Human movement as activity – An Irritation of certainties

What implicit concept of human movement guides our scientific or everyday approaches to human body and movement? It is not possible to experiment with movement, teach movement, or broach the subject of movement without referring to a theory or concept of movement and to shift the theoretical design once the research or teaching has begun. Therefore, it is important to ask which theory or concept is, albeit implicitly, utilized in each case. The fine differences of these implicit concepts are reflected in considerable differences in experimental design of motor behavior research and biomechanical research or conceptual discussions in dance studies, sports pedagogics, teaching research. The main point is the question of the smallest analytical unit of human movement. This dissertation intends to irritate certainties of human movement and to examine those concepts through the lens of Activity Theory in order to formulate new questions and to address old, presumably answered questions in a different way. The aim of this dissertation is the design of reflective sport science. The linchpin of this work is the theory of activity, which focuses on the ontology of process; it considers activity, not meanings or actions. The Cultural-Historical Theory of Activity is a theory of practice which revokes dualism in thinking and meaning, reflection and movement, creativity and movement, and learning and movement. This work refers mainly to the work of Lev Vygotsky and A. N. Leont’ev.