

What needs in-text documentation?

The text "The History of Extreme Sports" does not contain any citations (i. e., reference to outside sources that the writer must have quoted or paraphrased from in his text).

Identify places in the text where reference to one or more of the [imaginary] sources (listed on page 4) should be added. Then provide the citation in proper APA format.

The History of Extreme Sports

By Matt Williamson

Adapted from <http://www.catalogs.com/info/sports/history-of-extreme-sports.html>

Extreme Sports are "nontraditional sports and activities that require participants to combine athletic skill with pronounced risk" _____.

It is difficult to determine exactly when the term extreme sports came to refer to certain modern sports, but many believe it can be traced to the early 1970s, when rock climbing and marathon running—then considered extreme—gained popularity _____. Several reasons have been cited for the growth of extreme sports since that time _____.

Extreme sports may have gained popularity in the late 20th century as a reaction to the increased safety of modern life _____. Lacking a feeling of danger in their everyday activities, people may have felt compelled to seek out danger or risk _____.

Another reason for increased participation in extreme sports is enhanced sports technology _____. For example, the invention of "sticky rubber-soled climbing shoes and artificial climbing walls" broadened the appeal of rock climbing _____. Also, advances in ski design allowed more skiers to attempt extreme feats previously thought impossible _____.

Some observers credit television and movies and cult heroes like Bam Margera and Tony Hawk for defining what extreme sports are as well as popularizing them _____.

Television coverage of competitions and events has brought extreme sports and their participants more attention _____. The televised X Games and the Olympics are just two examples _____. As more people become aware of extreme sports, the activities gain more enthusiasts _____. One result of the growing interest is that those who pride themselves on participating in challenging, cutting-edge activities are constantly searching for new ways to test themselves _____. This ensures the continuing development of newer extreme sports _____.

Extreme sports allow and “encourage individual creativity in the innovation of new maneuvers and in the stylish execution of existing techniques” _____. Before enthusiasts attempt risky stunts, they must know their own physical abilities and understand how well they can “block the natural instinct of fear” _____. Extreme sports enthusiasts also must recognize the physical limitation of their equipment _____. Participants should have experience in whatever activity they are taking to an extreme level, and must know what to do in the event of an emergency _____.

Some sociologists say that extreme sports are similar to vision quests or other traditional rites of passage common in some cultures _____. In many traditional cultures, rites of passage are “severe physical ordeals during which adolescents experience intense personal growth” _____. Initiates often leave their families and undergo a lengthy seclusion during the event _____. Sociologists believe that extreme sports enthusiasts seek the same sort of experience by undertaking risky activities in “small, closely knit groups” _____.

Some of the most popular sports that can have extreme elements are extreme skiing, snowboarding,

mountain biking, in-line skating, and white-water kayaking _____. In these activities, extreme athletes exceed traditional safety limitations to create new disciplines in the sport _____. For example, people who engage in extreme skiing make dangerous runs down mountains over uncharted terrain _____. "The enhanced danger posed by cliffs, crevasses, and extremely steep slopes elevates traditional snow skiing to an extreme level" _____. Likewise, extreme free rock climbing, or rock climbing without ropes, is generally considered more dangerous than traditional climbing methods, which typically incorporate protection in the form of a climbing partner and roping system _____.

The history of extreme sports is still evolving _____. Some extreme sports combine the techniques and physical skills of two or more sports, often mainstream sports that were once considered extreme _____. One of the best examples of this sort of transition is found with sky surfing, which first became popular in the 1990s _____. The sport combines skydiving and snowboarding _____. Experienced parachutists perform acrobatic stunts on boards similar to snowboards _____. Individually, skydiving and snowboarding were once considered extreme _____. By the same token, snowboarding's own development owed much to the sports of skateboarding and surfing, which were considered nontraditional when they were first popularized in the 1960s _____. There is no doubt that as new techniques are tried and experimented with, the history of extreme sports will include many new and daring innovations _____.

Your list of sources:

<i>Author</i>	<i>Publication Year</i>	<i>Title of Source Article</i>
F.C. Brown	2008, pp. 21-36	Extreme sports: What are they and who engages in them?
W.C. Buholtz	1999, pp. 245-251	The challenges of the marathon: 26 miles of sweat.
P.A. Newman	2003, pp. 68-77	Rock climbing: From the 1970s to the new millennium.
B. Soper and R. Jones	2006, pp. 38-52	The promotion of risk taking behavior as a consequence of modern life conveniences.
D.K. Meyer	2002, pp. 303-309	From sticky shoes to flexible skis.
B.D. Leloup	2005, pp. 44-62	The influence of the Olympic Games on everyday sports.
S. A. Pilcher and J.H. Walters	2004, pp. 124-137	The popularization of extreme sports through popular culture.
B. Soper, R. Jones, and F.T. Faulkner	2006, pp. 156-171	An examination of the similarities between initiation rites and extreme sports.
J.B. Maas	2005, pp. 45-47	A brief history of sky surfing.
F.C. Brown	2005, pp. 23-26	A brief history of snowboarding.