CHAPTER 2

SPHERES
OF PHYSICAL ACTIVITY
EXPERIENCE

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Chapter Objectives

• Broaden your understanding of the universe of physical activities.

• Spark your thinking about the various types of physical activity undertaken for specific purposes in different social settings or “spheres.”

• Introduce you to some of the potential benefits and limitations of physical activity.
The Importance of Physical Activity Experience

• Ask yourself how often you engage in physical activity each day.

• Did your first response include only the number of times you exercised or participated in a sport?

• Think more broadly: What types of physical activity did you engage in today?

• 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’s obvious that physical activity is a part of almost everything we do.
Seven Spheres of Physical Activity Experience
Seven Spheres of Physical Activity Experience

• Provide a general framework for thinking about the importance and pervasiveness of physical activity (not intended to compartmentalize physical activity).

• Highlight aspects of our lives in which physical activity plays an important part (not meant to classify types of physical activities).

• Show us that some activities may be common to more than one sphere.

• Choose a physical activity that you engaged in yesterday. In what sphere(s) could it be included?
1. Sphere of Self-Sufficiency

• Physical activity is necessary to care for yourself; it can be used to judge your level of independence.

• This includes activities of daily living, instrumental activities of daily living, and home maintenance activities.
Activities of Daily Living (ADLs)

- Personal care behaviors
- Bathing
- Dressing
- Transferring
- Using the toilet
- Eating
- Walking
Instrumental Activities of Daily Living (IADLs)

- More strenuous and physically demanding than ADLs
- Light housework
- Preparing meals
- Taking medications
- Shopping for groceries or clothes
- Using the telephone
- Doing laundry
Home Maintenance Activities

• More complicated and demand more energy than ADLs and IADLs
• Shoveling snow
• Repair work
  • Fixing an automobile
  • Painting one’s home
  • Repairing electrical fixtures
Self-Sufficiency and Aging

- Limitations in performing ADLs and IADLs that require many elderly people to depend on others or institutions. This is a big problem in both personal and economic terms.
  - About 9.4 million noninstitutionalized people have difficulty performing one ADL; 5 million of those need assistance to do so.
  - Over 15 million noninstitutionalized adults find it hard to do 1 or more IADLs.
  - Thirteen percent of men and 21 percent of women from 75-84 experience difficulty in doing errands on their own (CDC, 2015).
- Because elderly know the risk of accidents, many stop performing certain ADLs and IADLs, hurting quality of life.
The Challenge for Kinesiologists

• This places a burden on health care system and taxpayers.
• Role for kinesiologists is immense as population ages.
• Kinesiologists, through research and practice, must discover ways to prevent or slow the decline in function due to age (physiological changes) or decreased overall physical activity levels, thus improving quality of life and self-sufficiency (independence) and lowering healthcare costs.

(continued)
• Increased physical activity is one of the most effective ways to reverse functional declines related to age and decreased physical activity levels and their associated negative consequences.
2. Sphere of Self-Expression

- Consider how you express yourself through physical activity.
- Think of your last conversation. Did you move your hands while you were talking? Did you slowly move toward the door as you were trying to end the conversation?
- What messages were you sending to others through your intentional movements (happiness, concern, interest)?
Gestures

- *Gestures* refers to intentional movements of the hands, fingers or other body parts that communicate information to others; they supplement or replace spoken words; and they reflect cultural differences.

- *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.
Cultural Differences in Gestures

• Meaning of a gesture is often specific to a culture; this can lead to confusion if you don’t know the cultural norms.

• Gestures can change within a culture over time.

• Dance and rituals
  • Dance uses physical activity to express attitudes and feelings that may be difficult to express in words.
  • Instrumental movements are required for attaining goals.
  • Expressive movements are idiosyncratic.
  • Rituals often use physical activity to express truth or sacred values in symbolic form.
3. 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
• As technology continues to shape character of work, the amount of physical activity required on the job is likely to decrease, thus placing workers at higher risk for diseases brought on by physical inactivity.
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?
The Challenge for Kinesiologists

• Risks in the workplace
  • 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
  • Psychological stress, plus increase in cardiovascular disease

• Physical activity professionals contribute to work performance by
  • improving the methods used to perform work,
  • redesigning inefficient workspaces, equipment, and tools, and
  • preventing and rehabilitating work-related injuries.
4. Sphere of Education

• In most education programs, the goal is to change behavior (i.e., physical activity patterns).

• Physical activity is integral to all forms and levels of education.
  • Writing (hand, wrist, and arm movements) and reading (eye movement) to complete an English assignment
  • Using a calculator to complete math problems
  • Physical education
  • Instruction in sport and exercise (recreational and private)
  • Employment training (assembly tasks, word processing, rescues)
  • Fitness (private and corporate)
Instruction in Sport and Exercise

- Once limited largely to public school and college physical education programs, municipal rec programs, military
- Now offered at gyms, fitness centers, resorts, dance studios, riding stables, private clubs, etc.
- Sought out by adults more than in the past, through media, through expensive instruction
- More interest in healthy living through sport and exercise
- Corporate managers provide instruction to encourage a healthier workforce
Where Do You See Physical Activity Instruction?

• We often discuss formal educational programs in sport, exercise, and recreation, but physical activity instruction is everywhere!
  • Physical therapists teach patients how to walk.
  • Faculty members at dental and medical schools teach students how to perform the intricate movements required in surgery.
  • Fathers and mothers teach children how to dribble a soccer ball.
  • Ergonomists train employees in new assembly techniques.
  • American Red Cross staff teach how to rescue swimmers.
  • Senior automobile mechanics train new mechanics to use tools.
Objectives of Public School Physical Education Programs

• Physical education is part of the U.S. system’s belief that democracy thrives when citizens have free, accessible instruction.

• Physical education = “gym class,” or “PE.”

• Physical education is influential and of interest to physical activity professionals and public health professionals.

• Physical education is influenced by societal forces and trends.

• Emphasis on sport and exercise has given way to fitness.
Teaching Physical Education for Physical Fitness

• Poor fitness and sedentary levels have made it top priority.

• Screen time is major contributor: little stress on muscular and cardiorespiratory systems.

• Despite this crisis, physical education time is minimal, especially for low-socioeconomic status children.

• Even in physical education classes, time spent doing vigorous activity is low.

• Reports draw attention to problem (CDC’s *Physical Activity and Health: A Report of the Surgeon General*, 1996; CDC’s *Healthy People 2000, 2010, 2020*).
Teaching Physical Education for Sport Skill Development

• Developing competence in lifetime sport skills helps to ensure students will be fit after they leave school.

• People who have confidence in their ability to engage in lifetime sports—such as swimming, squash, handball, in-line skating, and golf—are more likely to engage in these activities throughout their lives.

• It is difficult for teachers to develop skill competencies if physical education classes aren’t conducted daily.

• Fewer team sports and more lifetime activities should be emphasized, especially at high school level.
5. Sphere of Leisure

- Free time: personal time not encumbered with obligations.
- Leisure: more a state of mind; a state of being in which humans find deep satisfaction and contentment.
- In order to use our free time to achieve a state of leisure, we must divorce ourselves psychologically from other aspects of life, which is challenging in modern society.
Physical Activity as a Leisure Activity

- Leisure studies and recreation include sedentary and large-muscle activities.
- There is a lot of collaboration with kinesiology.
Physical Activity as a Leisure Activity (continued)

• Sports watching
  • Raises concerns for physical activity professionals because it is sedentary.
  • Does it keep people from participating in their own physical activity?

• Aging and leisure physical activity
  • Population is growing.
  • Many elderly are discovering 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, particularly for leisure.
• There is a need 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.
• Lay the foundation in the young for a lifetime of physical activity; rates of physical activity decline as people age.
6. Sphere of Health

- A strong relationship between physical activity and health.
- Low physical activity levels spark national interest related to high health care costs, disease prevention, and treatment.
- There are physiological and psychological effects of exercise.
- Potential detriments of physical activity include overexercise and injuries; more is not always better.
Figure 2.2

- Football: 394,350
- Basketball: 389,610
- Soccer: 172,470
- Baseball: 119,810
- Softball: 58,210
- Volleyball: 43,190
- Wrestling: 47,050
- Cheerleading: 37,770
- Gymnastics: 28,300
- Track and field: 24,910

Data from Safe Kids Worldwide 2013.
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 determine how to get people (especially at-risk populations) active while providing the safest, most effective, most efficient routes to attaining health benefits from physical activity.

• Each incidence of illness brought on by a lack of physical activity represents one person who has lost his or her potential for living an active, productive, enjoyable life.
7. Sphere of Competition

• Competition in physical activity is usually associated with sport although it can exist in exercise.

• Competition can be positive or negative, but it usually increases performance.

• Types of competition
  • Side by side
  • Face-to-face noncontact
  • Face-to-face contact
  • Impersonal
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, injury reduction, etc.).
How Are You Impacted by Your Physical Activity Experiences?

• 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.