

# **END OF CHAPTER REVIEW QUESTIONS**

## **CH.1**

1. What is the difference between movement and physical activity? Give an example of an instance in which human movement does not meet the technical definition of physical activity?
2. What is meant when kinesiology is described as a holistic discipline?
3. What two general categories of physical activity receive the most attention in kinesiology? What are the sub classifications of these categories?
4. What are the three sources of knowledge of kinesiology?
5. List the spheres of physical activity experience.
6. List the sphere of scholarly study.
7. List the spheres of professional practice centered in physical activity, and give an example of a career in the physical activity professions for each sphere.

## **CH.2**

1. Why are ADL's & IADL'S important to kinesiologists who work with elderly and disabled people?
2. What type of physical activity professional is likely to be involved in treatment of an individual with carpal tunnel syndrome? What professional is likely to be involved in redesigning the workplace to reduce the risk of carpal tunnel syndrome?
3. What are gestures, and what purposes do they serve in our daily living?
4. Why is public school physical education important? What objectives do physical education teachers pursue?
5. List three health benefits of regular physical activity.
6. What does the element of competition add to physical activity? When is it helpful, and when might it be harmful?
7. Describe a situation in which physical activity may help nourish and maintain a state of leisure, Describe a situation in which physical activity may diminish the possibility of attaining a state of leisure.

## **CH.3**

1. List four unique characteristics of human physical activity.
2. What factors influence our decisions regarding what physical activities we shall engage in and how physically active we shall be?
3. What type of activity can we improve by practicing? What do we call the improvement brought about through practice?

4. What is the principle of quality? What is the principle of quantity? Give an example in which a physical activity professional would use each principle to design an appropriate physical activity experience.
5. What is meant by an ability? In what way might abilities limit the level of proficiency that we attain in a physical activity?

#### **CH.4**

1. Give an example of how individual may internalize a daily run through the park.
2. List and describe three types of knowledge available to us from subjective experiences in physical activity.
3. What evidence exists to refute the notion that people don't like the sensations that accompany the hard-physical effort required to exercise vigorously?
4. What types of physical activities might be chosen by a person who values physical activity as an aesthetic experience? As an ascetic experience? As a social experience?
5. What are the various ways in which one can watch sports? In your opinion, which ones add most to your knowledge of physical activity?

#### **CH.5**

1. Describe the main goal of philosophical study of physical activity and the four major kinds of issues it most commonly tackles.
2. Describe the major change in the philosophy of physical activity that occurred in the 1960's.
3. Describe the three reasoning processes that are central research tools in philosophical studies of physical activity.
4. Discuss the concept of blended unity of mind & body, its implications for school physical activity programs, its implications for research on physical activity, and its implications for the well-being of competitive athletes. Why is this an improvement over dualistic views of mind apart from body.
5. Explain the relationship between rules and skills in a sport. Why is this relationship relevant to competition?
6. Discuss duty like play, sport, and physical activity and their implications for how people relate to and experience these activities.
7. Elaborate on the four values promoted by the field of physical activity and their implications for designing physical activity programs.
8. Provide five examples of morally defensible sport contests. What makes them so?

#### **CH.6**

1. List and discuss the goals of history of physical activity.
2. List and discuss three ways in which a kinesiology practitioner might use a knowledge of physical activity history in her or his area of specialization.

3. Describe participation in physical activity in the United States during the following three periods:

1840-1900

1900-1950

1950-2012

4. Describe professional practice centered in physical activity in the United States during the following three periods:

1840-1900

1900-1950

1950-2012

5. Describe scholarly knowledge about physical activity during the following three periods:

1840-1900

1900-1950

1950-2012

## **CH.7**

1. List and discuss the goals of sociological study of physical activity.

2. Give an analysis of the expanding research directions in sociology of physical activity from 1970 to the present.

3. List and discuss the six research methods commonly used for sociology of physical activity.

4. Describe the ties between participation in physical activity and power relationships based on gender, race, and ethnicity, and socioeconomic status.

5. Describe the ties between leadership in physical activity programs and power relationships based on gender, race, ethnicity, and socioeconomic status.

6. Describe the ties between physical activity expressiveness and power relationships based on gender, race, ethnicity, and socioeconomic status.

7. Identify the contrasting beliefs that underline the American Indian mascot issue. Which argument would a sociologist of physical activity be most likely to advance? Why?

## **CH.8**

1. How does motor behavior differ from psychology of sport?

2. Explain the differences between motor learning and motor control within the field of motor behavior.

3. Why is the change in motor learning and motor control across the life span of interest?

4. Think about the practice issues discussed in this chapter, such as a feedback, retention, transfer, goal setting, and scheduling. Choose a sport with which you are familiar and discuss how the practice characteristics would influence your planning if you were a coach. Pick a specific age group or performance level, such as high school, college, or professional coaching.

5. Can you think of an example in which more difficult practice conditions result in better retention and transfer? Why does this happen? Can you plan practices to promote this? How?

6. Discuss when it might be best to provide either knowledge of performance or knowledge of results to a person learning a motor skill.

## **CH.9**

1. What are the ABC's that kinesiologists in sport and exercise psychology study? Identify questions that kinesiologists in this area might study based on these ABC's.

2. What was significant about Coleman Griffith's early work in sport psychology? Why did the sub discipline not emerge again until the 1960's?

3. Identify the six methods used in sports and exercise psychology and provide one example for how each method is used in the sub discipline.

4. Does sport build character? Why or why not? Does exercise participation improve mental health? If so, how?

5. Explain why intrinsic motivation is a better source of motivation than extrinsic motivation. How can leaders in both exercise and sport contexts enhance intrinsic motivation in participants?

6. Explain cohesion in groups and discuss how cohesion can facilitate sport performance as well as exercise adherence. What are some ways in which cohesion can be developed and nurtured in groups?

7. Although a distinctive athlete "personality" has not been shown in terms of stable traits, what mental qualities have been shown to separate successful from less successful athletes?

8. What is flow? Describe how mental skills training might be used to enhance flow and peak experiences in both sport and exercise settings.

9. What is imagery, and how can it be used to make the physical activity experience more positive for people?

## **CH.10**

1. Define biomechanics and human movement biomechanics?

2. In what types of settings do biomechanists typically work?

3. What are the goals of biomechanics?

4. For each goal of biomechanics, provide an example of how this goal is relevant in an occupational setting. First, describe the profession and the occupational setting; for example, a physical therapist in an outpatient clinic. Next, provide a specific situation; for example, a runner is experiencing heel pain thought to be caused by flat feet. Next, describe how you would help the client achieve each goal in this career setting.

5. With a partner, go to a website of a professional biomechanics society (e.g., International Society of Biomechanics: [www.isbweb.org](http://www.isbweb.org)) or job-search site and find the listing of biomechanics jobs. Categorize the jobs using a classification system of your choice. For example, one category of jobs might be research jobs in clinical settings; another might be ergonomic jobs in industry. With your partner, develop a short document or presentation about the job outlook in biomechanics: roughly how many jobs exist, what categories they fall in,

what qualifications are necessary for different categories of jobs. Last, do any of these types of employment positions interest you?

### **CH.11**

- 1.How does physiology of physical activity fit within the discipline of kinesiology?
- 2.What career path in exercise science is of most interest to you?
- 3.Describe the contributions that A.V. Hill and David Bruce Dill made to the physiology of physical activity.
- 4.Give an example of how maximal oxygen uptake can be measured in the laboratory and estimated in the field.
- 5.Explain how knowledge of exercise physiology can be used to help each of the following: a college student, a cardiac patient, and a person trying to lose weight.
- 6.Calculate your maximum heart rate and then measure your heart rate while you are performing each of these three physical activities. Which of the activities meets the intensity guideline to help improve your cardiovascular endurance? Based on your goals, how many days per week and for how long should you perform the activity?
- 7.Get up and move at a high intensity for a few minutes. Make a list of all of the physiological changes that you notice. Can you explain why each of these changes occurred?
- 8.What improvements in health result from being physically active on a regular basis?

### **CH.12**

- 1.List three ways in which professional work differs from nonprofessional work.
- 2.Why is it important for professionals to attend professional conferences and read the professional literature?
- 3.List three differences that you might observe between a community sport program leader who adheres to a mechanical, market-driven professionalism and one who adheres to a social trustee, civic professionalism.
- 4.What is the value of the liberal arts and sciences and why are the liberal arts courses required of kinesiology majors important?
- 5.Why is the internship an important experience in preparing kinesiology students for professional practice?
- 6.What are five questions that all kinesiology student should ask themselves before deciding to major in kinesiology?
- 7.What evidence would you-as an employer-use to determine an applicant's general suitability for a professional position?

### **CH.13**

- 1.Identify program objectives, and target markets, for each of the following health and fitness settings: (a) worksite, (b)commercial, (c) community, and (d) clinical

2. Compare and contrast sales-based and retention-based commercial health and fitness business modes.
3. Describe typical job duties for the following health and fitness positions: (a) group exercise instructor, (b) commercial, (c) health and fitness specialist, (d) wellness coach, (e) personal trainer, and (f) health and fitness director
4. How will demographic trends in the U.S. population (e.g., aging baby boomers) affect the health and fitness professions?
5. List the knowledge, skills, and abilities that you need to obtain to be competitive in the health and fitness job market.
6. List specific physical activity-related companies, programs, equipment, resources, and services now available that were created in the past 10 years. Forecast what new companies, programs, equipment, resources, and services might be developed in the next 10 years.

#### **CH.14**

1. Describe how therapeutic exercise promotes healthy lifestyles
2. Discuss the similarities and differences between habilitation and rehabilitation.
3. Identify the common overlaps among the therapeutic exercise professions described in this next chapter.
4. What skills or attributes are unique to the professions presented in this chapter?
5. People obtain multiple credentials or specializations to make themselves more marketable. Describe some possibilities for dual credentials and cross-training based on the descriptions of professions in this chapter. What benefit would dual credentials and cross-training provide? What professions not described in this chapter would also lend themselves to dual credentials?

#### **Ch.15**

1. How do the experiences that you acquired as a student of physical activity connect to the examples of effective and ineffective teaching discussed in the chapter?
2. How can you develop expertise in one or more of the content areas of physical education?
3. Describe three ways in which a teacher you have observed could increase the amount of learning time available to students.
4. To reduce management time, what routines are most important for students to learn? Which routines would emphasize?
5. Which curricular framework would you choose to implement as an instructor? Why?
6. How would you interact with a student who is experiencing learned helplessness?
7. How can you avoid the pitfall of teacher-coaches role conflict?

8.Explain how you would work to improve a high school physical education program.

### **Ch.16**

1.what distinguishes sport instruction from sport coaching?

2.Describe the differences and similarities between the act of instruction and the act of coaching.

3.Contrast the professions and subcultures in coaching and sport instruction.

4.Outline the variety of work settings for coaches and sport instructors.

5.List the three professions in coaching and sport instruction that are most appealing to you. Examine and discuss the educational requirements and qualifications for these careers.

6.Consider two professions from this chapter-one in sport instruction and one in coaching, Describe the duties and responsibilities for each, including their primary purposes.

### **CH.17**

1.Discuss the breadth of the sport industry and the related career opportunities it provides with specific reference to the industry segments discussed throughout this chapter.

2.Explain how the following would help an individual succeed in the sport industry: (a)good communication, (b) problem-solving skills, (c) practical experience, (d) a mentor.

3.What type of course work and related academic contest does a quality sport management program provide?

4.Identify three functional areas within the sport industry and elaborate on the types of jobs that might be specific to those professional roles.

5.Identify two existing sport organizations for each segment of the sport industry.

6.Elaborate on the type of sport management-related job you would be most attracted to and why.