



IKÄINSTITUUTTI

READING A TRAINING DIARY THROUGH THEORIES

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Purpose & Background

- Basic idea: When one knows why he/she is practising/is not practising he/she may make better choices in his/her way of life.
- To evaluate own physical activity through a training diary and through theories of sport sociology and social gerontology.
- Make a paper and a tool for public use. With it one can evaluate his/her own physical activity.



Description of the Training Diary

- Training Diary (Excel-table)
- Amounts and levels of Training/Year
- Changes in Practices (between years)



Training Diary (Excel)

Date	Day	Exerc.	Time Min	Km	Pulse	Type Min	Level 1-7	Obs.
11005	Sat	run+gym	110	7	130	run 50 gym 60	5	Little tired
21005	Sun	badminton	60	0	145	badminton 60	3	Good play
31005	Mon	biking	100	40	125	biking 100	4	Great weat her



Amounts and levels of Training

YEAR	MIN	KM	PULSE (AVER)	LEVEL (1-7)	HOURS	KM/D
2005- 2006	23000	3602	125	3,3	384	9,9
2006- 2007	20860	2977	124	3,9	348	8,2
2007- 2008	23299	2694	129	3,5	388	7,4



Changes in Practices

YEAR	BIKING KM	SKIING KM	RUNNING, WALKING KM	GYM HOURS	BALL GAMES HOURS
2005- 2006	2083	1023	484	44	56
2006- 2007	1958	388	598	52	49
2007- 2008	1552	438	685	85	72



Different Theoretical Frameworks

- Eichberg and 3-dimensional Theory of Body Culture
- Tiihonen and 4-dimensional Theory of Body Experiences
- Frank and 4 –dimensional Theory of Body Experiences
- Unruh and 4-dimensional Theory of Identities inside Physical Culture
- Koski and 4-dimensional Theory of Physical Activity Relationship
- Jyrkämä and 4-6-dimensional Theory of Agency (applied by AT)
- Tiihonen and 4-dimensional Theory of Gender Expectation and Possibilities (applied in Body Culture)
- Practices and 4-dimensional Functional Capacity
- Practices and 4-dimensional Elements of Physicality/Skill



Different Theoretical Frameworks, Basic Definitions and my Sporting Practices 1

- Eichberg: Performance, Health, Experience
- Tiihonen: Experience of Enjoyment, Meaningful Experience, Participating Experience, Experience of Agency
- Frank: Disciplining, Dominating, Mirroring, Dialogocical body
- Unruh: Insider, Regular, Tourist, Stranger
- Koski: Physical activist, Follower, Producer, Consumer



Different Theoretical Frameworks, Basic Definitions and my Sporting Practices 2

- Jyrkämä: Want/Feel, Can (Skill), Able, Must
- Tiihonen: Bachelor-Man, Partner-Man, Work-Man, Father-Man
- Multidimensional Functional Capacity: Physical, Psychological, Social, Experienced
- Elements of Physicality/Skill: Endurance, Motoric, Strength, Tactics



Evaluation of Theories

- Evaluation consists tables of
 - Different Practices (skiing, ball games, track & field, biking, gym)
 - Theoretical definitions
 - Evaluation (1= means very little... 5= means very much)
 - Summing up



Eichberg and 3-dimensional Theory of Body Culture

Theory: Eichberg/ Practices	Performance	Health	Experience	Total
Skiing	3	3	4	10
Ball games/ Badminton	4	2	4	10
Track & Field/ Long jump, 100 m	4	2	3	9
Biking	3	4	4	11
Gym	3	4	4	11
Total	17	15	19	51



Tiihonen and 4-dimensional Theory of Body Experiences

Theory: Tiihonen/ Practices	Experience of enjoyment	Meaningful Experience	Participation Experience	Experience of Agency	Total
Skiing	4	5	3	4	16
Ball games/ Badminton	3	5	5	5	18
Track & Field/ Long jump, 100m	3	4	4	3	14
Biking	3	5	3	4	15
Gym	4	3	3	3	13
Total	17	22	18	19	76



Frank and 4 –dimensional theory of Body Experiences

Theory: Frank/ Practices	Disciplin ing	Dominat ing	Mirror ing	Dialog ing	Total
Skiing	3	1	3	2	9
Ball games/ Badminton	3	2	4	5	14
Track & Field/ Long jump, 100 m	4	2	3	3	12
Biking	4	2	2	2	10
Gym	3	2	4	3	12
Total	17	9	16	15	57



Unruh and 4-dimensional Theory of Identities in Physical Culture

Theory: Unruh/ Practices	Insider	Regular	Tourist	Stranger	Total
Skiing	4	4	1	0	9
Ball games/ Badminton	3	4	1	2	10
Track & Field/ Long jump, 100 m	2	1	4	4	11
Biking	3	4	1	2	10
Gym	3	4	2	3	12
Total	15	17	9	11	52



Koski and 4-dimensional Theory of Physical Activity Relationship

Theory: Koski/ Practices	Activist	Follower	Producer	Consumer	Total
Skiing	4	3	3	4	14
Ball games/ Badminton	4	4	3	3	14
Track & Field/ Long jump, 100 m	2	3	1	2	8
Biking	4	1	1	3	9
Gym	3	0	1	2	6
Total	17	11	9	14	51



Jyrkämä and 4-6-dimensional Theory of Agency

Theory: Jyrkämä/ Practices	Want/ Feel	Can/ know	May/ Able	Must	Total
Skiing	5	4	3	2	14
Ball games/ Badminton	4	4	2	3	13
Track & Field/ Long jump, 100 m	2	4	2	2	10
Biking	4	2	3	3	12
Gym	3	2	3	2	10
Total	18	16	13	12	59



Tiihonen and 4-dimensional Theory of Gender Expectation and Possibilities

Theory: Tiihonen/ Practices	Bachelor- Man	Partner- Man	Work- Man	Father- Man	Total
Skiing	3	4	3	3	13
Ball games/ Badminton	4	1	3	3	11
Track & Field/ Long jump, 100 m	4	0	3	2	9
Biking	2	4	4	1	11
Gym	2	4	3	3	12
Total	15	13	16	12	56



Practices and Multidimensional Functional Capacity

Theory: Multidimensional functional capacity/ Practices	Physical	Psychological	Social	Experienced	Total
Skiing	3	2	3	4	12
Ball games/ Badminton	3	4	5	4	16
Track & Field/ Long jump, 100 m	4	2	2	2	10
Biking	3	2	3	4	12
Gym	3	2	3	3	11
Total	16	12	16	17	61



Elements of Physicality/Skill

Theory: Skill elements/ Practices	Endurance	Motoric/ Coordinati on/Technic	Strength	Tachtics	Total
Skiing	5	4	2	1	12
Ball games/ Badminton	4	4	2	5	15
Track & Field/ Long jump, 100 m	2	4	4	2	12
Biking	4	2	3	2	11
Gym	3	3	4	2	12
Total	18	17	15	12	62



Evaluation 1

Theory/ Practices	Eichberg	Tiihonen Exper.	Frank	Unruh	Koski
Skiing	10	16	9	9	14
Ball games/ Badminton	10	18	14	10	14
Track & Field/ Long jump, 100 m	9	14	12	11	8
Biking	11	15	10	10	9
Gym	11	13	12	12	6
Total	51	76	57	52	51



Evaluation 2

Theory/ Practices	Jyrkämä	Tiihonen Expectat ions	Functional Capacity	Elements of Physical	Total
Skiing	14	13	12	12	109
Ball games/ Badminton	13	11	16	15	121
Track & Field/ Long jump, 100 m	10	9	10	12	95
Biking	12	11	12	11	101
Gym	10	12	11	12	99
Total	59	56	61	62	525



Results: Theories describe differently physical activity

- Some of the theories are better in sensitivity (their definitions describes better my practices) and others are better in making differentiations.
- E.g. Experiences (Tiihonen) are all meaningful to my practices, but my relations to physical activities (Koski) differs so that two of them are important and two of them less important.
- Both interpretations are valuable.



Results: The most important practices through theories

- Theoretical evaluation shows that some practices are more important than the others; there are more reasons to practice them than some others (differences had been more clear if there have been practices that I practice only occasionally)
- Ball games (121), skiing (109), biking (101) are the most important physical activities when reading them through theories (empirically it is nearly the same although injuries and weather (climate) make difficulties to practicing).



Results: Interpretative Narrative.

- My basic motivation lies mostly in body experience (Eichberg) and the most important type of experience is meaningful (Tiihonen). I'm also a regular (Unruh) activist (Koski) with quite disciplined relation (Frank) to my body. I want to fulfil quite equally different role expectations (Tiihonen) and it is important to me that I really want to do what I do although learning and skills are also important (Jyrkämä). Social, physical and experienced functional capacities are all important to me and endurance, skills and tactics mean all lot to me.



Recommendations

- Keep some kind of systematic training diary
 - Important things are: calender, time of exercise, type of training and regularity (e.g. one month/season)
- Make analyses and interpretations out of your training diary
 - Important things are: what I really do and why am I doing?
- Evaluate your possibilities to change your habits and your way of life
 - Theoretical interpretations and practical evaluations will support you