

RESPONSE

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Embodying the smartwatch: How elite runners mediate data and lived corporeal experience.



Wednesday, 8 April 2026



14.00 - 15.30



Spir idelab (Torggården), Bodø

For digital participation, contact frida.a.waagan@nord.no

In this presentation, we will explore the technical, corporeal, and relational dimensions of the use of wearable technologies by Quebec's elite runners. Drawing on the theoretical framework of carnal sociology, and based on a qualitative methodology of 18 running interviews, we will show that the integration of wearable technologies is composed by two chronological phases. The first one is characterized by the initial importance attributed to data and the second entails a progressive reconnection to the body. Our results also highlight the central role of the coach and training group act to contextualize data. To conclude, we hypothesize that the adoption of technology by elite runners is not a purely individual process, but a socially developed skill.



ABOUT NICOLAS MOREAU :

Nicolas Moreau is a full professor in the Faculty of Social Sciences at the University of Ottawa. At the crossroads of the fields of sociology of health, physical activity and social normativity, his research focuses on: sport as a tool for the psychosocial development of vulnerable youth; problematic sporting behaviors (doping, addiction); social issues of self-quantification (watches and connected applications) within running; social and sociological issues of sports mega events.



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