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| **KINESIOLOGY FINAL STUDY GUIDE**  **Chapter 11**  1.Define and give examples of:  a. applied theoretical kinesiology knowledge    b. theoretical kinesiology knowledge    c. professional practice knowledge  d. workplace knowledge  2. Define the philosophy of  a. social trustee, civic professionalism  b. mechanical, market-driven professionalism  3. Describe kinesiology theory?  4. Who governs the ethical conduct of professionals?  5. If you want to be a physical activity professional but lack some knowledge or experience in a skill, have some fear, and do not feel prepared yet- what is the best thing to do?  6. How can you show an early commitment to the physical activity professions?  7. What would be the best way to identify with a profession?  **Chapter 12**  8. What are some benefits for employers utilizing health and fitness programs?  9. What is Healthy People 2020?  10. Describe and give examples of the following kinds of work setting in health and fitness:  a. commercial setting  b. clinical setting  c. community setting  d. worksite setting    11. Describe the qualities of Retention-based commercial facilities:  12. In the early 1980s, what percentage of employers offered worksite health and fitness programs?  13. What do the stages of change help you do?  14. What are the different components of the multidimensional model of wellness?  15. What are examples of for-profit and nonprofit sport participation organizations?    16. What are examples of professional careers in health and fitness?      17. The sphere of professional practice in physical activity includes what areas?    18. What types of skills or training, beyond a kinesiology degree, would best prepare someone to be a health and fitness director?  **Chapter 13**  19. What is habilitative exercise and give examples:  20. What is rehabilitative exercise and give examples:  21. What is the World Health Organization?    22. Describe the areas of expertise and their responsibilities of the following careers:  a. strength and conditioning specialist  b. athletic training  c. occupational therapist  d. physical therapist  e. sport physical therapist  f. therapeutic recreation specialist  23. What factors often prohibit patients from traveling regularly to an outpatient facility for treatment?    24. If you were a physical therapist, describe the population you would work with for the following areas:  a. orthopedics  b. pediatrics  c. geriatrics  d. sport physical therapy    25. Define Prehabilitation:  **Chapter 14** |  |

26. What is pedagogy?

27. What is sport pedagogy?

28. What is content knowledge?

29. What is professional practice knowledge?

30. In a physical activity class, what is engaged time?

31. What is the recommendation for on-task, functional learning time?

32. What is most critical in helping students develop skills?

33. What is NASPE and what did they develop?

34. What is the social development model?

35. What is the most common form of discrimination in physical education?

36. What is the most common concern for new teachers?

37. What is teacher-coach role conflict?

38. What five teaching behaviors characterize excellence?

39. What is the primary goal of a physical activity pedagogist and what is the most pressing goal for school physical education programs?

40. What are the two most important components of being an effective teacher?

41. What is Public Law 108-265?

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**Chapter 15**

42. Describe the profession and duties of the following careers:

1. skill/ sport instructor:
2. sport coach:
3. physical education teacher:
4. athletic director:

43. All of the professions in teaching and coaching try to develop what?

44. What population does Teaching tend to be directed toward?

45. What is the asset-based approach in physical activity settings for youth in Community-based organizations focus on?

46. Describe the responsibility or goal of middle school coaches?

47. In the following coaching settings, state what the majority of time is spent instructing:

a. community settings:

b. high school settings:

c. college settings:

d. professional settings:

48. How do the acts, professions, and duties of teaching and coaching compare?

49. In the job market, which level of physical activity coaching is most competitive to get in to and positions least available?

50. Who can be hard to deal with at the site of youth sport competitions?

51. What are some techniques for performance enhancement that sport psychologists teach athlete?

52. What is an institutionalized setting for coaching?

53. What other duty besides coaching is a head coach at a high school most likely to have?

54. What are two organizations that offer certification programs for community sport and high school sport coaches and instructors?

**Chapter 16**

55. What are the goals of sport management? Are there many or few employment options in the field?

56. Who is responsible for Risk management and what is the greatest asset of any sport organization?

57. Describe the following:

a. promotions

b. sponsorship

c. advertising

d. distribution

e. mentor

58. What is NASSM and what are they responsible for?

59. What skill or ability is required in order to function effectively in almost every sport management task?

60. What are examples of jobs that are considered part of the sport management industry?

61. Describe the job responsibilities for the following careers:

a. venue and event management

b. financial management

c. human resource management

d. public relations management

e. program management

f. marketing management