

*Write on 5 of these six questions
but number them as they are listed here.*

1. Upon what is effective teaching in physical education based? State in One sentence.
2. Discuss briefly the universality of movement.
3. Discuss briefly the history of the science of kinesiology.
4. Select any motor activity which you perform rather frequently. Study your actions from the standpoint of waste motions and apparent causes of fatigue if continued. If you perform it efficiently, how do you think you achieved this? If you perform it inefficiently, how could you go about improving your efforts?
5. Discuss briefly why the articulations of the body are the hinges upon which the study of kinesiology swing.
6. In much the same way as in Question 5, discuss the relationship of the muscles of the body to the study of kinesiology.