

KIN 100- “Growth Mindset” Notebook:

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: 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?

Other 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.
- 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?

Other 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?

Other 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: 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 6: 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 7 & 9: Motor Behavior & 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 8: Sport & Exercise Psychology

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: 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 11: 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.
- 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: 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.
- 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 13: 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?

- 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 14: 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.
- 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 15: Careers in Coaching

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 16: Sports Management

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?