

# SUMMARY

## Photo Series “poetry of exertion”

This photographic thesis photo series “poetry of exertion” explores the human body in the context of athletic performance, when the body is experiencing the most muscle strain. The subjects for this project got chosen on the premise that the photos would show the biggest difference in various areas of sports.

The project involves photographing a range of athletes in their own usual setting to add to the story of the athlete. Going into their environment made me be more careful and attentive to my choices when it came to lighting. Each area of sport needed its own approach. Much attention was paid to the importance of setting up the lighting so the subject's muscle definition would be as needed. Although when photographing MMA I lacked control when it came to lighting, which on its own made for an exciting experience of having to work with whatever is available.

A central theme in the project is the control one must have over their body to achieve the physic, which can without words tell people the journey that had led the athlete here. The tension in the muscles is reflected throughout the series, the lack of colours almost forcibly making the viewer engage with the photograph on a deeper level. The photographs convey a narrative to give the viewer a better understanding of what is the sport behind the photos. The theoretical part of the thesis provides a foundation for the practical work. I examined the historical and contemporary approaches to photographing the human form. It discusses how the human body has been depicted in art and photography. Particularly I emphasised on how movement and physicality are interpreted through the lens of a camera. The theoretical exploration helps contextualize my own ideas of the practical part and also deepen my own understanding of the human body.

In producing the thesis, I learned a deeper understanding of photographing techniques in different scenarios, especially in terms of importance of lighting, composition and having a better understanding of your subject. The process taught me the importance of having to understand the situation in which the subjects are to be able to create a narrative around the photo and not just capture the muscle definition. Ultimately, the series is a personal inquiry

into the difference of athletes and how their muscle definition differs during exertion, while all conveying the tough work that went into being as skilled as they are.