Assignment 1: What is Kinesiology?
Chapter 1

Quiz: How Much Do You Know About Kinesiology?

1. The meaning of kinesiology was best defined in 1990 by the:
   A) American Academy of Physical Education
   B) American Academy of Kinesiology
   C) National Association for Kinesiology and Physical Education
   D) North American Academy of Kinesiology and Physical Education
   E) American Association of Kinesiology

2. (True/False) Health in kinesiology is more reactive than the forms of medicine that focus exclusively on the treatment of disease.

3. In kinesiology and according to this text, the concept of health differs from the concept of wellness in that:
   A) 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
   B) 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
   C) health is a subjective and personal experience, while wellness can be quantitatively measured and studied
   D) 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
   E) 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

4. The most widely used name for this field throughout history has been __________.

5. (True/False) Kinesiology is the winner of the name game because it FITS best, where F stands for field of study.

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

7. The title kinesiology is __________ appropriate and meaningful to academia and society.

8. (True/False) Kinesiology is organized horizontally (as well as vertically) on a cross-disciplinary basis.
9. Which of the following statements about kinesiology is false:
   A) Kinesiology approaches human movement from diverse perspectives, thus exposing
   students to an array of teaching styles and ways of thinking.
   B) Kinesiology is constantly evolving to provide access to a variety of rewarding careers.
   C) Kinesiology ignores humanities approaches to the study of human movement,
   focusing instead on the sciences.
   D) A range of experiential teaching and learning conditions may be developed within the
   context of kinesiology.
   E) None of the above.

11. Human movement is, by definition, a __________ phenomenon that can be understood
   through both intellectual abstraction and experience.

12. (True/False) A core curriculum has traditionally been planned that systematically presents
   seven areas of knowledge in the study of human movement.

13. Which of the following is not one of the areas of knowledge in the study of human
   movement:
   A) human anatomy/function
   B) sociocultural factors in movement, exercise, and sport
   C) motor skill acquisition
   D) history/philosophy of movement, exercise, and sport
   E) none of the above

14. An enticing feature of kinesiology is __________ talent enhancement.

15. (True/False) 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.

16. Explain why the name kinesiology better describes the field of study of human movement
   than the name physical education. (Long answer) 8 marks.

**Multiple Choice Questions**

1. The American Academy of Physical Education resolved to identify a common name for the
   field of human movement because:
   A) approximately 30 different names were being used for academic programs and
   administrative units related to the study of human movement
   B) the basic conceptual framework of this body of knowledge was the same from
   university campus to campus
   C) the multitude of degree titles, program names, and administrative rubrics had
   produced confusion regarding the nature of the study of movement
D) all of the above
E) B and C only

2. The field of kinesiology addresses such important topics as:
   A) personal health
   B) public health
   C) environmental health
   D) all of the above
   E) A and B only

3. Skill-related performance includes athletic movements that:
   A) may involve varying degrees of vigour and invoke fine motor skills
   B) may involve varying degrees of vigour and invoke gross motor skills
   C) fluctuate along a continuum of organization
   D) all of the above
   E) A and C only

4. Which of the following is not a reason why the name kinesiology better describes the study of human movement than does physical education:
   A) The term physical education brings to mind a number of stereotypes, as it tends to be associated with non-academic activity programs and “easy majors.”
   B) The title kinesiology clearly defines the focus of study, as it literally means the “study of human action.”
   C) The word physical in physical education implies that there are no intellectual, mental, or spiritual aspects of human movement.
   D) The term kinesiology has been the most widely used name for the field throughout history.
   E) None of the above.

5. Unlike other university subjects that have little real-world application, kinesiology can be considered very relevant to everyday life because:
   A) We all experience human movement daily, and health- and skill-related knowledge can have great impact on everyday lifestyle choices.
   B) The main focus of kinesiology is on athletics and sports-related movements.
   C) Kinesiology focuses more on theoretical than practical research.
   D) Kinesiology programs tend to prepare students for a few specialized professions.
   E) Kinesiology focuses on movement and does not concern itself with history or philosophy.

6. Which of the following statements regarding the field of kinesiology is false:
   A) Kinesiology approaches human movement from a number of diverse perspectives.
   B) Kinesiology is not a relatively new field of study, and its scope and focus have remained virtually unchanged throughout the years.
   C) The number of kinesiology programs preparing students for professions other than education has been growing.
   D) Kinesiology treats all approaches to movement education equally.
7. Kinesiology is a very inclusive field, accommodating a number of different subjects and approaches. Which of the following is least likely to be included in a kinesiology core curriculum:
   A) motor learning and development
   B) human anatomy and physiology
   C) psychological and sociocultural factors involved in movement
   D) behavioural and neuromuscular control
   E) All of the above are likely to be included in a kinesiology core curriculum.

8. Which of the following statements about human movement is true:
   A) Human movement should not be considered a dynamic phenomenon, since it can only be understood through intellectual abstraction.
   B) Skill-related human movement does not have immediate relevance to everyday life, since it exclusively deals with the fine and gross motor skills associated with athletic performance.
   C) The academic study of human movement has changed very little in the last century.
   D) The study of human movement usually focuses only on general scholarly knowledge.
   E) None of the above.

9. The thing that sets kinesiology apart from other subject fields in higher education is its:
   A) interdisciplinary curriculum
   B) cultural impact
   C) limited scope
   D) personal impact
   E) B and D

10. Which of the following is not a personal application of kinesiology:
    A) natural talent enhancement
    B) ability to help others develop healthy habits
    C) ability to make sound lifestyle choices
    D) development of skills for work and play
    E) none of the above

Fill in the Blank Questions

Physical Education, treatment, wellness, standards, dance, study, focus, study, health; performance, lifestyle, stereotypes

1. The American Academy of ________ agreed that a nationally accepted name would provide a stronger sense of purpose for the field.

2. Physical activity of various types is valued not only for its ability to prevent disease but also as a form of ________ for many conditions.
3. Health encompasses the dynamic, constantly changing process of trying to reach one’s potential; _______ goes one step further to combine health and happiness in a balanced state of well-being.

4. The long jump and time trials are examples of the “one versus _______” form of competition.
5. The most widely used name for the field throughout history has been physical education, sometimes paired with health, recreation, and _______.

6. The title physical education fails to adequately describe either the _______ of study or the change in approach.

7. The label physical education is associated with _______ and public misperceptions.

8. The suffix logy means the _______ of.

9. Since Western society entered the era of _______ disease, our choices and habits tend to lead either to well-being or to such modern-day killers as obesity, heart disease, and cancer.

10. Kinesiology graduates will be armed with the knowledge and skills to promote _______ and enhance human _________.

**True or False Questions**

1. (True or false) The correlation between being physically active and being healthy is unconfirmed.

2. (True or false) Health-related research in kinesiology tends to focus on proactive measures.

3. (True or false) Kinesiology has a focus of considerable scholarly significance in sport because of organized sport’s cultural impact.

4. (True or false) One stereotype of physical activity is that programs encountered in K–12 are devoid of academic content and rarely linked to the intellectual mission of the school.

5. (True or false) The fact that the name kinesiology treats all approaches equally is one reason it is the preferred title for the study of human movement.

6. (True or false) Kinesiology is organized horizontally (as well as vertically) on a subdisciplinary basis to include exercise physiology, motor learning, motor development, and biomechanics.

7. (True or false) Kinesiology is an ideal foundational component of the undergraduate experience.
8. **(True or false)** Kinesiology is much more *dynamic* than those university subjects that have an exclusive emphasis on ideas and very little real-world application.

9. **(True or false)** The academic study of human movement has *not* changed in both form and function.

10. **(True or false)** The knowledge and skills acquired through kinesiology extend beyond the demands of athleticism and artistry to incorporate the physical challenges of the *workplace*.

**Short Answers:**

1. Provide a dictionary definition of the term *kinesiology*, as found in the chapter text.

2. Discuss the characteristics of skill-related performance.

3. Place the following activities in the appropriate category of competition. 
   **Answers** are in *italics*.
   
<table>
<thead>
<tr>
<th>Activity</th>
<th>One versus . . .</th>
</tr>
</thead>
<tbody>
<tr>
<td>Competing in a cycling road race</td>
<td><em>Many</em></td>
</tr>
<tr>
<td>Climbing a mountain</td>
<td><em>Nature</em></td>
</tr>
<tr>
<td>Competing in long jump</td>
<td><em>Standards</em></td>
</tr>
<tr>
<td>Trying for a personal best time</td>
<td><em>Self</em></td>
</tr>
<tr>
<td>Competing in a wrestling match</td>
<td><em>Another</em></td>
</tr>
<tr>
<td>Racing in the Indy 500</td>
<td><em>Many</em></td>
</tr>
<tr>
<td>Competing in a cycling time trial</td>
<td><em>Standards</em></td>
</tr>
<tr>
<td>Competing in boxing</td>
<td><em>Another</em></td>
</tr>
</tbody>
</table>

4. Why is kinesiology more dynamic than some other university programs?

5. Discuss the personal applications of kinesiology in terms of talent enhancement.