

Hayden, Sandy; Hall, Daphne; and Stueck, Pat. *Women in Motion*. Boston: Beacon Press, 1983, ix + 142 pp. \$8.95 (paper); and Dyer, K.F. *Challenging the Men: Women in Sport*. St. Lucia: University of Queensland Press, 1983. xiv + 271 pp. Illustrations, notes, index, appendices. \$14.95 (paper).

*Women in Motion* is a little book that often makes a mole hill out of a mountain, advancing such concepts as a woman's ability to recognize her own preferences in physical movement and her right to do so but making them bland simplicisms. What wisdom is to be conveyed in charting one's activities appears in such comments as these: "Pay attention to yourself, discover what you enjoy doing, and take control of what you do" (p. 7) and "The compartmentalizing and labeling of movement also limits women's thinking to those activities that already have names" (p.22). *Women in Motion* encourages participation, urges flexibility in setting the rules of games, and invites women to be rolemodels discouraging excessive competitiveness.

The book is less tedious when it gives more attention than do some others to distinctively female issues such as osteoporosis and the menstrual cycle. Similarly, it offers guidance on how to match one's own objectives with the characteristics of different health clubs. Practicality is the strong suit, if any—not inspirational encouragement or philosophical underpinnings. Oddly, a chapter on "Selfful Experiences," which would logically be the place for the most personal and individuated philosophical perspectives, is filled with imperative forms of the verb, injunctions of what to do and what to avoid, and other formal elements of a behavioral code.

Not unlike some other books aimed at women, this seems to stereotype the male experience. The authors encourage women to feel free to try activities without fear of being tagged as lesbian (p. 11); but there is no balancing observation that men have been suspect for engaging in activities once stereotyped as female. Here and elsewhere, the authors seem to ignore the strides made in the field of men's studies. The authors seem to believe that women are more inclined to see themselves as physically awkward and untalented than men (p.92), but they may simply overlook traditional social pressure on males to perform physically even in disregard of their own feelings.

Far more disciplined in tone and structure, as well as more profitable in content, K.F. Dyer's *Challenging the Men: Women in Sport* claims to deal with the "social biology of female sporting achievement." The first quarter of the book deals with "general biological requirements for high sporting achievement" (p.3). Dyer cleverly discusses such matters as weight and height more than gender, predisposing the reader to accept a more restrictive view concerning gender's proper impact on participation in sport. Still, for the most part, Dyer's wide-ranging discussion of various nations' sports programs, concise summaries of literature on human performance, and capsule remarks on the nature of sport could be useful for virtually any course on contemporary sport.

In treating "The Biology of Sex and Sex Differences," Dyer may raise some eyebrows—for example, in saying "No longer can sex differences be regarded as fixed, absolute and clearcut . . . there are overlaps, ambiguities, uncertainties and changes of sexual identity" (p. 65). Far from ignoring biological sex differences, however, Dyer deals with them in some 35 pages—differences in muscles, lactic acid systems, ascorbic systems, body composition, reaction time, visual ability, and much else. Rejection of "absolute" definitions of sex difference sharpens Dyer's emphasis on the social component in gender identification. Even allowing for the persistence of gender stereotyping and discrimination, Dyer's stem assessment of current social views concerning women in sport may be more applicable in Australia than in the United States. Rapidly changing conditions jeopardize cross-cultural comparisons, as when Dyer groups television coverage of women's sport in 1972-1973 with that in Australia in 1980.

Dyer provides conventional but concise and useful descriptions of the development of women's track and field and, to lesser extent, swimming during the twentieth century. Far more speculative and potentially controversial are projec-

tions of when men's and women's track performances will reach equality—2040 for sprints, for example, and 1991 for long distance events. The meaning of such speculations remains moot. Does noting some women's present excellence over some past men Olympic champions really prove the case for future parity in performance? Also, some will bolt at claims that boxing and wrestling may not be sports at all because they are too aggressive (p. 35). Yet the book may prove useful, especially in some classrooms, because even most of its most daring contentions come wrapped in the sort of evidence that at least demands serious response. Moreover, one welcomes Dyer's clarity in wording and argument. Agree with the argument or not, the reader is not forced to stumble over useless jargon. In all, *Challenging the Men* presents a strong brief for women's future potential in sport, although the jury is still out on the final verdict.

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