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| **KINESIOLOGY MID-TERM REVIEW**  **Chapter 1 – Introduction to Kinesiology** |  |

1. What are the definitions of physical activity, movement, kinesiologists, and sport?

2. What are some ways of obtaining theoretical knowledge of kinesiology?

4. When do you use professional practice knowledge?

5. What does Kinesiology focus on?

6. How does movement differ from physical activity?

7. What does it mean that kinesiology focuses not just on the bodily aspects of physical activity but on the cognitions, emotions, and soul as well?

8. What are the specialized areas in kinesiology, including biomechanics and sport history, known as?

9. What is wrong with the definition of physical activity as voluntary movement, intentionally performed for specific purposes, that requires a substantial amount of energy?

10. What are some examples of physical activity?

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| **Chapter 2 – Spheres of Physical Activity Experience** |  |

11. Define ergonomists or human factors engineers, leisure, free time, ADL’s, IADL’s, regulators, emblems:

12. What activities fall into the self-expression sphere?

13. What best describes the physical activity patterns of most U.S. adults?

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| **Chapter 3 –The Importance of Physical Activity Experience** |  |

14. Define practice, learning, principle of quality and quantity, a generalist, a closed skill, an open skill, an underachiever, activity experience, and subjective physical activity experiences:

15. What are the components of health-related fitness?

16. What percentage describes the activity patterns of Americans?

17. Who can influence our social environment in physical activity?

18. In general, what happens to the amount of physical activity as one gets older?

19. Physical training results in \_\_\_\_\_\_\_\_\_\_ that improves \_\_\_\_\_\_\_\_\_\_?

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20. What determines which physical activity we decide to pursue?

21. What’s the difference between an intrinsic orientation to physical activity and an extrinsic orientation to physical activity?

22. Define vertigo, self-efficacy, self-reflection and spectator knowledge:

23. What are the three types of knowledge embedded in subjective experiences of physical activity?

24. When are we more likely to enjoy physical activity?

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| **Chapter 4 – Philosophy of Physical Activity** |  |

25. What process helps us to better understand what we have experienced in our daily lives?

26. What are the main three goals of philosophy?

27. Define the three reflective reasoning processes of philosophical research- inductive, deductive, and descriptive reasoning:

28. Describe the views of mind-body dualism, holism, materialism:

29. What’s the difference between play-like sport and duty-like sport?

30. What values are promoted by the field of physical activity?

31. What are sport ethics?

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| **Chapter 5 – History of Physical Activity** |  |

32. What is a main goal in studying the history of physical activity?

33. What education amendment helped to create more opportunities for women and girls to participate in sport?

34. What is the difference between qualitative and quantitative research methods?

35. In what years did the discipline of kinesiology begin a phenomenal growth spurt?

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| **Chapter 7 – Motor Behavior** |  |

36. What are the three subdisciplines of motor behavior?

37. What is the principle that practice should match the performance environment for maximal improvement?

38. What does knowledge of results and knowledge of performance focus on?

39. What is the type of performance experience engaged in for the express purpose of refining motor control function to improve skill?

40. What type of researcher studies differences in growth patterns in children ages 2 to 12 years?

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

42. Practicing a skill is most likely to bring about what?

43. According to the text, which kind of practice makes perfect?

44. What is the difference between knowledge of results-intrinsic feedback and knowledge of results-extrinsic feedback?

45. What is the best way to set goals to achieve the best results?

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| **Chapter 8- Sport & Exercise Psychology** |  |

46. How does exercise have an effect on personality?

47. What is the optimal arousal level for an individual's performance?

48. What is most of the stress associated with physical activity participation based on?

49. What do we know about the “athletic personality”?

50. What differentiates sport psychologists from exercise psychologists?

51. What is the state of bodily energy or physical and mental readiness?

52. What are the ABCs of sport psychology?

53. What happens in a person who becomes burned out?

54. What are relatively stable mind-sets toward physical activity?

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| **Chapter 10- Physiology of Physical Activity** |  |

55. What is Exercise physiology the study of?

56. What is the thermoregulatory response that is stimulated when body temperature rises during physical activity?

57. What nutrient makes up 55 to 60 percent of the human body?

58. What are the characteristics of health-related physical fitness?

59. What type of muscle fiber uses anaerobic energy systems almost exclusively?

60. What nutrient are people in the United States commonly deficient in (causes fatigue due to low oxygen)?

61. Define exercise, ergometers, isometric and isotonic:

62. What is the recommended amount of physical activity for improving cardiorespiratory endurance?

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| **Kinesiology Questions (Other Powerpoints)** |  |

63. What is the governing system in the body, the SAID principle, efficiency and proprioception?

64. What are the different proprioceptors and what do they sense?

65. Where in your body are the majority of your mechanoreceptors?

66. How many kcals are in a gram of carbohydrate, protein, and fat?

67. What are the stages of change?