


# Introduction



## Chapter 1

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## Introduction: The discipline of Kinesiology

- The science of human movement
  - Affects our personal health, wellness, and physical achievements
- This chapter will explain the evolution of kinesiology

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# Definitions and Dimensions



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## Kinesiology

- The cross-disciplinary and dynamic field of study focusing on human movement
- New and exciting field of study of human movement
- American Academy of Physical Education resolved in 1990 to identify a common name and focus



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## Scope of Kinesiology

- Health in Kinesiology is *proactive* and preventive
- Medicines that focus on treatment are *reactive*
- *Wellness* combines health and happiness in a balanced state of well-being



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## Competition

- One versus self
  - Motivated by a desire for personal challenge
- One versus another
  - Individual sport contests
- One versus many
  - Triathlons and marathon running
- One versus standards
  - Standards of distance or time
- One versus nature
  - Conquering the elements



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## Significance of Kinesiology

- Eminently researchable
- Lends itself to descriptive and prescriptive research methodologies
- Addresses topics of personal, public, and environmental health



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## The Name Game

- Physical Education
  - Sometimes joined by health, recreation, and dance to form HPERD departments
  - Fails to adequately describe focus of study
  - May only be appropriate for programs focusing on preparing teachers of physical education for public school system



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- Other names
  - Exercise, sport, fitness, and human movement
  - Usually in combination with science, studies, or arts
- Do labels constrict?
  - Does exercise science limit the focus of the program to exercise?

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### Kinesiology “FITS”

- **F**ocus of study
- **I**ntuitively appropriate
- **T**reats all approaches equally
- **S**ounds right



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### Focus of Study

- Name of department should evoke the focus of study
  - *Kinesiology*: in Greek terminology literally means the study of (*logy*) human action (*kin*)
  - Clearly presents the central topic of human movement
  - Covers exercise, fitness, sport, health, leisure, recreation, and play

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### Intuitively appropriate

- Kinesiology seems valid and familiar to the college community
- General population associates with the study of physical activity in higher education

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### Treats all approaches equally

- Neutrality of *logy* (the study of) provides leeway for methodological approaches to human movement
- Natural science, social science, and humanities are all permissible

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### Sounds right

- Draws on historic roots of word
- Evokes the mission of the field
- Unique, allows independence
- Brief, avoids patchwork of titles designed to be all-inclusive

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# Spheres of Scholarly Study



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## Diversity of higher education

- Training physical education teachers
  - Includes more rigorous general education matter
  - More subject matter preparation
  - More sophisticated clinical aspects
  - Four-year undergraduate degree, then a fifth year for education certification
- Beyond the gym
  - Medical schools seeking more broadly trained graduates



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## Inclusiveness of kinesiology

- Cross-disciplinary basis
  - Exercise physiology
  - Motor learning
  - Motor development
  - Biomechanics
- Human movement is a good starting point
  - Movement experienced daily
  - Helps explain universal appeal and passion for sport



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# Experiencing the Body of Knowledge



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## Personal applications

- Human movement affects everyone's personal health and performance
- Take **OWN**ership
  - Helps us define **O**urselves
  - Contributes to our **W**ell-being
  - Displays and enhances our **N**atural talents



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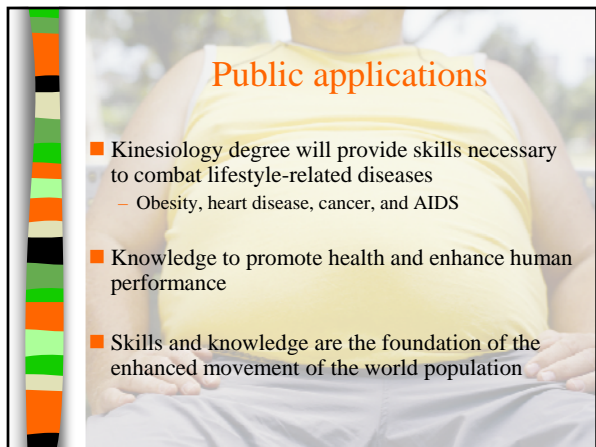
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## Public applications

- Kinesiology degree will provide skills necessary to combat lifestyle-related diseases
  - Obesity, heart disease, cancer, and AIDS
- Knowledge to promote health and enhance human performance
- Skills and knowledge are the foundation of the enhanced movement of the world population



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**Professional applications**

- Bases of human movement springboard to medical and allied health professions
  - Where physical activity, play, and exercise are therapy
- Research and development of human performance, motor development, and sport



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**What the future holds**



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- Diversity of names reflects fragmentation
  - Subdisciplinary approach scientific and research orientated
  - Professional approach prepares physical education teachers
  - Motor performance approach focuses on sport, exercise, and physical activity
- May create division and isolation within a department in a worst-case scenario

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- Suggested paradigm limits silo-specific research in favour of thematic, cross-disciplinary work



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