Chapter 1 Introduction to Kinesiology and Physical Activity

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Kinesiology

The text has defined kinesiology as knowledge derived from experiencing physical activity, scholarly study of physical activity, and professional practice centered in physical activity; this knowledge becomes part of the discipline when it is:

• embedded in a university curriculum and
• used by kinesiologists in their research.
Figure 1.2

Physical activity experience

Scholarly study of physical activity

Professional practice centered in physical activity

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What Is Physical Activity?

- The centerpiece of kinesiology
- A term for which many definitions exist so we must specify our technical definition
Our Technical Definition of Physical Activity Does NOT Include…

• Human movements that are
  – Involuntary
  – Performed aimlessly and without a specific purpose

• All human movement
  – NOT all movement is physical activity.
  – All physical activity is movement.
Our Technical Definition of Physical Activity DOES Include…

Physical activity that is

• intentional,
• voluntary, and
• directed toward achieving an identifiable goal.
Developing an Understanding of Kinesiology

- Experiential knowledge
- Theoretical knowledge
- Professional practice knowledge
Experiencing Physical Activity

• Direct participation in physical activity is an important source of kinesiological knowledge.
• Observation of physical activity is also an important source of kinesiological knowledge.
Studying Physical Activity

• Involves examining physical activity through research and logical, systematic analyses
• Organized within subdisciplines, which have developed into specialized areas of study
Practicing a Physical Activity Profession

• Putting knowledge to work in physical activity careers
• Some knowledge gained through professional practice gets incorporated into university classes
Focus of Kinesiology

• **Exercise**
  – Training
  – Health-related
  – Therapeutic

• **Skilled movement**
  – Sport
  – Developmental skills
Figure 1.5

Physical Activity

Exercise
- Training
- Health-related
- Therapy

Skilled movement
- Sport
- Developmental skill

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Figure 1.6

- Physical/Occupational therapist
- School administrator
- Sport law Public/Athletic administration

- Athletic trainer
- Cardiac rehabilitation Chiropractor Podiatry

- Mastery of advanced specialized knowledge

- Entry-level graduate degree in kinesiology or allied field

- Physical education teacher/coach
- Athletic trainer
- Fitness leader Personal trainer
- Various sport management careers

- Mastery of specialized professional education

- Entry-level undergraduate degree in kinesiology
Why Kinesiology?
Various Names for Kinesiology

Department of...
• physical education
• health, physical education, recreation, and dance
• physical education, health, and leisure studies
• physical education and fitness
• exercise and health science
• sport science and physical education
• exercise and sport science
• physical education and movement science
• movement sciences and leisure studies
• food, nutrition, and exercise science
• human movement studies
• sport studies
Holistic Nature of Kinesiology

Although kinesiology usually focuses on the bodily aspects of physical activity, it is important to remember that human beings are holistic creatures with interrelated cognitions, emotions, bodies, and souls.
Preliminary Thinking About Your Career

• Review and answer the list of questions in your textbook on page 23.
• Ask yourself how prepared you are at this point for a career as a physical activity professional.
• What steps do you still need to take to make sure you are prepared to be successful?
Careers in the Physical Activity Field

• One of the exciting aspects of kinesiology is the diverse range of careers that you may develop from a solid undergraduate education.

• Throughout this book you will be reminded repeatedly of this important point: You and only you are responsible for preparing yourself for your chosen career.