# Contents

*Acknowledgements* vii  
*Introduction* ix  

**PART I**  
*Power, knowledge and the self: introduction to Foucauldian theorising* 1  

1 An introduction to Michel Foucault: his work, life and effect 3  
2 Technologies of dominance: power, discourses and the disciplined bodies 24  

**PART 2**  
*Foucauldian interpretations of the body and lived experiences in sport and exercise* 49  

3 Knowledge and truth: discursive construction of the fit and healthy body 51  
4 Exercise: disciplined into docile bodies 72  
5 Sport and the discursive construction of gendered bodies 92  
6 A discursive analysis of rugby experiences and the construction of gendered identities 108  

**PART 3**  
*Aesthetics of ethical self-stylisation* 135
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>The technologies of the self</td>
<td>137</td>
</tr>
<tr>
<td>8</td>
<td>Aesthetic self-stylisation: mindful fitness as practice of freedom</td>
<td>154</td>
</tr>
<tr>
<td>9</td>
<td>The ethics of self-care: the academic self as a work of art</td>
<td>176</td>
</tr>
<tr>
<td>10</td>
<td>Ethical games of truth: critical pedagogy and collective stories</td>
<td>193</td>
</tr>
<tr>
<td></td>
<td>Conclusion</td>
<td>213</td>
</tr>
</tbody>
</table>

- **Notes** 220
- **References** 229
- **Index** 245