CHAPTER 1
Introduction to Kinesiology

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DEFINITIONS AND DIMENSIONS
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**Kinesiology Defined**

- In 1990 by the American Academy of Physical Education
- Cross-disciplinary and dynamic field focusing on human body and movement
- Anatomical, physiological, biomechanical and psychological components

**The Scope of Kinesiology**

- Includes the study of:
  - Health-related movement
  - Skill-related movement

**Health-related movements**

- More towards proactive than reactive health
- Encompasses wellness
  - Health and happiness in a balanced state of well being

**Skill-related movements**

- Includes:
  - Unstructured and structured modes of play
  - Competition
Competition

One versus self

One versus another

One versus many

One versus standards

One versus nature

Motivated by a desire for personal challenge

Conquering the element

Individual sport contests

Standards of distance or time

Triathlons and marathons

SIGNIFICANCE OF KINESIOLOGY

Addresses topics of:

• Personal, public, and environmental health
• Sport performance at every level
• Sociocultural, behavioural, & philosophical aspects of human movement
• Growth and motor development and skill acquisition
• Biophysical bases of movement

THE NAME GAME

• Importance of Choosing the Right Name
• Contenders in the Name Game
• Why Kinesiology is the Name Game Winner
CHOOSING THE RIGHT NAME

- It is important to choose the right name for labeling this field of study because of
  - Acceptability
  - Credibility
  - Viability

THE CONTENDERS

- Physical Education
- Exercise Science/Study
- Sport Science/Study
- Human Movement Science/Study
- Fitness Science/Study
- Sometimes joined by health, recreation, and dance
- Fails to adequately describe focus of study
- May only be appropriate for programs focusing on preparing teachers of physical education

Do labels constrict?

e.g., Does exercise science limit the focus of the program to exercise?
**Kinesiology: The Game Name Winner**

- Focus of study
- Intuitively appropriate
- Treats all approaches equally
- Sounds right

**Focus of Study**

In Greek:
- Kin = human action
- Logy = the study of
- Clearly presents focus of study – human movement
- Covers exercise, fitness, sport, health, leisure, recreation, and play.

**Intuitively Appropriate**

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

**Treats All Approaches Equally**

- Neutrality of logy provides leeway for various methodological approaches
- Natural science, social science, and humanities are all permissible

**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

**Spheres of Scholarly Study**

- Inclusiveness and Diversity of Kinesiology
- Value of Our Knowledge Bases
**INCLUSIVENESS AND DIVERSITY**

- Not one-size-fits-all approach, cross-disciplinary
- Studies human movement from diverse perspectives
- Exposes students to an array of teaching styles and ways of thinking

**EXPERIENCING THE BODY OF KNOWLEDGE**

- Personal Applications
- Public Implications
**PERSONAL APPLICATIONS**

- Human movement affects everyone's personal health and performance
- Kinesiology helps us to take OWNership
- Helps us define Ourselves
- Contributes to our Well-being
- Displays and enhances our Natural talents

**PUBLIC IMPLICATIONS**

- Skills necessary to combat lifestyle-related diseases such as obesity, heart disease and cancer
- Knowledge to promote health and enhance human performance

**Foundation of the enhanced movement of the world population**

Skills

Knowledge
The chapter reviewed the **evolution of kinesiology**

- **Increasing popularity**
  - Importance of health- and skill-related movement
  - Range of social, cultural, behavioural, and biophysical perspectives
  - Range of educational purposes