**KINESIOLOGY VIDEOS:**

**Intro Day:**

* 8 Secrets of Success: <http://new.ted.com/talks/richard_st_john_s_8_secrets_of_success>
* Unbroken: <https://www.youtube.com/watch?v=26U_seo0a1g>

**Ch. 1- Introduction to Kinesiology:**

* Your Body Language Shapes who you are: <http://new.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are>

**Ch. 2- Spheres of Physical Activity Experience:**

* Motivational Video, Why do we fall: <https://www.youtube.com/watch?v=mgmVOuLgFB0>
* Amy Purdy- Living Beyond Limits: <https://www.ted.com/talks/amy_purdy_living_beyond_limits/up-next>

**Ch. 3- The Importance of Physical Activity Experience:**

* Run! Jump! Learn! <https://www.youtube.com/watch?v=hBSVZdTQmDs>
* Matt Woodrum- An inspirational kid <http://www.youtube.com/watch?v=rXwRWGoFtr0>
* USC Football- Inspirational Story <http://www.youtube.com/watch?v=IhY4RnQLaOc>

**Ch. 4- The Importance of Subjective Experience:**

* Look at yourself after watching this: <http://www.youtube.com/watch?v=Gc4HGQHgeFE>
* Jimmy's 1993 ESPY Speech – YouTube: <http://m.youtube.com/watch?v=HuoVM9nm42E&feature=related>

**Intro to the Nervous System: (see 712 PowerPoints)**

* What is Z-Health Part 1: <http://www.youtube.com/watch?v=5VvHlGYzOkE>
* What is Z-Health Part 2: <http://www.youtube.com/watch?v=DJzXyOgGc4c>

**Muscles & Anatomical Direction: (see 712 PowerPoints):**

* Muscular System: <http://www.youtube.com/watch?v=C6u0u_59UDc>
* Party Rock Anthem (Anatomy Remix): <http://www.youtube.com/watch?v=6FFzGJqWIRc>

**Nutrition: (see 712 PowerPoints)**

* Smart Tips- Don’t skip breakfast: <http://www.youtube.com/watch?v=LLlvZpFuRfk>
* Mark Hyman at TEDMED- <http://www.tedmed.com/talks/show?id=7361&videoId=6902&ref=about-this-talk>

**Ch. 5- Philosophy of Physical Activity:**

* John Wooden: The difference between winning and succeeding: <http://www.youtube.com/watch?v=0MM-psvqiG8&app=desktop>
* What it takes to be number one, Vince Lombardi: <http://www.youtube.com/watch?v=UpBKzjkpX0Y&list=PLD8C386AC5C277C2A>

**Ch. 6- History of Physical Activity:**

* Miracle- Coach Brooks addresses Team PreGame : <http://www.youtube.com/watch?v=vwpTj_Z9v-c>
* Nadia Comenici- First perfect ten in history: <http://www.youtube.com/watch?v=4m2YT-PIkEc&app=desktop>
* Greatest Moments in Sports History montage: <http://www.youtube.com/watch?v=33auI33kr7U&desktop_uri=%2Fwatch%3Fv%3D33auI33kr7U&app=desktop>

**Ch. 8- Motor Behavior and Ch. 10- Biomechanics:**

* Australian Coaches, Basic Biomechanics: <http://www.youtube.com/watch?v=r3-UuoQ6fbY>
* Dartfish Demo: <http://www.youtube.com/watch?v=x_K7nGL1Ipc>

**Ch. 7- Sociology of Physical Activity**

* Sociology of Sports: <http://www.youtube.com/watch?v=NLukHsR13mU>
* Gender Inequality in Sports: <https://www.youtube.com/watch?v=Q8aXZt1GL2s>
* The Sports Gene: https://www.youtube.com/watch?v=VOD4Pg4DJiw

**Ch. 9- Sport & Exercise Psychology:**

* TedXVictoria- Dr. Sean Richardson: <http://www.youtube.com/watch?v=LCPgvTRftZg>
* Tony Robbins, Why we do what we do: <http://www.ted.com/talks/tony_robbins_asks_why_we_do_what_we_do>

**Ch. 11- Physiology of Physical Activity:**

* Australian Coaches- Physiology and Energy Systems: <http://www.youtube.com/watch?v=EKVvye0nftM>
* 2011 FSU Strength and Conditioning: <http://www.youtube.com/watch?v=jbmVgCt3Hgw>
* Women’s Basketball Strength and Conditioning Update: <http://www.youtube.com/watch?v=bgb4JVy5Bi8>

**Ch. 12- Becoming a Physical Activity Professional:**

* Brendon Burchard- How incredibly successful people think: <https://www.youtube.com/watch?v=0LfM9ZPGmVY>
* Exercise & Sports Science Careers: <https://www.youtube.com/watch?v=tfP2qBiwaZI>

**Ch. 13- Careers in Health and Fitness:**

* Finding your Passion: <http://www.youtube.com/watch?v=WV7D9Na9ya0>
* How to find your life’s purpose in 5 minutes: <http://www.youtube.com/watch?v=vVsXO9brK7M>
* Cool Jobs: FBI Health & Fitness Instructor: <https://www.youtube.com/watch?v=6JV_H4nRIw4>

**Ch. 14- Careers in Therapeutic Exercise:**

* You Can Be Me- A Career in Physical Therapy (APTA): <https://www.youtube.com/watch?v=r35FQT3u0J4>
* A Day in the life of an Athletic Trainer: <https://www.youtube.com/watch?v=R6NKBdM1hOw>

**Ch. 15- Careers in Teaching Physical Education:**

* Tony Robbins- Who do you think you are: <https://www.youtube.com/watch?v=g2uqfOltqqk>
* I teach Physical Education: <https://www.youtube.com/watch?v=KQFUCb4WEH0>
* Can a mean PE teacher have lasting negative effects: <https://www.youtube.com/watch?v=Q9BU-STDqLY>

**Ch. 16- Careers in Coaching & Sports Instruction:**

* Coach K- A Winner’s Mind: <http://www.youtube.com/watch?v=smleweIwseQ>
* Simon Sinek- How great leaders inspire action: <http://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action>
* The wrong way to coach kids: <https://www.youtube.com/watch?v=DuaV6UKtP0s>
* The importance of communication in coaching: <https://www.youtube.com/watch?v=0kcJ39wq778>

**Ch. 17- Careers in Sport Management:**

* Sports Careers: How to get a job in Sports: <http://www.youtube.com/watch?v=2xKGShY4vz4>
* How to Land your Dream Job in Sports: <http://www.youtube.com/watch?v=Dv1YhWgmtJ0>