

# THE FRAILTY MYTH

A black and white photograph of a female baseball pitcher in mid-pitch. She is wearing a light-colored short-sleeved jersey, light-colored pants, and a cap. Her right arm is extended forward with a baseball glove, and her left arm is bent, holding the ball. She is looking up and to the right. The background shows a baseball field with a fence and trees under a bright sky.

Women  
Approaching  
Physical  
Equality

By the author of The Cinderella Complex

COLETTE DOWLING

# Frailty Myth Women Approaching Physical Equality

**A. Carlson Whalen**



## **Frailty Myth Women Approaching Physical Equality:**

*The Frailty Myth* Colette Dowling, 2000 Can women be equal to men as long as men are physically stronger And are men in fact stronger These are key questions that Colette Dowling author of the bestselling *The Cinderella Complex* raises in her provocative new book The myth of female frailty with its roots in nineteenth century medicine and misogyny has had a damaging effect on women s health social status and physical safety It is Dowling s controversial thesis that women succumb to societal pressures to appear weak in order to seem more feminine The Frailty Myth presents new evidence that girls are weaned from the use of their bodies even before they begin school By adolescence their strength and aerobic powers have started to decline unless the girls are exercising vigorously and most aren t By sixteen they have already lost bone density and turned themselves into prime candidates for osteoporosis They have also been deprived of motor stimulation that is essential for brain growth Yet as breakthroughs among elite women athletes grow more and more astounding it begins to appear that strength and physical skill for all women is only a matter of learning and training Men don t have a monopoly on physical prowess when women and men are matched in size and level of training the strength gap closes In some areas women are actually equipped to outperform men due partly to differences in body structure and partly to the newly discovered strengthening benefits of estrogen Drawing on extensive research in motor development performance assessment sports physi ology and endocrinology Dowling presents an astonishing picture of the new physical woman And she creates a powerful argument that true equality isn t possible until women learn how to stand up for themselves physically

*The Frailty Myth* Colette Dowling, 2001-11-06 Can women be equal to men as long as men are physically stronger And are men in fact stronger These are key questions that Colette Dowling author of the bestselling *The Cinderella Complex* raises in her provocative new book The myth of female frailty with its roots in nineteenth century medicine and misogyny has had a damaging effect on women s health social status and physical safety It is Dowling s controversial thesis that women succumb to societal pressures to appear weak in order to seem more feminine The Frailty Myth presents new evidence that girls are weaned from the use of their bodies even before they begin school By adolescence their strength and aerobic powers have started to decline unless the girls are exercising vigorously and most aren t By sixteen they have already lost bone density and turned themselves into prime candidates for osteoporosis They have also been deprived of motor stimulation that is essential for brain growth Yet as breakthroughs among elite women athletes grow more and more astounding it begins to appear that strength and physical skill for all women is only a matter of learning and training Men don t have a monopoly on physical prowess when women and men are matched in size and level of training the strength gap closes In some areas women are actually equipped to outperform men due partly to differences in body structure and partly to the newly discovered strengthening benefits of estrogen Drawing on extensive research in motor development performance assessment sports physi ology and endocrinology Dowling presents an astonishing picture of the new physical woman And she creates a

powerful argument that true equality isn't possible until women learn how to stand up for themselves physically

**Interactions and Intersections of Gendered Bodies at Work, at Home, and at Play** Marcia Texler

Segal, 2010-07-16 Includes articles that examine the intersection of gender with other characteristics in a variety of settings including factory floors and corporate offices welfare offices state legislatures the armed forces universities social clubs and playing fields

**Feminist Interventions in Ethics and Politics** Jean Keller, Barbara S. Andrew, Lisa H.

Schwartzman, 2005-03-22 This collection breaks new ground in four key areas of feminist social thought the sex gender debates challenges to liberalism equality feminist ethics and feminist perspectives on global ethics and politics in the 21st century Altogether the essays provide an innovative look at feminist philosophy while making substantive contributions to current debates in gender theory ethics and political thought

Qualifying Times Jaime Schultz, 2014-03-15 This perceptive lively study explores U S women's sport through historical points of change particular products or trends that dramatically influenced both women's participation in sport and cultural responses to women athletes Beginning with the seemingly innocent ponytail the subject of the Introduction scholar Jaime Schultz challenges the reader to look at the historical and sociological significance of now common items such as sports bras and tampons and ideas such as sex testing and competitive cheerleading Tennis wear tampons and sports bras all facilitated women's participation in physical culture while physical educators the aesthetic fitness movement and Title IX encouraged women to challenge or confront policy financial and cultural obstacles While some of these points of change increased women's physical freedom and sporting participation they also posed challenges Tampons encouraged menstrual shame sex testing a tool never used with male athletes perpetuated narrowly defined cultural norms of femininity and the late twentieth century aesthetic fitness movement fed into an unrealistic beauty ideal Ultimately Schultz finds that U S women's sport has progressed significantly but ambivalently Although participation in sports is no longer uncommon for girls and women Schultz argues that these points of change have contributed to a complex matrix of gender differentiation that marks the female athletic body as different than as less than the male body despite the advantages it may confer

*Retellings* Jessica Enoch, Jordynn Jack, 2019-06-19 *Retellings Opportunities for Feminist Research in Rhetoric and Composition Studies* In *Retellings Opportunities for Feminist Research in Rhetoric and Composition Studies* the contributors use the anniversary of the publication of Cheryl Glenn's *Rhetoric Retold Regendering the Tradition from Antiquity Through the Renaissance* the first book to examine women's contributions to rhetoric across history as an opportune moment to assess feminist rhetorical research and test out new possibilities Together the essays ask what does it or should it mean to engage rhetoric from a feminist perspective Each chapter addresses one of four aspects of this question including the place of feminist rhetoric in contemporary real world and transnational politics the relationship between feminist rhetorical studies and identity studies the prospects for feminist research methods and methodologies or the feminist rhetorical commitment to paying it forward through teaching and

mentoring Collectively the essays push scholars to expand the national boundaries of rhetorical inquiry to include women's roles in global politics Contributors also engage in intersectional analyses of gender and other vectors of power including here religious affiliation and sexuality considering identities as epistemic resources for rhetors To develop richer methods and methodologies contributors highlight the ethical challenges of research practices ranging from IRB submissions to archival research critically interrogating the positionality of the researcher with relation to her subjects and materials Finally contributors address the needs and interests of diverse readers when they highlight how feminist perspectives challenge traditional models of teaching and mentorship Contributors include Heather Brook Adams Jean Bessette Michelle F Eble Jessica Enoch Rosalyn Collings Eves Karen A Foss Sonja K Foss Lyn e Lewis Gaillet Cheryl Glenn Anita Helle Jordynn Jack A Abby Knoblauch Shirley Wilson Logan Briggite Mral Krista Ratcliffe Cristina D Ram rez Elaine Richardson Wendy B Sharer and Berit von der Lippe

**Strong Like Her** Haley Shapley, 2020-04-07 Beautiful and powerful Strong Like Her presents the awe inspiring account of women's athleticism throughout history Journalist Haley Shapley takes us through the delightful untold history of female strength to understand how we can better encourage and celebrate the physical power of women Part group biography part cultural history Strong Like Her delves into the fascinating stories of our muscular foremothers From the first female Olympian who entered the chariot race through a loophole to the circus stars who could lift their husbands above their heads and make it look like a little light housework with a feather duster these brave and brawny women paved the way for the generations to follow Filled with Sophy Holland's beautiful portraits of some of today's most awe inspiring athletes including Peloton instructor Robin Arzon bodybuilder Dana Linn Bailey actress dancer Patina Miller and many others Strong Like Her celebrates strength in all its forms Illuminating the lives and accomplishments of storied female sports stars whose contributions to society go far beyond their entries in record books Shapley challenges us to rethink everything we thought we knew about the power of women

**Baseball and the American Dream** Robert Elias, 2016-04-15 A fascinating look at how America's favorite sport has both reflected and shaped social economic and

**Gender, Sex and the Postnational Defense** Annica Kronsell, 2012-02-24 This book explores the post national defense and its gender implications Specifically it explores how the United Nations Security Council resolution to increase the participation of women in peace negotiations humanitarian planning peacekeeping operations post conflict peacebuilding and governance has influenced the organization and policy practices of the post national defense

**The Trans Generation** Travers, 2019-08-15 Winner 2019 PROSE Award for Anthropology Criminology and Sociology presented by the Association of American Publishers A groundbreaking look at the lives of transgender children and their families Some boys will only wear dresses some girls refuse to wear dresses in both cases as Ann Travers shows in this fascinating account of the lives of transgender kids these are often more than just wardrobe choices Travers shows that from very early ages some at two and three years old these kids find themselves to be different from the sex category that was assigned to them at birth How they

make their voices heard to their parents and friends in schools in public spaces and through the courts is the focus of this remarkable and groundbreaking book. Based on interviews with transgender kids ranging in age from 4 to 20 and their parents and over five years of research in the US and Canada, *The Trans Generation* offers a rare look into what it is like to grow up as a trans child. From daycare to birthday parties and from the playground to the school bathroom, Travers takes the reader inside the day to day realities of trans kids who regularly experience crisis as a result of the restrictive ways in which sex categories regulate their lives and put pressure on them to deny their internal sense of who they are in gendered terms. As a transgender activist and as an advocate for trans kids, Travers is able to document from first hand experience the difficulties of growing up trans and the challenges that parents can face. The book shows the incredible time, energy, and love that these parents give to their children even in the face of at times unsupportive communities, schools, courts, health systems, and government laws. Keeping in mind that all trans kids are among the most vulnerable to bullying, violent attacks, self-harm, and suicide, and that those who struggle with poverty, racism, lack of parental support, learning differences, etc. are extremely at risk, Travers offers ways to support all trans kids through policy recommendations and activist interventions. Ultimately, the book is meant to open up options for kids' own gender self-determination, to question the need for the sex binary, and to highlight ways that cultural and material resources can be redistributed more equitably. *The Trans Generation* offers an essential and important new understanding of childhood.

**Starting with Mill** John R. Fitzpatrick, 2010-08-05 A new introduction to Mill guiding the student through the key concepts of his work by examining the overall development of his ideas.

*No Slam Dunk* Cheryl Cooky, Michael A. Messner, 2018-05-30 In just a few decades, sport has undergone a radical gender transformation. However, Cheryl Cooky and Michael A. Messner suggest that the progress toward gender equity in sports is far from complete. The continuing barriers to full and equal participation for young people, the far lower pay for most elite level women athletes, and the continuing dearth of fair and equal media coverage all underline how much still has yet to change before we see gender equality in sports. The chapters in *No Slam Dunk* show that this is not simply a story of an unfinished revolution. Rather, they contend it is simplistic optimism to assume that we are currently nearing the conclusion of a story of linear progress that ends with a certain future of equality and justice. This book provides important theoretical and empirical insights into the contemporary world of sports to help explain the unevenness of social change and how, despite significant progress, gender equality in sports has been far from complete.

**Stable Wisdom** Shirley J. Potterton, 2013-07-15 Although midlife has been traditionally viewed as a time of decline, science and experience are demonstrating that most of our fears are unsupported. For many women, it can be a time to rediscover important aspects of themselves that have been left behind due to the responsibilities of motherhood and careers. In *Stable Wisdom*, lifelong horsewoman Shirley Potterton provides a one-of-a-kind guide for women on a midlife journey that encourages transformation and positive changes with the help of an equine companion. Potterton, whose love for horses was rekindled at midlife, relies on experiences from her own journey of

self discovery as well as others to share powerful tools and exercises to help women embrace the wisdom of an intuitive creature in order to move forward develop new skills and utilize innate strengths Through a step by step plan that can be applied with or without a horse women can learn how to listen to the inner voice for direction create and renew energy levels develop a courageous approach to life bring insight wisdom and experience to leadership roles and initiate self reflection without judgment Stable Wisdom provides valuable guidance tools and confidence for any woman in midlife who dares to think big and is ready to discover her own unique wisdom and implement exciting life changes **Taking The Field**

Michael A. Messner, 2002-07-17 In the past when sport simply excluded girls the equation of males with active athletic power and of females with weakness and passivity seemed to come easily almost naturally Now however with girls and women s dramatic movement into sport the process of exclusion has become a bit subtler a bit more complicated and yet as Michael Messner shows us in this provocative book no less effective In Taking the Field Messner argues that despite profound changes the world of sport largely retains and continues its longtime conservative role in gender relations To explore the current paradoxes of gender in sport Messner identifies and investigates three levels at which the center of sport is constructed the day to day practices of sport participants the structured rules and hierarchies of sport institutions and the dominant symbols and belief systems transmitted by the major sports media Using these insights he analyzes a moment of gender construction in the lives of four and five year old children at a soccer opening ceremony the way men s violence is expressed through sport the interplay of financial interests and dominant men s investment in maintaining the status quo in the face of recent challenges and the cultural imagery at the core of sport particularly televised sports Through these examinations Messner lays bare the practices and ideas that buttress as well as those that seek to disrupt the masculine center of sport Taking the Field exposes the subtle and not so subtle ways in which men and women collectively construct gender through their interactions interactions contextualized in the institutions and symbols of sport **Mother Earth and the Gene Machines**

A. Carlson Whalen, 2006-08 The Evolution of Aesthetic and Expressive Dance in Boston Jody Marie Weber, 2009 The Evolution of Aesthetic and Expressive Dance in Boston provides a regional history of the physical education pioneers who established the groundwork for women to participate in movement and expression Their schools and their writing offer insights into the powerful cultural changes that were reconfiguring women s perceptions of their bodies in motion The book examines the history from the first successful school of ballroom dance run by Lorenzo Papanti to the establishment of the Braggiotti School by Berthe and Francesca Braggiotti two wealthy Bostonian socialites who used their power and money to support dance in Boston The Delsartean ideas about beauty and the expressive capacity of the body freed upper class women to explore movement beyond social dance and to enjoy movement as artistic self expression Their interest and pleasure in early parlor forms engaged them as sponsors and advocates of expressive dance Although revolutionaries such as Isadora Duncan and Ruth St Denis also garnered support from Boston and New York s social sets in

Boston the relationship of the city's elite and its native dancers was both intimate and ongoing The Braggiotti sisters did not use this support to embark on international tours instead they founded a school that educated the children of their sponsors and offered performances for their own community Although later artists Miriam Winslow and Hans Weiner did tour nationally and internationally the intimate relationships they maintained with the upper echelon of Boston society required that they remain sensitive to the needs of their students and their community Through the study of these schools the reader is offered a unique perspective on the evolution of expressive dance as it unfolded in Boston and its environs The Evolution of Aesthetic and Expressive Dance in Boston is an important book for those interested in dance history women's studies and regional histories

**Consequences of Hermeneutics** Jeff Malpas, Santiago Zabala, 2010-05-30 Consequences of Hermeneutics celebrates the fiftieth anniversary of the publication of one of the most important philosophical works of the twentieth century with essay by most of the leading figures in contemporary hermeneutic theory including Gianni Vattimo and Jean Grondin

Rezbballers and Skate Elders David Kamper, 2025-06 Ethnographer and American Indian studies scholar David Kamper examines how Indigenous youth and adults are making basketball and skateboarding meaningful to their communities by sustaining the transmission of intergenerational knowledge and combatting intergenerational trauma Kamper looks at how the events and tournaments built around rezbball are similar to powwows in how they bring people together across localized communities and generations and he coins the phrase skate elders for those who use the social nature of skateboarding to build community and mentorships Through a broad picture of North America Kamper demonstrates how Native peoples have long indigenized cultural practices and material culture to assert Native sovereignty creating joy and hope in the process In Rezbballers and Skate Elders Kamper considers how Native expressions of basketball and skateboarding show continuities with the historical transformation of practices that originated outside Indian Country to make them meaningful in Native life David Kamper is a professor of American Indian studies associate director and cofounder of the Center for Skateboarding Action Sports and Social Change and cofounder of Surf Skate Studies Collaborative at San Diego State University He is the author of The Work of Sovereignty Tribal Labor Relations and Self Determination at the Navajo Nation and coeditor of Waves of Belonging Indigeneity Race and Gender in the Surfing Lineup

*The Cooperstown Symposium on Baseball and American Culture, 2001* William M. Simons, 2002-04-15 This is an anthology of 23 papers that were presented at the Thirteenth Cooperstown Symposium on Baseball and American Culture held June 6-8 2001 and co sponsored by the State University of New York at Oneonta and the National Baseball Hall of Fame and Museum Featuring keynote remarks from George Plimpton author of Home Run The Best Writing About Baseball's Most Exciting Moment this Symposium examined such topics as baseball's myths legends and tall tales These essays divided into sections titled Mythic Heroes Media Mythology Myth and Mystery and Myths in Progress go beyond the quick and easy judgments of the media and offer instead the longer more informed views of scholars and researchers

*The Anthropology*



*of Sport and Human Movement* Robert R. Sands, Linda R. Sands, 2010-10-11 The evolution of the human species has always been closely tied to the relationship between biology and culture and the human condition is rooted in this fascinating intersection Sport games and competition serve as a nexus for humanity's innate fixation on movement and social activity and these activities have served throughout history to encourage the proliferation of human culture for any number of exclusive or inclusive motivations money fame health spirituality or social and cultural solidarity The study of anthropology as presented in *Anthropology of Sport and Human Movement* provides a scope that offers a critical and discerning perspective on the complex calculus involving human biological and cultural variation that produces human movement and performance Each chapter of this compelling collection resonates with the theme of a tightly woven relationship of biology and culture of evolutionary implications and contemporary biological and cultural expression

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