

Daylight in urban sports facilities / The dialogue of indoor and outdoor

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Sports facilities have a crucial social, cultural, and morphological role in urbanization, in terms of indoor and outdoor spaces. The roots of sports go back to the Greek games. The purpose of these games was physical activity and mental cultivation and was associated with geographical conditions where sunshine and climate were operative. Over time daylight in sports started to become less involved in urban and architectural spaces due to the evolution of standardized rules and the need for establishing fair conditions. Regardless of indoor or outdoor sports, venues became more controlled spaces, and sports ended up being less of a game or recreational activity in daily life. These shifts have led to changes in the purpose of sports, and it started to become detached from natural conditions where daylight is one of the most important factors that generate this shift. This research, while putting forward the changes in the architectural and urban spaces for sports activities, reveals the importance of body activities in daily life for the well-being of people. As a result, it puts forward strategies that generate sports facilities with efficient daylight conditions.

Until the recent construction of indoor venues; sports were organized and established according to seasonal and geographic conditions. Sports were unconfined and liberated in terms of architectural space. With the effect of modernity, the festive and show purposes of bodily activities started to become more competition-oriented. This also found its reflection in the spatial organization of sports, and the specialization of space in sports became more dominant. Instead of natural and urban environments, spaces that are enclosed, marked, defined, measured, bounded, and increasingly standardized lead sports venues to become placeless. Competition-oriented body activities are equipped with such rules that it is impossible to participate in real, natural, and urban environments. Advances in building technology have developed in a way that allows the spaces arranged for body activities to be covered and moved into the buildings. That shifted the inside-outside perceptions where convertible spaces also became dominant. As a result of these developments, the effects of decreased daylight usage are twofold. First, its implications on human well-being, and second, the high energy consumption of artificial lighting that increases carbon emission rates.

In other words, since the body culture of the industrial society directed towards success is specialized, it shaped not only body cultural movements, but also the spaces where they take place. This situation has made sports venues unusable for anything other than sports and detached the relationship of body activities from urban environments. The need for movement and daylight in human well-being is inevitable. The daylight usage in sports venues is an important topic, nevertheless, sports as a recreational activity should be enhanced. Urban spaces where daylight is less controlled should be a necessary component of urbanization. This research renders different cultures and urban sports facilities to reflect on the future of urbanization and proposes strategies and classifications on daylight use with the aim of approaching carbon neutrality and healthy societies.

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Keyword 2

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Keyword 3

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Keyword 4

mental cultivation

Keyword 5

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