

CORPS ET SPORT (THE BODY AND SPORT)

From 16 October 2018 to 5 January 2020

Cité des sciences et de l'industrie, Paris, France

«With Paris preparing to host the **Olympic Games** in 2024, in partnership with the French National Institute of Health and Medical Research INSERM and in collaboration with INSEP, the French National Institute of Sport, Expertise, and Performance, Universcience has created an exciting exhibition about the practice of sport in the tradition of the great season-opening public exhibitions. This exhibition shines a light on the physical and psychological effects of sport on professional athletes and amateur enthusiasts. The exhibition 'Corps et Sport' is designed to provide a hands-on experience: visitors challenge themselves, assess their physical performance, techniques and tactics, test their ability to concentrate and memorise things, and more. It represents a completely new way of demonstrating that sport is relevant to us all.» Bruno Maquart, président d'Universcience.

Running from 16 October 2018 to 5 January 2020 and covering a surface area of 1,200 m², the exhibition 'Corps et sport' considers the connection between sport and the body in its broadest sense, both physical and psychological.

The body, the way it moves and the changes that occur in the body and the brain when practising sport are just some of the aspects covered in this exhibition, which presents the full range of scientific information to explain what happens in our bodies and heads when we practice sport, whether as a top athlete or an amateur enthusiast. By looking at various individual and team sports, it considers sport as a political, social, scientific and media phenomenon, examining its positive aspects and what happens when it is pushed to the extreme.

Visitor path

'Sports stations'

The first part of the exhibition is a multi-sensory interactive area that calls on the visitor's mental and physical abilities. Each station features exercises combined with interactive video installations. They challenge the public to put their reactions, sense of balance, endurance, precision and coordination to the test. Scientific explanations outline the connections between muscle power, neurophysiological capacity and performance. The visitor can get involved physically by completing a simple technical task in order to compare his performance with that of experienced athletes. The stations provide a fun way for visitors to try out the physical skills involved in different disciplines: functional training, football, rock climbing, biathlon, boxing and tennis.

'Sport today'

The second part of the exhibition is deliberately designed to encourage reflection and analysis, looking at sport as a social phenomenon. Since the beginning of the 20th century, increasing numbers of sporting competitions such as the Olympic Games have appeared and gained in popularity. The public's fascination with speed, energy and performance, but also with the body beauty, is of interest to scientists. Various audiovisual modules and infographic presentations, such as one which looks at chronophotographic sequencing, explain the general mechanisms of the moving body and the notions of competitive spirit and pushing oneself beyond the limit. Lastly, we are reminded how history has shown that practising a sport is not without its hazards. Intense effort can result in severe pain and even



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#CorpsEtSport

Trilingual (French, English and Spanish)
From age 7

This exhibition is part of the editorial line Societyscience / The way our world is changing This thematic line features exhibitions dealing with changes in science and technology and their impact on our individual and collective lives. They therefore provide valuable insight into the social sciences and the major issues that society faces.

loss of life. Age, physical and mental condition, the equipment used: we need to learn to recognise the body's needs and spot when it reaches its limits, using contemporary technology to optimise sporting performance and supervise sport more effectively.

In connection with the exhibition

Catalogue

■ Corps et sport

Various authors, edited by Julie Doron

In French - Co-published by Cité des Sciences et de l'Industrie / Editions de la Martinière

Written by specialists and athletes, this book featuring 200 illustrations explains the way the body reacts to physical effort, the connection between pleasure and pain, and the risks and benefits to health.

Paperback with cover flaps, size: 19 x 25.5 cm.

192 pp, 25 euros.

Publication in October 2018.

Livre jeunesse

■ Ça bouge! Corps, sport et science

In French - Co-published by Fleurus jeunesse/Cité des Sciences et de l'Industrie

A book by Claudine Gaston and Christian Camara, with illustrations by Halfbob and multimedia content available on smartphone.

25 x 25 cm, 48 pages, 14.95 euros

Publication date: 12 October 2018

Interpretation and learning events

■ Records in sport (Event)

Sporting records in some disciplines have seen some amazing variations. Changes in techniques and technology, the social context and even politics... sport is a reflection of our society and the way it changes.

From age 10/Weekends and during school holidays/Duration: 45 min.

■ Invent your own sport (Workshop)

The rules of ball sports did not come about by accident, and they often respect the laws of physics! The public is invited to rediscover sporting rules by trying out sports equipment. And, who knows? Maybe even invent a new sport...

From age 12/During autumn 2018 All Saints school holiday/Duration: 45 min.

■ The physics of sport (Workshop)

This workshop is designed to help visitors make the connection between the movements of sport and physical phenomena, revealing all about the forces, trajectories and energy transfers at work in sport.

Open to school groups from age 13/From January to June 2019/Duration: 1 hour

Practical information

Cité des sciences et de l'industrie

30, avenue Corentin-Cariou - 75019 Paris
📍 Porte de la Villette 📞 3b

Opening hours

Every day except Monday from 10 am to 6 pm,
and 7 pm on Sunday.

01 40 05 80 00
cite-sciences.fr

Admission rates

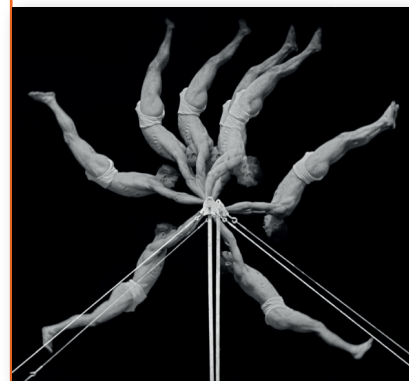
Full rate: €12 – reduced rate: €9 (over 65s, teachers,
under 25s, large families and students).

Tickets include admission to the Argonaute and Planétarium.

→ Free for the under 2s, jobseekers and recipients
of minimum social benefits, the disabled and
their carers.



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