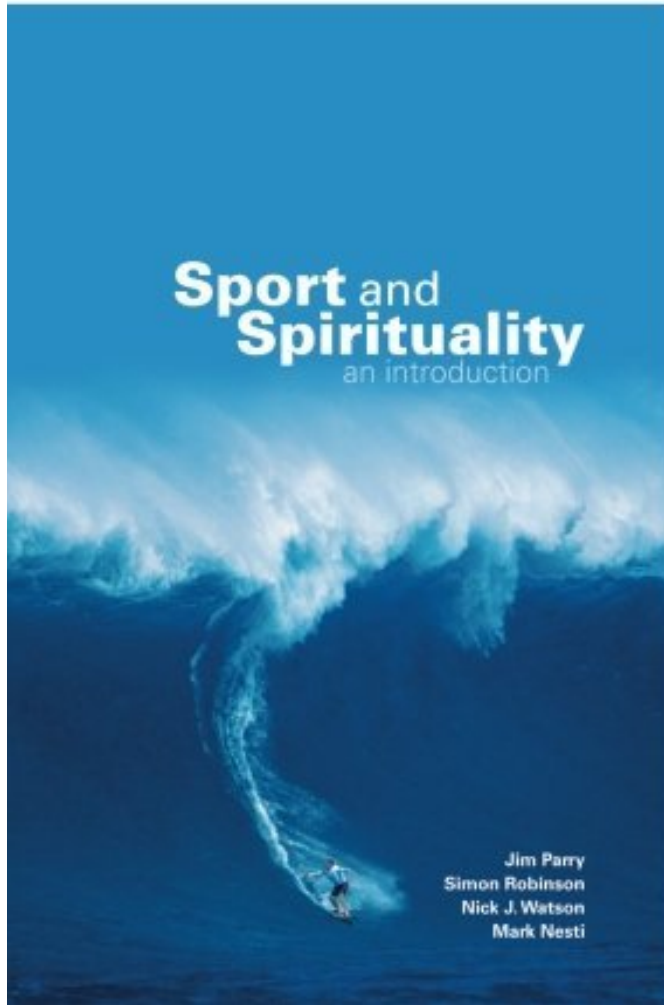


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Sport science can quantify many aspects of human performance but the spiritual dimensions of sports experience cannot be fully understood through measurement. However, the spiritual experience of sport – be it described as ‘flow’, ‘transcendence’ or the discovery of meaning and value – is central both to our basic motivation to take part in sports, and to achieving success.

Sport and Spirituality: An Introduction explores these human aspects of sports experience through the perspectives of sport psychology, philosophy, ethics, theology and religious studies. It includes discussions of:

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