This paper explores the experiences of participation in the Australian Master's Games. Drawing on preliminary research on the 2017 event, the paper documents and analyses the ways in which Master's athletes define and understand their social and sporting identities. As well as addressing low physical activity engagement in older life through an ‘active ageing’ lens, training for and competing in the Master's Games offers a key source of identity-making among participants that shapes their social world more broadly.
Training a masters athlete can be complex and challenging because no two athletes are the same. Grouping everyone over 40 years of age into the same category is not particularly helpful as situational and lifestyle factors create a lot variability. Age by itself is a poor way to define a masters athlete. Rather, we need to define a masters athlete by assessing four key variables that interact, and when understood, allow the trainer to make effective coaching decisions specific to the individual. The complexities of training masters athletes can be made manageable simply by having a better way. Being a professional athlete is the easy part but being the best at your sport is the hard one. First of all, I would tell you to know your passion, like which sport you've been practicing/ playing/ watching film of from a couple of years. Secondly...Â Push over the limit, work hard and be committed. Train with the right Coach. Your Coach is like your other Master in Star Warsâ€¦ The person who guides you, teaches you what you donâ€™t kn. Continue Reading. This study is being conducted by researchers from the University of Tasmania; Professor Catherine Palmer (Head of School of Social Sciences), Dr Casey Mainsbridge (Lecturer, Faculty of Education), Dr Nicholas Hookway (Lecturer, School of Social Sciences), and Dr Anthea Vregundhil (Senior Lecturer, School of Social Sciences).Â To gain a better understanding of how and why people take part in the Masters Games so that we can establish how physical activity in later life can be extended to Tasmanians more broadly, particularly those who are inactive, to incorporate more physical activity into their lives. Why have I been invited to participate in this study?