

Extreme Sports: A challenge to phenomenology

Eric Brymer & Dr Tonia Gray

Abstract

The phrase 'Extreme Sport' has become an umbrella term for activities that are associated with adrenalin junkies and participation has been considered an expression of a death wish. Whilst for some this may be the case it may also be that these explanations are limited. A number of studies have considered high-risk sports though very few have researched the extreme sport experience. The difference being that an ineffectively managed accident or mistake in an extreme sport usually results in death where as for the high-risk activity the result is more usually injury. A naïve understanding of extreme sports might consider that participation is just further along a risk continuum with safe activities on the opposite end, however, participant accounts indicate otherwise. This paper discusses the appropriateness of exploring the 'Extreme Sport' experience through phenomenology and outlines the challenges involved.

About the authors

Eric Brymer, University of Wollongong, Australia

Email: g_eric_brymer@hotmail.com

Dr Tonia Gray, University of Wollongong, Australia

Email: toniag@uow.edu.au