The Importance of Physical Activity Experience

• Ask yourself: How often do you engage in physical activity each day?
• Your first response may have been to consider the number of times you exercised or participated in a sport. But this is a very limited view of physical activity.
• Think more broadly: What types of physical activity did you engage in today?
• Now include the times when you brushed your teeth, walked to class, prepared food, and so on. When you include these physical activities (as defined in chapter 1), it becomes obvious that physical activity is a part of almost everything we do.
Figure 2.1
Figure 2.2

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Sphere of Self-Sufficiency

• Physical activity is necessary to care for oneself; can be used to judge one’s level of independence
• ADLs: Activities of daily living
  - Personal care behaviors
  - Bathing, dressing, transferring, using the toilet, eating, and walking
• IADLs: Instrumental activities of daily living
  - More strenuous than ADLs
  - Light housework, preparing meals, taking medications, shopping for groceries or clothes, and using the telephone
• Home maintenance activities
  - More complicated and demand more energy than ADLs and IADLs
  - Shoveling snow, repair work (painting, electrical, automobiles)
Self-Sufficiency and Aging

Physical Activity Limitations
• By 2030, 22% of the U.S. population will be 65 or older.
• 11.8% of 55- to 64-year-olds have ADL impairments.
• Almost 50% of 85+ population have ADL impairments.
• Older people are often injured trying to do ADLs and IADLs.
• Dependence on others increases.
• Quality of life diminishes.
The Challenge for Kinesiologists

• Older adults are interested in ways to maintain their independence, and this independence relies on their ability to perform physical activity (ADLs and IADLs).

• Aging (physiological changes) and decreased overall physical activity levels lead to a decline in physical function.

• Kinesiologists, through research and practice, can prevent or slow this decline in function with age and also enhance older adults’ ability to perform ADLs and IADLs (improving their quality of life and self-sufficiency and lowering costs).
Self-Expression

• Take a moment and consider how you express yourself through physical activity.
• Think of your last conversation. Did you move your hands while you were talking, or did you slowly move toward the door as you were trying to end the conversation?
• What message(s) were you sending to others through your intentional movements (happiness, concern, interest)?

(continued)
Self-Expression (continued)

- **Gestures**
  - Gestures are intentional movements that communicate information to others.
  - Gestures can supplement or replace spoken words.
  - There are cultural differences in gestures.
  - *Emblems* convey information; can be directly translated.
  - *Illustrators* complement words; can indicate the emotion or tone of verbal messages.
  - *Regulators* guide the flow of conversation.
Figure 2.5d, 2.5e, 2.5f (continued)
What Kinds of Physical Activity Are Required to Complete Your Job?

Think carefully about all the jobs you have had.

• Compare the types of physical activities you were required to complete in each job.
• Be sure to think broadly about physical activity; many “desk jobs” require physical activity such as typing and filing.
• Rate your jobs. Which were most strenuous?
• How might your health have benefited from the additional activity?
Sphere of Work

- Physical activity is an integral part of our work.
- Physical activity produces goods and services.
- Specialists focus on improved efficiency, greater productivity, and improved safety in the work setting.
  - Ergonomists
  - Human factors engineers
Figure 2.8a and 2.8b
The Challenge for Kinesiologists

• Physical activity is essential to work, and there are many risks in the workplace, including the following:
  – Decreased physical activity levels and associated health risks, particularly with technological advances
  – Injuries related to repetitive activities or the poor design of workspaces, equipment, and tools
  – High levels of psychological stress and the associated increase in cardiovascular disease

• Physical activity professionals contribute to work performance by doing the following:
  – Improving the methods used to perform work
  – Redesigning inefficient workspaces, equipment, and tools
  – Preventing and rehabilitating work-related injuries
Figure 2.9
Sphere of Education

Physical activity is integral to all forms and levels of education, including the following:

- Writing (hand, wrist, and arm movements) and reading (eye movement) to complete an English assignment
- Using a calculator to complete math assignments
- Physical education
- Instruction in sport and exercise (recreation and private)
- Fitness (private and corporate)
  - Health related
  - Motor skill related
Objectives of Public School Physical Education

• **NASPE content standards**
  – Developed to guide quality physical education programs and produce physically educated people
  (page 49 of textbook)

• **Focus of programs vary**
  – Physical fitness
  – Sport
  – Social responsibility
Objectives of Physical Education

A physically educated person
1. demonstrates competency in many movement forms and proficiency in a few movement forms;
2. applies movement concepts and principles to the learning and development of motor skills;
3. participates regularly in physical activity;
4. achieves and maintains a health-enhancing level of physical fitness;
5. demonstrates responsible personal and social behavior in physical activity settings that respects self and others in physical activity settings; and
6. understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
Are You a Physically Educated Person?

• Review the objectives and determine whether you are a physically educated person.
• Which objectives are you failing to meet, if any?
• Did your physical education programs provide you with opportunities to meet these objectives?
The Challenge for Kinesiologists

• The number of children who are becoming overweight and obese is growing.
• Physical activity levels of children are decreasing.
• Not all public schools are offering quality physical education programs.
• Physical educators face the dilemma of whether to focus on fitness at the expense of skill development.
• Kinesiologists must work to ensure that all programs are high quality and benefit students in many ways.
Sphere of Leisure

- Free time: Personal time not encumbered with obligations
- Leisure: State of being in which humans find deep satisfaction and contentment

(continued)
Sphere of Leisure (continued)

• **Physical activity as leisure activity**
  – Many popular activities
  – Some more active than others

• **Sports watching**
  – Clearly on the rise
  – Raises concerns for physical activity professionals, particularly because this is a sedentary activity
  – Does it keep people from participating in their own physical activities?

• **Aging and leisure physical activity**
  – A growing population
  – Many older people are discovering that physical activity is a great way to fill leisure time.
The Challenge for Kinesiologists

- Leisure is a state of being vital to humans.
- Our increasingly busy lives often include limited physical activity.
- The challenge for physical activity professionals is to show people the benefits of leisure time and to teach people to participate in free-time physical activity pursuits that lead to the state of leisure.
Figure 2.12
Sphere of Health

• There is a strong relationship between physical activity and health.

• Physical activity and the national interest
  – Excessive health care costs
  – Death and disease associated with low physical activity levels
  – Disease prevention and therapy through physical activity

• Physiological and psychological effects of exercise

• Potential detriments of physical activity
  – Overexercise
  – Injuries
The Challenge for Kinesiologists

• Failure to make physical activity part of our daily lives has led to a health crisis of critical proportions.
• Physical activity professionals need to figure out how to get people moving and to provide the safest, most effective, most efficient routes to attaining health benefits from physical activity.
Figure 2.13
Sphere of Competition

• Competition occurs in our daily lives.
• Competition in physical activity is usually associated with sport, although it can exist in exercise.
• Competition can be positive or negative.
• Types of competition
  – Side by side
  – Face to face noncontact
  – Face to face contact
  – Impersonal
Figure 2.14c and 2.14d (continued)
The Challenge for Kinesiologists

• Competition comes naturally to humans, and physical activity is an important avenue for expressing our competitive natures.
• Competition can express itself in a positive or negative manner.
• Kinesiologists need to teach sport skills and create environments in which enjoyable competition can take place.
  – Fair play
  – Similar performance levels
  – Reduce injuries
Wrap-Up

Your life is filled with physical activity experiences. Think carefully about how these experiences contribute to your independence; your ability to perform necessary personal, social, and work-related tasks; and your enjoyment of life.