

CHAPTER 1

ASSESSMENT CATEGORIES



Application



Communication



Knowledge and Understanding



Thinking



Introduction to Kinesiology

Activities in this chapter:



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1

DEFINITIONS AND DIMENSIONS (Textbook pages 2-5)



1 Key Terms and Definitions



Define the key terms below in your own words.

Key term	Definition
kinesiology	
proactive health	
reactive health	
wellness	



2 The Scope and Significance of Kinesiology



Health and human movement are closely linked, and there is an increasing focus on sport, health, and wellness. What role do you think the field of kinesiology will play in this quest for healthy lifestyles and sport excellence?



2

THE NAME GAME AND SPHERES OF SCHOLARLY STUDY
(Textbook pages 6–11)



1 Key Terms and Definitions



Define the key terms below in your own words.

Key term	Definition
biomechanics	
exercise physiology	
motor development	
motor learning	
physical education	



2 And the Winner Is: Kinesiology

The field of kinesiology approaches human movement from diverse perspectives and encompasses a wide array of scholarly disciplines. Do you think the name kinesiology was a wise choice?



3

EXPERIENCING THE BODY OF KNOWLEDGE AND WHAT THE FUTURE HOLDS (Textbook pages 11–15)

1 The Three Ps of Kinesiology: Personal, Public, and Professional

Explain how kinesiology has personal, public, and professional implications for your life and career path.

Lined writing area for the first activity.

2 Dust Off Your Crystal Ball

What do you think is in store for the field of kinesiology? Gaze into your crystal ball and share what you see.

Lined writing area for the second activity.





4

CHECK YOUR UNDERSTANDING

**Multiple Choice**

- The meaning of kinesiology was best defined in 1990 by the:
 - American Academy of Physical Education
 - American Academy of Kinesiology
 - National Association for Kinesiology and Physical Education
 - North American Academy of Kinesiology and Physical Education
 - American Association of Kinesiology

Answer: _____

- In kinesiology and according to this text, the concept of health differs from the concept of wellness in that:
 - 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
 - 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
 - health is a subjective and personal experience, while wellness can be quantitatively measured and studied
 - 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
 - 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: _____

- The word *kinesiology*:
 - can trace its roots to Greek terminology meaning the study of human action
 - clearly presents the central topic of human movement
 - was initially used as a title for biomechanics
 - all of the above
 - A and B only

Answer: _____

- Which of the following statements about kinesiology is **false**:
 - Kinesiology approaches human movement from diverse perspectives, thus exposing students to an array of teaching styles and ways of thinking.
 - Kinesiology is constantly evolving to provide access to a variety of rewarding careers.

- Kinesiology ignores nonscientific approaches to the study of human movement, since such approaches tend to be subjective, arbitrary, and unreliable.
- A range of experiential teaching and learning conditions may be developed within the context of kinesiology.
- None of the above.

Answer: _____

- The subdisciplinary approach:
 - is heavily scientific and research oriented
 - can create division and isolation within a department
 - has no proven advantages
 - all of the above
 - two of the above

Answer: _____**Fill in the Blanks**

Fill in the blanks for the following statements using words from the **word bank** below. Place the corresponding letter from the word bank in the blank spaces provided.

- A primary reason for the popularity of kinesiology is the increasing recognition of the importance of health-related and _____-related human movement.
- The most widely used name for this field throughout history has been _____.
- The title *kinesiology* is _____ appropriate and meaningful to academia and society.
- Natural _____ enhancement is an enticing feature of kinesiology.
- The vertical structures that hold the subdisciplines and that tend to divide them from each other are known as _____.

Word Bank

- | | | |
|---------------------|-----------------------|-----------|
| a. equally | d. knowledge | g. silos |
| b. exercise science | e. physical education | h. skill |
| c. intuitively | f. pillars | i. talent |

**True or False**

Indicate whether each statement below is **true (T)** or **false (F)**. If the statement is false, provide the correct answer.

1. Health in kinesiology is more reactive than the forms of medicine that focus exclusively on the treatment of disease.

Answer: _____

2. Kinesiology is the winner of the name game because it **FITS** best, where *F* stands for field of study.

Answer: _____

3. Through the years, the percentage of kinesiology programs preparing students for professions other than education and in the liberal arts has grown.

Answer: _____

4. 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: _____

5. 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: _____

**Think and Link**

1. You are a career counselor at a high school. Several students come to you for advice on what career paths to take. Considering the core curriculum of human movement, complete the table by deciding which areas the following students might want to specialize in.

- Betty plays for the high school volleyball team, and she's always giving her teammates advice on how to control their anxiety before a game.
- Li enjoys reading about how sport has changed over the years and how it has played different roles in society.
- Dave volunteered to participate in a laboratory study to test maximal oxygen consumption. He really enjoyed learning about the effects of exercise on the body.
- Martin's dad is a doctor, and Martin loves studying the posters of human musculature his father keeps in his home office.
- Layla's cousin Amaar has muscular dystrophy, and Layla would love to help find a cure.
- Shondra hates it when her little brother teases her about being taller than she is, but she's actually very interested in finding out why.
- Mario helps his dad coach a youth soccer team. He loves helping the kids learn new plays and tricks.
- Andy, who excels in physics, built a working model of the knee joint as a science fair project.
- Kristen wrote a paper on women in sport and was fascinated by how women's participation has evolved.

Core Curriculum of Human Movement	Student
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	
History/philosophy of movement, exercise, and sport	

