Review Sheet for KIN 70

Test will consist of 50 multiple-choice questions. You are required to bring a scantron. Please refer to green sheet for type of scantron.

Definitions of Kinesiology as outlined in Chapter 1.
What is the focus of Kinesiology?
Where is knowledge derived from?
Movement vs. Physical activity: definitions and examples
In what 3 way do we develop an understanding of Kinesiology?
Skilled movement vs. Exercise
Categories of exercise as defined by the book.
Spheres in Kinesiology
Objectives of physical education.
Physical activity patterns in the USA
Closed vs. Open skills
Activity levels at various ages and what may influence
Types of knowledge in subjective experiences

Definitions
Professional practice
Experiential knowledge
Spectatorship
Theoretical knowledge
Professional knowledge
Comprehensive knowledge
Ergonomics
Occupational therapists
Healthy People imitative
Emblem, illustrator, regulator
ADLs
IADLs
Quantity vs. Quality