



DOWNLOAD



## Using Transformative Learning as a Framework for Women and Running

By Dina Hayduk

LAP Lambert Academic Publishing Jan 2012, 2012.

Taschenbuch. Book Condition: Neu. 220x150x15 mm. This item

is printed on demand - Print on Demand Neuware - This

qualitative narrative inquiry explores learning and change in women's self-perceptions through regular participation in running. In-depth interviews of 11 adult women who had been running between 1 to 4 years were conducted. Based on the

interviews, a unique narrative was created for each participant. Using the lens of transformative learning, transcripts of the interviews were analyzed individually to see if the subject had a deep paradigm shift in self-perception based on the description of their running experience. The exploration of the personal narratives of adult women runners reveals the women did see themselves differently and most acted differently after they adopted running. The health related literature does boast about the positive correlation of exercise and improved self-esteem, self-perception, self-worth, yet the health literature lacks what this improvement looks and feels like in rich, descriptive terms. This research provides examples of what this felt like, and what the application of this new perception of self looks like in the runner's everyday life. 248 pp. English.



**READ ONLINE**  
[ 2.97 MB ]

### Reviews

*This publication is wonderful. I could comprehend every thing out of this published e publication. You can expect to like the way the blogger write this publication.*

-- **Eliseo Rippin**

*Thorough information! Its such a excellent read. It is really simplistic but unexpected situations within the fifty percent of your pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Johnathon Moore**