

KIN 100- “Growth Mindset” Notebook: NAME: _____

Chapter 1: Introduction to Kinesiology

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 2: Spheres of Physical Activity Experience

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 3: The Importance of Physical Activity Experience

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 4: The Importance of Subjective Experience

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

PE 712 Website/PowerPoint: Intro to the Nervous System

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
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- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

PE 712 Website/PowerPoint: Muscles and Anatomical Direction

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

PE 712 Website/PowerPoint: Nutrition

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 5: Philosophy of Physical Activity

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 6: History of Physical Activity

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 8: Motor Behavior

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 10: Biomechanics

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 7: Sociology of Physical Activity

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 9: Psychology of Physical Activity

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 11: Physiology of Physical Activity

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 12: Becoming a Physical Activity Professional

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
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How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 13: Careers in Health & Fitness

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
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- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 14: Careers in Therapeutic Exercise

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

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- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 15: Careers in Teaching

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
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- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 16: Careers in Coaching

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

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Chapter 17: Sports Management

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

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