

CHAPTER 1

Sample Answers for Chapter Discussion Questions

Question #1

More than 100 different names were being used for academic programs and administrative units related to the study of human movement. The basic conceptual framework of this body of knowledge varied greatly from university campus to campus. The multitude of degree titles, program names, and administrative rubrics had produced confusion regarding the nature of the study of movement, even among academicians who work in the field. Identifying a common name and focus would provide a stronger sense of purpose, higher visibility in the academic community, and a greater understanding of the discipline by the public.

Question #2

A primary reason for the popularity of kinesiology is the increasing recognition of the importance of health-related and skill-related human movement. Because health and human movement are so closely linked, the study of human movement naturally links with a concern for health. The correlation between being physically active and being healthy is proven. Physical activity of various types is valued not only for its preventive capacities but also as a form of treatment for many conditions. Of course, it has always been the basis of physical therapy, but it is also recommended as part of the remedial protocol for many lifestyle diseases and as a form of health promotion.

Question #3

One versus self: contests are motivated by a desire for personal challenge

One versus another: individual sport contests, such as tennis

One versus many: activities such as marathon running and triathlons

One versus standards: of distance (jumps, throws) or time (time trials)

One versus nature: conquering the elements (e.g., rock climbing)

Question #4

The word *physical* is too narrow. It suggests that the study of human movement is not intellectual, mental, or spiritual. The word *education* is misleading in that it narrowly points toward a teaching degree in a setting where students are preparing for many other careers.

Question #5

The roots of the word *kinesiology* can be traced back to ancient Greek terminology to literally mean the study of (*logy*) human action (*kin*). Consequently, this title clearly presents the central topic of human movement and represents all the facets of this focus through a nonspecific umbrella term that covers exercise, fitness, sport, health, leisure, recreation, and play in a way that is broad and neutral, allowing its practitioners to study all aspects of human movement from the perspectives of the arts and sciences.

Question #6

One form of movement – sport – is extraordinarily popular, to the extent that it is almost a universal language with a shared vocabulary that stimulates passionate and enthusiastic

interaction. The pervasiveness of participation, the abundance of information and statistics, and the cultural meanings of sport fuel a significant research agenda. Consequently, the study of athletic performance is an appealing, attractive focus.

Question #7

The core curriculum of human movement is made up of human anatomy/function; physical growth and motor development; biomechanical aspects of movement; exercise physiology; behavioral and neuromuscular control of movement; motor skill acquisition; psychological factors in movement, exercise, and sport; sociocultural factors in movement, exercise, and sport; and history/philosophy of movement, exercise, and sport.

Question #8

Human movement allows us to appreciate ourselves as moving beings. Our actions define us, create our self-image, contribute to our self-worth, and ultimately lead to our self-fulfillment. The human body is a source of symbolism through which we discover and express ourselves. Movement is a form of self-exploration that provides a venue for this self-discovery. Physical activity is a venue both for increasing self-awareness and for self-expression, whether through painting, dance, or play.

Question #9

Kinesiology is a natural stepping stone for students who want to make a difference through the transmission of health-related learning. Graduates will leave university armed with the knowledge and skills that are necessary to combat lifestyle-related diseases and to promote health and enhance human performance, such as informed analyses of the cause and prevention of obesity, heart disease, cancer, and AIDS and research-based programs of exercise and nutrition.

Question #10

When taken to an extreme, the subdisciplinary approach creates division and isolation within a department. An emphasis on collaborative research will tend to create bridges within departments between pure and applied, theory and practice, science and everything else. New ways of looking at the field will be necessary to understand the vibrant interconnections of the multifaceted study of health and human movement.

Question Bank for Written Student Assessment and Evaluation

Quiz: How Much Do You Know About Kinesiology?

1. The meaning of kinesiology was best defined in 1990 by the:

- A) American Academy of Physical Education
- B) American Academy of Kinesiology
- C) National Association for Kinesiology and Physical Education
- D) North American Academy of Kinesiology and Physical Education
- E) American Association of Kinesiology

Answer: A

2. A primary reason for the popularity of kinesiology is the increasing recognition of the importance of health-related and _____-related human movement. **Answer: skill**

3. Health in kinesiology is more reactive than the forms of medicine that focus exclusively on the treatment of disease. **Answer: false (Correct: proactive)**

4. In kinesiology and according to this text, the concept of health differs from the concept of wellness in that:

- A) wellness refers to a state of lacking illness and injury, while health goes a step further to include happiness and one's sense of self-fulfillment
- B) health includes the dynamic aspects of a person's attempt to reach his or her potential, while wellness involves a state of well-being created by a combination of health and happiness
- C) health is a subjective and personal experience, while wellness can be quantitatively measured and studied
- D) health refers to a state of lacking illness and injury, while wellness goes a step further to include happiness and one's sense of self-fulfillment
- E) health is a physical state of general well-being, while wellness includes the dynamic aspects of a person's attempt to reach his or her potential

Answer: B

5. The most widely used name for this field throughout history has been _____. **Answer: physical education**

6. Kinesiology is the winner of the name game because it **FITS** best, where *F* stands for field of study. **Answer: false (Correct: focus)**

7. The word *kinesiology*:

- A) can trace its roots to Greek terminology meaning the study of human action
- B) clearly presents the central topic of human movement
- C) was initially used as a title for biomechanics
- D) all of the above

E) A and B only

Answer: D

8. The title *kinesiology* is _____ appropriate and meaningful to academia and society.

Answer: intuitively

9. Through the years, the percentage of kinesiology programs preparing students for professions other than education and in the liberal arts has grown. **Answer: true**

10. Which of the following statements about kinesiology is **false**:

A) Kinesiology approaches human movement from diverse perspectives, thus exposing students to an array of teaching styles and ways of thinking.

B) Kinesiology is constantly evolving to provide access to a variety of rewarding careers.

C) Kinesiology ignores nonscientific approaches to the study of human movement, since such approaches tend to be subjective, arbitrary, and unreliable.

D) A range of experiential teaching and learning conditions may be developed within the context of kinesiology.

E) None of the above.

Answer: C

11. Natural _____ enhancement is an enticing feature of kinesiology. **Answer: talent**

12. Kinesiology graduates will be armed with the knowledge and skills that are necessary to combat lifestyle-related diseases and to promote health and enhance human performance.

Answer: true

13. The interdisciplinary approach:

A) is heavily scientific and research oriented

B) can create division and isolation within a department

C) has no proven advantages

D) all of the above

E) two of the above

Answer: E (A and B)

14. The vertical structures that hold the disciplines and that tend to divide them from each other are known as _____. **Answer: silos**

15. A new emphasis on prescriptive research will tend to create bridges within departments between pure and applied, theory and practice, science and everything else. **Answer: false** (Correct: collaborative or cross-disciplinary)

16. Discuss the importance of choosing the right name for our field. **Answer: A name introduces and defines us and describes our field of study. It immediately implants images of what we do and who we are. We can wear the right label proudly, as a badge of respectability, or we can expend time and effort dispelling negative connotations from the minds of our audience if we pick an inappropriate term. Acceptability, credibility, and viability ride on our choice. Centrality**

in an organization (such as a university), funding for research, and our upward professional mobility are affected by how we project ourselves and how others view the reputation of our field.

Multiple Choice Questions

1. The American Academy of Physical Education resolved to identify a common name for the field of human movement because:

- A) approximately 30 different names were being used for academic programs and administrative units related to the study of human movement
- B) the basic conceptual framework of this body of knowledge was the same from university campus to campus
- C) the multitude of degree titles, program names, and administrative rubrics had produced confusion regarding the nature of the study of movement
- D) all of the above
- E) B and C only

Answer: C

2. The field of kinesiology addresses such important topics as:

- A) personal health
- B) public health
- C) environmental health
- D) all of the above
- E) A and B only

Answer: D

3. Skill-related performance includes athletic movements that:

- A) may involve varying degrees of vigor and invoke fine motor skills
- B) may involve varying degrees of vigor and invoke gross motor skills
- C) fluctuate along a continuum of organization
- D) all of the above
- E) two of the above

Answer: D

4. Which of the following is **not** a reason why the name *kinesiology* better describes the study of human movement than does *physical education*:

- A) The term *physical education* brings to mind a number of stereotypes, as it tends to be associated with nonacademic activity programs and “easy majors.”
- B) The title *kinesiology* clearly defines the focus of study, as it literally means the “study of human action.”
- C) The word *physical* in physical education implies that there are no intellectual, mental, or spiritual aspects of human movement.
- D) The term *kinesiology* has been the most widely used name for the field throughout history.
- E) None of the above.

Answer: D

5. Unlike other university subjects that have little real-world application, kinesiology can be considered very relevant to everyday life because:

- A) we all experience human movement daily, and health- and skill-related knowledge can have great impact on everyday lifestyle choices
- B) the main focus of kinesiology is on athletics and sports-related movements
- C) kinesiology focuses more on theoretical than practical research
- D) kinesiology programs tend to prepare students for a few specialized professions
- E) kinesiology focuses on movement and does not concern itself with history or philosophy

Answer: A

6. Which of the following statements regarding the field of kinesiology is **false**:

- A) Kinesiology approaches human movement from a number of diverse perspectives.
- B) Kinesiology is not a relatively new field of study, and its scope and focus have remained virtually unchanged throughout the years.
- C) The number of kinesiology programs preparing students for professions other than education has been growing.
- D) Kinesiology treats all approaches to movement education equally.
- E) None of the above.

Answer: B

7. Kinesiology is a very inclusive field, accommodating a number of different subjects and approaches. Which of the following is **least** likely to be included in a kinesiology core curriculum:

- A) motor learning and development
- B) human anatomy and physiology
- C) psychological and sociocultural factors involved in movement
- D) behavioral and neuromuscular control
- E) All of the above *are* likely to be included in a kinesiology core curriculum.

Answer: E

8. Which of the following statements about human movement is **true**:

- A) Human movement should not be considered a dynamic phenomenon, since it can only be understood through intellectual abstraction.
- B) Human movement lends itself readily to descriptive research methodologies but is limited in terms of prescriptive approaches.
- C) Skill-related human movement does not have immediate relevance to everyday life, since it exclusively deals with the fine and gross motor skills associated with athletic performance.
- D) The academic study of human movement has changed very little in the last century.
- E) None of the above.

Answer: E

9. A recent trend in kinesiology has been a new emphasis on collaborative research. This involves:

- A) a “silo” approach, which divides the subdisciplines of the field

- B) a greater emphasis on applied and practical research, to the exclusion of basic and theoretical research
- C) the idea that researchers should focus on problems from multiple perspectives
- D) two of the above
- E) none of the above

Answer: C

10. Kinesiology's cross-disciplinary nature can be considered one of its strengths because:

- A) the wide scope of kinesiology fragments the field into its various constituent disciplines
- B) it allows collaborative research, creating bridges between departments
- C) it is impossible to fully understand human movement without examining it on multiple levels, from the biomechanical to the psychological
- D) both A and C
- E) both B and C

Answer: E

Fill in the Blank Questions

1. The American Academy of _____ agreed that a nationally accepted name would provide a stronger sense of purpose for the field. **Answer: Physical Education**

2. Physical activity of various types is valued not only for its preventive capacities but also as a form of _____ for many conditions. **Answer: treatment**

3. Health encompasses the dynamic, constantly changing process of trying to reach one's potential; _____ goes one step further to combine health and happiness in a balanced state of well-being. **Answer: wellness**

4. The long jump and time trials are examples of the "one versus _____" form of competition. **Answer: standards**

5. The most widely used name for our field throughout history has been physical education, sometimes joined by health, recreation, and _____ to form HPERD departments. **Answer: dance**

6. The title *physical education* fails to adequately describe either the _____ of study or the change in approach. **Answer: focus**

7. Human movement is a medium to display and enhance our _____ talents. **Answer: natural**

8. The scholarly journal of the National Association for Kinesiology and Physical Education in Higher Education is called _____. **Answer: Quest**

9. When taken to an extreme, the _____ approach creates division or isolation within a department. **Answer:** *subdisciplinary*

10. A leading philosopher in the field suggests a new paradigm for the future of kinesiology in which _____-limited research is rejected. **Answer:** *silo*

True or False Questions

1. The correlation between being physically active and being healthy is unconfirmed. **Answer:** *false (Correct: proven)*

2. Physical activity is recommended by the Eastern medical establishment as part of the remedial protocol for many lifestyle diseases and as a form of health promotion through such activities as tai chi and yoga in the Western tradition. **Answer:** *false (Correct: Western); false (Correct: Eastern)*

3. Health-related research in kinesiology tends to focus on proactive measures. **Answer:** *true*

4. Kinesiology has a focus of considerable scholarly significance in sport because of organized sport's cultural impact. **Answer:** *true*

5. One stereotype of physical activity is that programs encountered in K-12 are devoid of academic content and rarely linked to the intellectual mission of the school. **Answer:** *true*

6. The fact that the name *kinesiology* treats all approaches equally is one reason it is the preferred title for the study of human movement. **Answer:** *true*

7. Kinesiology is organized horizontally (as well as vertically) on a subdisciplinary basis to include exercise physiology, motor learning, motor development, and biomechanics. **Answer:** *false (Correct: cross-disciplinary)*

8. Some forms of human movement interlock and sometimes interlace. **Answer:** *false (Correct: All)*

9. The choice for students created by a narrowing of approaches and missions in kinesiology in recent years has led to a wide range of professional promise and a very bright future. **Answer:** *false (Correct: broadening)*

10. Typically, the subdisciplinary approach is heavily scientific and research oriented. **Answer:** *true*

Other Types of Questions

1. Explain some of the personal applications of kinesiology as it relates to health- and skill-related human movement.

Answer:

Health-related movement and skill-related performance are two aspects of kinesiology that are easily applicable to everyday life. There is an undeniable correlation between physical activity and health, and an understanding of kinesiology gives insight into not only how exercise improves health but also what type of physical activity and how much of it is optimal for a healthy lifestyle. In addition to promoting the proactive health effects of movement, kinesiology can also apply reactively to health, since physical activity can be a treatment for many conditions. Skill-related performance refers to the fine and gross motor skills involved in athletics, the workplace, and everyday life. The results of research in motor learning and other subdisciplines in kinesiology can be applied to enhance natural talent and improve motor skills, making kinesiology very applicable for athletes and individuals in professions where physical skill in any way facilitates success.

2. Why is human movement such a popular topic of research?

Answer:

Human movement is eminently researchable, and performance and health enhancement are topics of great interest to us individually and to the larger global community today. The field lends itself readily to both descriptive and prescriptive research methodologies. Building from the description of the current state of affairs (what is), we can proceed to study, research, and prescribe what might be (e.g., how could performance be enhanced). Human movement is also highly accessible to research from a wide range of social, cultural, behavioral, and biophysical disciplines, so it is an attractive focus from a variety of perspectives.

3. Explain why the name *kinesiology* better describes the field of study of human movement than the name *physical education*.

Answer:

The name kinesiology is more appropriate because it reflects the focus of study (the literal translation of the word is “the study of human action”), it implies that a number of methodological approaches are permissible, it is intuitively appropriate, and it sounds right (the word has existed in scientific literature for quite some time and is easily linked to other fields of study such as biology and anthropology). The title physical education, on the other hand, is associated with stereotypes (such as the idea that the sole purpose of the field is to prepare students for professions in education) and is too restrictive. The word physical implies that natural science is the only permissible approach to the study of human movement, ignoring the social sciences and humanities.

4. What are the three elements of the significance of OWNership in the context of the meaning of movement?

Answer:

*Movement helps us define **O**urselves.*

*Movement contributes to our **W**ell-being.*

*Movement is a medium to display and enhance our **N**atural talents.*

5. Kinesiology accommodates many different approaches. Explain why this does not result in a fragmentation of the field.

Answer:

Kinesiology is a dynamic and cross-disciplinary field, incorporating a diverse number of subjects and methods of study. Rather than fragmenting the field, however, the broad scope of kinesiology is one of its strengths, since human movement is so complex that it cannot be fully understood unless it is studied on a number of different levels, ranging from the biology and physiology of nerves and muscles to the psychological, sociocultural, and even philosophical aspects of human movement. By accommodating so many different subjects and approaches, kinesiology allows for a richer, fuller, and more integrated understanding of human movement.